



Adult Mental Health Care

The transition, options and supports

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Mental Health is:

Useful, even without a specific diagnosis.

Available to support needs

- Treatment/management of diagnosis
- Preparing/responding to stressful situations
- in response to life changes
Examples: going off to college, marriage, best friend leaving for a job, military, death of a beloved companion
Guidance, exploration, learning new skills

Confidential

*Duty to warn- if harm self or others



Current supports in place that may need moved to adult care:



Medical care at pediatric doctor



Dental



Eye



Specialist- usually must move from pediatric specialist to adult specialist



Mental Health Care – psychologist, psychiatrist, counselor, social worker, therapist, case manager, support worker

Who are you looking for?

PhD/DO- doctor

- Psychiatry- can prescribe medication
- Psychology- provides assessments and therapy

PMHNP- therapy and medication

LSCSW/LCSW-
Social worker- can provide therapy

LCMFT/LMFT-
Therapy

LCPC/LPC-
counseling

LMAC- Addiction
counseling

Crisis Support



988- like 911 for your brain! National help line



Any Hospital ER can complete assessment and offer support



walk in mental health assessments 24/7

ReDiscover- MH urgent care- MO

Cottonwood Springs- walk in assessments KS

Community Mental Health Centers, walk ins-usually only during business hours

Free & Confidential Crisis Numbers

COMMCARE Mental Health Crisis Line

1-888-279-8188

Suicide Prevention Lifeline

1-800-273-TALK (8255)

Domestic Violence Crisis Line

816-461-4573 or 816-861-6100

MOCSA Sexual Assault Crisis Line

913-642-0233

***LGBT National Hotline**

1-888-843-4564

***Trans Lifeline**

877-565-8860

School Violence Report Hotlines

MO: 866-768-7047

KS: 877-626-8203

TEXT An Anonymous Crisis Counselor 24/7 741741

National Parent Helpline- emotional support from a trained advocate.

1-855- 4A PARENT (1-855-427-2736)

HOURS: Monday-Friday

10:00 AM PST - 7:00 PM PST

* just checked- still active(9/22/25)

Mental Health Options: young adult independently

Insurance

Community Mental Health Centers

Web Search Lists: Psychologytoday.com,
SAMHSA.gov, Locator.APA.org

Referrals/recommendations

College Health/Student Centers

Finding help:

<https://www.childrensmercy.org/your-visit/family-support-and-resources/transition-to-adulthood/finding-an-adult-care-doctor/mental-health/>

Mental Health Options: Dependent/caregiver responsibility

Insurance

Community Mental Health Centers

Web Search Lists:

Psychologytoday.com, SAMHSA.gov,
Locator.APA.org

Referrals/recommendations

Case Manager

Community Disability agency

CDDO/KCRO

Waiver services

Insurance- MCO/CM

Caregiver Stress and Support

You can't pour from an empty cup!

Be sure to take care of you

Use the resources/connections you can

Acknowledge change is hard

Personal & Designated Representative

Personal Representative (HIPAA concept)

This is a general term used to identify who can legally consent for the patient's medical care.

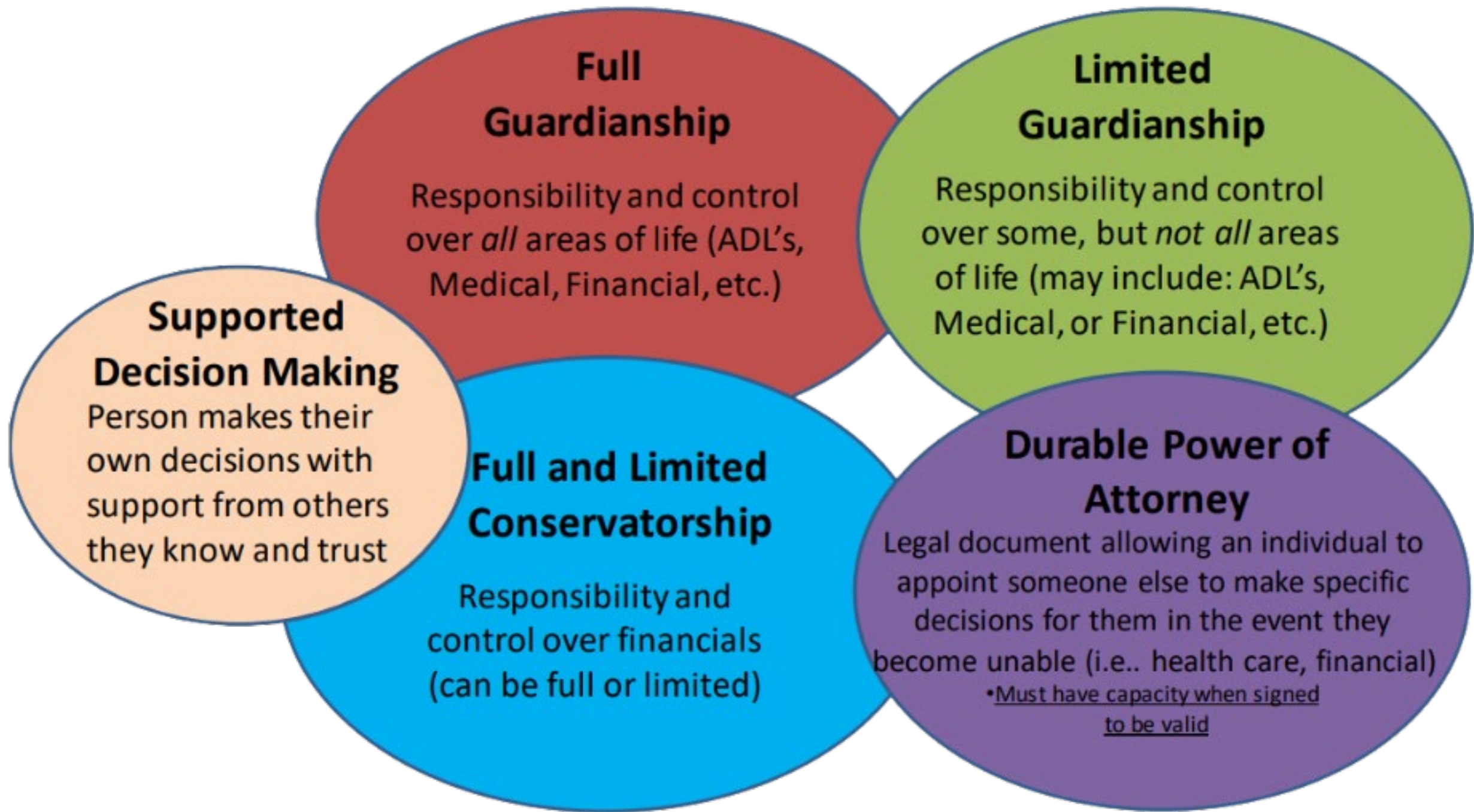
This may be a parent, a person appointed by the court, an agency, an individual through a power of attorney form, etc.

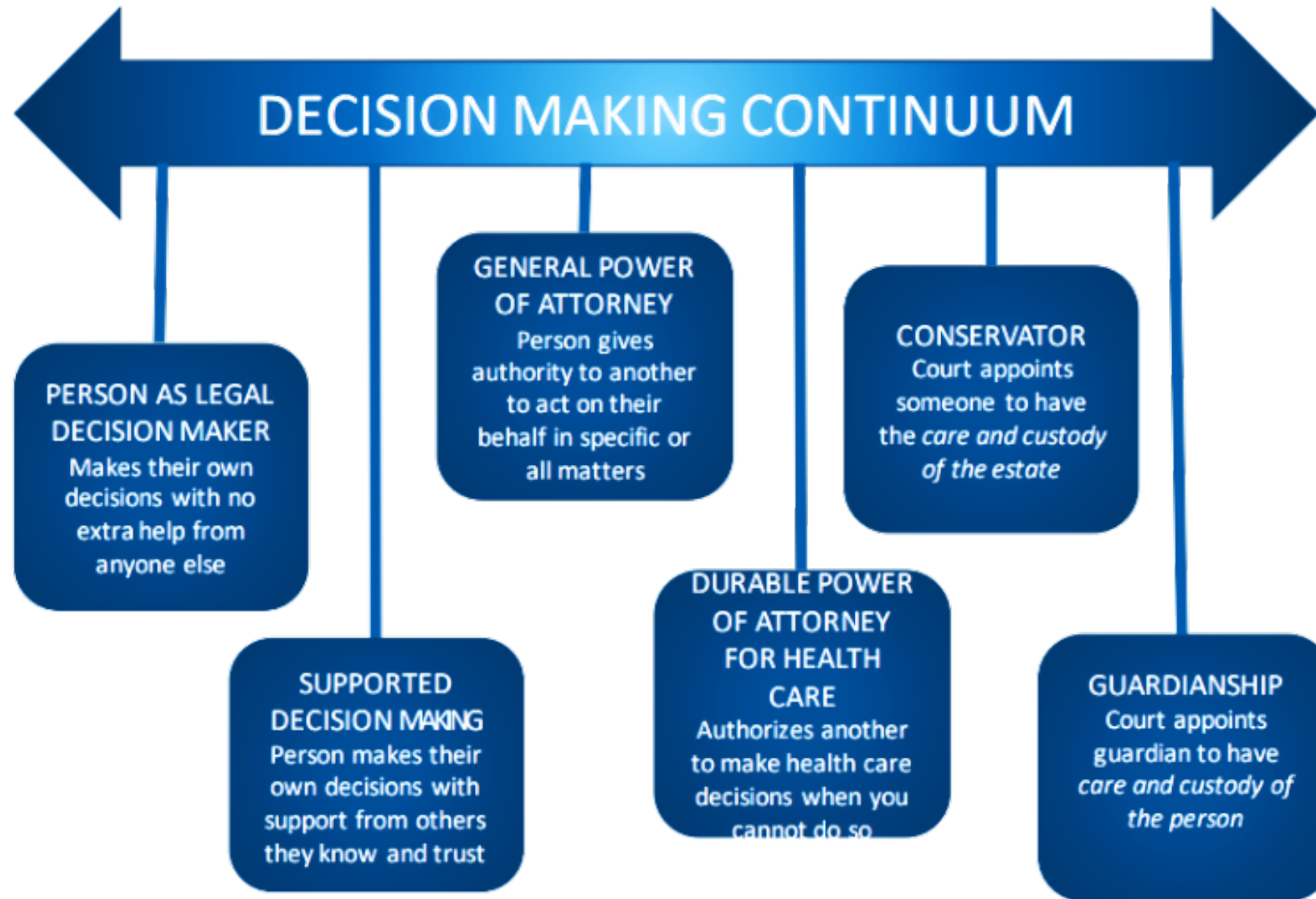
Designated Representative

Once a patient turns 18 and is a legal adult with capacity, that adult can identify a person(s) to be their designated representative.

This person can participate in the development of the plan of care and obtain PHI. May consent ONLY IF they satisfy the Personal Representative standard too.

- Adult Patient Care Directives Policy





“I constantly go between wishing you could stay little forever and being excited to see all that you will accomplish in this life.” — Unknown

