

## **Westmoreland County Mental Health Housing Services Options**

### **Long Term Structured Residence (LTSR)**

**The LTSR has a bed capacity of 14 and is located in Latrobe, PA.**

The Westmoreland LTSR is a program that will provide a safe and therapeutic environment where residents can learn the critical skills needed to increase personal independence and social integration into the community. This highly structured residential mental health treatment facility is designed to service individuals 18 years of age or older who do not need hospitalization, but who require mental health treatment and supervision on an ongoing 24-hour per day basis.

### **Community Residential Rehabilitation Services**

**This service is provided by 4 agencies contracted with Westmoreland MH/MR for program funding. Threshold, Inc. has 16 full care slots and 25 partial care located in Greensburg, PA. SPHS has 5 slots and is located in Donora, PA. FSWP full care has 7 slots and is located in Tarentum, PA. Westmoreland Human Opportunities, Inc. (WHO) is a provider of this service, is located in Mt. Pleasant, PA, and has 8 slots.**

Both full care and partial care services are available. These services are specifically designed and operated to assist persons 18 and older with chronic psychiatric disability, to live as independently as possible through the provision of training and assistance in the skills of community living and by serving as an integrating focus for the person's rehabilitation. Services may include medication management, rehabilitation services, social and independent living skills instruction, emotional supports and renter skills.

### **Housing Support Services**

**This service is provided by 4 agencies throughout the county with average capacity to serve 160 adult individuals and 15 transitional age consumers. Threshold, Inc. provides services to approximately 85 adults and 15 transitional age consumers. Passavant provides service to approximately 25. FSWP also serves approximately 25-30 and SPHS another 25 in the Monessen area.**

(Supportive Living) Services are provided to consumers and landlords that help consumers to access and maintain housing. Some of the services provided are renter skills, landlord/tenant negotiations, housing location assistance, budgeting, etc. These services offer a housing alternative that is less restrictive than traditional housing services. Service delivery is flexible with a responsive system of community supports put in place and is designed to increase housing options and maximize the length of stay in chosen housing.

### **Respite services for adults/Diversion and Stabilization Unit**

**WHO, Inc. provides the Diversion and Stabilization Unit with a capacity of 8 located in Mt. Pleasant, PA. FSWP provides an adult respite service in Tarentum, PA with a capacity of 6 beds and is on a first-come first-served basis usually an average of 3 consumers from Westmoreland County.**

Respite programs are staffed 24 hours a day, 7 days a week with awake staff. The respite units are intended to avoid and/or shorten community inpatient stays. These services are designed to be utilized as a step down from an inpatient stay or diversion from a mental health inpatient unit as appropriate. The program will provide on an individual basis psychiatric assessment, medication monitoring, and service linking. In addition the program's daily schedule will include a variety of individual and group sessions aimed at promoting coping skills, symptom stabilization and preparing for discharge. In preparing for discharge, daily assessments are conducted to determine ability of the consumer to live in the community and appropriate contacts and service linkage is implemented.

### **\*\*Safe Harbor**

This will be a permanent supportive housing option for a maximum of 12 disabled men and women who are chronically homeless with non-compliance complex issues such as mental illness and drug and alcohol.

\*\* Currently in the development stages projected to be available in April, 2008.

## Housing Options

**Independent Living** – Independent living means to live in your own house or apartment with mental health supports available from the county upon your request

Other options allow you to own your home, or a portion of your home. However, this means that you are responsible for paying a mortgage and all repairs.

**Home Ownership** – When you buy your own home, you will need to save for a down payment. You are able to pick the location and type of home. Mental health supports will be available from the County upon your request.

**Shared housing** - Shared housing is a living arrangement where two or more unrelated people share a home or apartment. Each person has a private room and shares common areas including the kitchen, dining room and living room. There are two models of shared housing, match-up and group shared residences. In a group shared residence you would be living cooperatively in a single large dwelling with 4-6 other people. In a Shared Housing Match-up model, you would be sharing a home with just one other person.

**\*\* Fairweather Lodge** - The Fairweather Lodge is a peer-based housing and employment program, with goals of providing emotional support, a place to live, and employment opportunities for all household members to work together in a paid job. Typically, 5-8 people share a home, and there is no on-site staff.

**Housing Cooperative** - A housing cooperative is a form of ownership in which you as a resident would be a part owner in your home. This could involve living in a group residence with others or individual apartment units. In a limited equity co-op you would only have a small down payment but you would not benefit from any large increases in the value of the property as you might in other forms of ownership. You will sign an Occupancy Agreement, which is similar to a lease, which specifies the co-op's rules. You and other members of the coop will be responsible for all financial and household decisions including setting household rules. **Cooperative.** Housing owned by a corporation or association, and where a member of the corporation or association has the right to reside in a particular unit, and to participate in management of the housing.

**\*\*Single room occupancy housing (SRO)**. "SRO", refers to a building that houses people in single rooms. This means that tenants must share bathrooms and kitchens.

**\*\* (Not currently available in Westmoreland County)**

### **Westmoreland County Housing Authority**

The Westmoreland County Housing Authority offers a multitude of housing and programs providing local preference to individuals who are homeless and/or have disabilities. These programs vary from HUD Section 8 housing to a Family Self-Sufficiency program to Home Ownership programs.

## **Shelters available to Westmoreland County**

### **Emergency Shelter for women and families**

This shelter has a capacity of 4 families and 10 single women and is located in Greensburg, PA. Women and Families-  
Welcome Home  
218 S. Maple Ave. Suite 200  
Greensburg, PA 15601  
724-838-9133

### **Shelter for men ( Union Mission)**

This program has a capacity of serving 10 men. Currently they will not accept men with SSD/SSI and/or a serious mental illness. Men's Shelter-  
Union Mission  
2217 Harrison Ave.  
Latrobe, Pa 15650  
724-539-3550

## **Domestic Violence**

### **Blackburn Center Against Domestic & Sexual Violence**

PO Box 398  
Greensburg, PA 15601  
724-837-9540 (office)  
724-839-1122 (hotline)  
1-888-832-2272 (hotline)

### **Alle-Kiski Area HOPE Center, Inc.**

PO Box 67  
Tarentum, PA 15084  
724-224-1100  
(located in Allegheny County)

## **Westmoreland County Community Service Options**

**Case Management/Targeted Case Management (TCM)** - Case managers assist in locating needed resources such as medical, social, educational and other services.

**Community Psychiatric Nursing** -- Services are delivered to consumers in nursing homes, personal care homes, temporary residential facilities as well as their own homes in the community. The main focus of the psychiatric mental health nurse is to promote and maintain optimal mental functioning, to prevent further dysfunction, and to help consumers regain or develop their coping abilities. The psychiatric nurse utilizes assessment, planning, intervention and evaluation as the mode of care delivery. Education and medication management also play key roles in service delivery not only to the consumer but also to their families, caretakers and human service system providers.

**Crisis Intervention/Mobile Crisis** - Crisis intervention/mobile crisis means that you have staff available to meet with and/or speak to at any time if you are in crisis or have an emergency

**Crisis Residential Services/Diversion Stabilization Unit**– Crisis Residential Services can be available to you if you are in crisis and need 24-hour support. These services are not as intensive as an inpatient psychiatric program, but can be used short-term to help you remain in the community.

**Drop-In Centers** - Both consumer-run and professionally staffed facilities are available to provide mental health consumers with activities and services to provide emotional support, education and skills training, employment skills and counseling, social skill development and promotion of independent living and empowerment of consumers.

**Mobile Drug and Alcohol Support Program (MISA)** -Services specialized in the prevention and treatment of drug and alcohol issues for mental health consumers. These services are provided in the CRRs (community residential rehabilitation programs), Drop-In Centers, LTSR (Long Term Structured Residential Program) and various identified sites and individual homes throughout the county. These individual and group services can be provided on a weekly basis.

**Peer Specialist** - A Peer Specialist is an individual who also has a history of receiving mental health services. He/she can be available to talk, solve problems, and help you connect with local groups and activities. A Peer

Specialist may also work with you to develop a Wellness Recovery Action Plan.

**Personal Care Home Supports Program/ACT (Advocates for Consumers in Transition)** - Services delivered to personal care homes to offer training and supports for the staff working with the mental health consumer. Individual support for the consumer is provided in the form of skills training, counseling, recreational activities, mobility training, budgeting etc. Services are also offered to individuals living in Domiciliary Care.

**Psychiatric Rehabilitation** (site based/mobile) - Psychiatric Rehabilitation staff work with you to develop the skills to live as independently as possible in the environment of your choice. The goals of this program are recovery, to establish a role for you in your community, and to create a support system for you. These services can be provided in an office or in your home.

**Representative Payee Program** - A program designed to help consumers who have difficulty with managing their finances.

**Social Rehabilitation** - Social rehabilitation includes programs or activities designed to decrease the need for structured supervision through teaching or improving self-care personal behavior.

**\*Assertive Community Treatment (ACT)** – An ACT team is available anytime and provides therapy, assistance with medication, housing, substance abuse, legal issues and more.

**\*This service is currently not available.**

**\*Community Treatment Team (CTT)** - A CTT provides ongoing individualized treatment, rehabilitation and support services in the community. Most services are provided in a natural setting such as their own home, work or social environment.

**\*This service is currently not available.**