

# CENTRAL CARE's Mental Health Community Homes

## **Purpose**

Central Care provides community homes and a semi-independent apartment living arrangements. These homes operate as supervised Mental Health Residences for females/males in home settings in the community. The populations to be served are those individuals in transition from inpatient settings. Located in Milledgeville (Baldwin County) Georgia is Charlton, a supervised home consisting of six beds, Oglethorpe A, a semi-independent home with two beds and Oglethorpe B, a supervised home consisting of six beds. Also, in Milledgeville (Baldwin County) Georgia is Edwards a semi-independent apartment unit consisting of six beds. Located in Macon (Bibb County) Georgia is North Avenue, a supervised home with six beds and Ingleside also a supervised home with six beds.

## **Population:**

Adult female/males consumers who are identified as chronically mentally ill and whose length of stay is over 60 days and as determined by the Treatment Team in conjunction with the person-centered plan of the consumers in need of community services.

## **Program:**

The community mental health homes are designed to provide supervision by dedicated house parents 24 hours per day, seven days a week when consumers are present in the home. During the day, Monday thru Friday from approximately 9am-2pm, various consumers of these homes will attend psycho-social rehabilitation treatment while others will on Monday, Wednesday and Friday from 1pm-3pm as additional community supports have become available. Staff will work with the consumers to provide individual progress and egress for special activities such as weekend passes, as well as provide assistance in transitioning to a less restrictive environment.

Services and supports will include:

1. Intensive, specialized day programming
2. Individualized behavioral programming
3. Structured recreational activities
4. Supportive and Crisis counseling
5. Substance abuse services
6. Mental Health
7. Medication Management
8. Case Management
9. Skills training
10. Peer Support through Georgia Mental Health Consumer Network, Inc.  
[www.gmhcn.org](http://www.gmhcn.org)
11. Intensive Residential Supports H0043 R3: Refer to FY' 10 Service Guidelines
  - a. Budgeting
  - b. Nutrition and Food preparation
  - c. Community integration
  - d. Health services

12. Structured activities that promote and enhance self directed recovery and continued wellness:
  - a. Self advocacy skills that promote advancement in employment, with emphasis on work attendance, perseverance and maintaining employment (if desired and applicable).
  - b. Coping skills with emphasis on consumer strengths and resources.
  - c. Promote self-determination.
  - d. Promote individual independent housing.
  - e. Foster recovery process.

### **Facility**

Charlton is a home of six female consumers (2 per bedroom) and Oglethorpe B is a home of six male consumers while there are two male consumers in Oglethorpe A, the adjacent home. Edwards Apartments has four two bedroom apartments with two consumers in each of the last three, and the first apartment that is utilized as a staff office, and training area. Each of these facilities are in Milledgeville (Baldwin County). The Macon (Bibb County) homes include North Avenue which has four male consumers and the Ingleside home that accommodates four females. These homes are maintained by 24-hour awake staff, licensed by ORS, comply with all state fire and safety codes, meet the State Medicaid Division Standards (APS) as well as State and Local Environmental Safety and Sanitation requirements. The homes must meet cleanliness and safety inspections for Infection Control, and be kept in good repair. Adequate cleaning and hygiene supplies are available for daily use by staff and consumers. Security is maintained by an alarm system, regulations for all sharp utensils and objects locked in a storage area. Also, to ensure appropriate care of our consumers all staff is required to receive paraprofessional and Certified Nursing Assistant (CNA) training.

### **Transportation**

Transportation is provided by the van assigned to the home, driven by licensed drivers, having emergency information of consumers located in the van. Consumers will be transported for daily activities, medical appointments, recreational and therapeutic outings and religious services.

### **Enrolling in Community Medical Services**

All consumers will be enrolled in needed community medical services as identified in the transition process following guidelines of the JCAHO National Patient Safety Goal.

### **Conclusion**

This program will provide a psychosocial approach to include skills training in communication, social skills, work readiness, leisure education, self help and daily living as determined by individual needs. Consumers will determine their rehabilitation goals and work toward being released from the legal system, which has previously interfered with their ability to live in the community, and develop independent or semi-independent living. It is the ultimate goal of Central Care to assist all consumers in identifying their own needs in reaching their highest level of functioning. Their lives will envelop the ability to live in the community, and participate in activities and seasonal events of their interest; to be self

sustained to function in their daily needs and supportive employment, if applicable, and continue to maintain a safe environment for themselves independently. When discharge criteria is met, they will be transferred to another service or placed on an appropriate planning list, as needs are documented and indicated by their treatment progress.