

What types of services does BHI offer?

BHI strives to provide you with the best possible mental health services for your and your family's specific situation. BHI offers a variety of services to ensure that you and your family can get the type of treatment you need. The list below outlines the various treatment opportunities available through BHI:

Assessment and evaluation of your and/or your family member's history and current needs to help you and your provider determine which treatment services will be most helpful.

Emergency services through our mental health centers, 24 hours a day, every day, to help you or your family member during a crisis or life-threatening situation.

Outpatient treatment and counseling including individual, group and family therapy for you or your family members. These are provided in an office setting at different provider sites. This is our most commonly used service.

Medication management under the care of a psychiatrist. Your psychiatrist prescribes medication and stays in contact with you or your family member to be sure the medication is working well.

Inpatient and residential services for you or your family member if additional support and supervision are required to help manage the symptoms of the mental illness.

Day treatment programs that provide intensive outpatient services including group and individual therapy that help you or your family member (child, adolescent, or adult) succeed outside of 24-hour care.

In-home services such as counseling and education to help improve family relationships and support the family in staying together.

School-based services in the schools in your district designed to help students, family and school staff with school-related issues.

Wrap-Around Services which are special services designed to provide the support needed to keep you or your family member from being hospitalized. These services may include respite care, mentor services, emergency living expenses, etc.

Case management services that are available to help you or your family member find community resources, coordinate community and mental health services, learn daily and independent living skills, and monitor medications and symptoms. Case management can occur in your home, in the community, or at one of our provider sites.

Prevention Services designed to detect mental health problems and prevent them from occurring or getting worse. Examples of these services include wellness groups, Wrap-Around Services and consumer drop-in centers.

[Consumer and Family-Driven services](#), including drop-in centers, clubhouses, and the Peer Specialist program are led by persons with mental illness and their family members. They provide you with the opportunity to socialize and receive support, develop job skills and vocational opportunities, and use your personal experience to help others who are facing similar situations.

If you would like to know more about any of these services, or feel you would benefit from them, please let your Care Coordinator know or contact BHI at (720) 490-4400.