

What to Expect:

Intensive Community Transition Services (ICTS)

Intensive Community Transition Services (ICTS) is a program to assist patients with mental health issues who are being released from inpatient treatment, hospitals, prisons, and other facilities, and/or those who do not yet have Medical Assistance. Services are provided in many areas including: transitioning to a community setting, navigating/obtaining health insurance, fostering social supports, connecting to resources, medication education, learning coping skills for mental illness, care coordination, patient advocacy, and more. These services are provided based on need and not program eligibility.

Program Details

ICTS is a transitional service to assist patients from an acute hospital and/or Intensive Residential Treatment Services (IRTS) setting facility to a community setting. All patients in the program have a mental health diagnosis and are in need of services, but might not otherwise qualify (i.e. no active insurance).

Who is eligible?

- ▶ Patients ages 18 or older
- ▶ Patients living in the Region V+ area (Aitkin County, Cass County, Crow Wing County, Morrison County, Todd County and Wadena County)
- ▶ Patients who are referred by a qualifying entity (county case managers, corrections staff, hospital social workers, mobile crisis team members, and the like)

What can I expect?

- ▶ Our team will meet with you in your home or other community settings
- ▶ A Mental Health Practitioner will meet with the patient as needed to ensure the patient receives proper care
- ▶ Patients continue to work with their practitioner until their goals are met, insurance is obtained, or they are transferred to other appropriate referral sources
- ▶ Our team of providers will work with the patient's family and/or care team while they receive services from us
- ▶ Our team will continue to work with patients upon obtaining insurance

What basic living and social skills are taught?

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| ▶ Managing the symptoms of mental illness | ▶ Monitoring use and effectiveness of medications |
| ▶ Preventing Relapse | ▶ Re-entering community living after treatment |
| ▶ Developing a healthy lifestyle | ▶ Learning to get around the community |
| ▶ Managing a household | ▶ Getting outside help to deal with a difficult situation |
| ▶ Budgeting and shopping | ▶ Discovering and using community resources to get needs met |
| ▶ Planning for employment | ▶ Communicating opinions, thoughts and feelings, or key information with others |
| ▶ Pursuing education | |