What should one keep in mind when accessing services from the Massachusetts Department of Mental Health (DMH)?

Remember these points when accessing DMH services:

- Access to services depends on the availability of the particular service.
- Services may have waitlists.
- Short-term services that address immediate needs may be provided for up to 60 days while an eligibility application is pending. See DMH regulation 104 CMR 29.04(1)(h).
- Individuals are prioritized for services based on the urgency of their needs.
- Assignment of a case manager is not a prerequisite for receipt of any DMH services.

What services does DMH offer to its child, adolescent and young adult clients?

DMH offers these services to its child, adolescent and young adult clients:

- **Child/Adolescent Case Management**
  - mental health and family assessment
  - individual service planning
  - coordination of DMH funded services
  - linkage to other community supports

- **Individual and Family Support Services**
  - services to keep a youth at home with family

- **Day Services**
  - highly structured services for after school, weekends or vacations

- **Caring Together Services**
  - a DMH and Department of Child & Families collaboration for youth needing out-of-home placement

- **Clinically Intensive Residential Treatment (CIRT)**
  - intensive clinical services for children ages 6-12
  - available in central and western Mass. only

- **Intensive Residential Treatment Programs (IRTP)**
  - locked, clinically intensive treatment programs for youth ages 13-18
  - if a youth turns 19 while in an IRTP, he or she can finish the course of treatment there
• Parent and Family Support Services  
  o services to support parents
• Transition Age Youth Services  
  o services for youth ages 16-22
• School and Community Therapeutic Support  
  o consultation and assistance to schools and the community  
  o local family support specialists who facilitate parent support groups and provide advocacy and consultation to community partners.
• Information and Referral  
  o provided to individuals, organizations and other state agencies
• Consultation and Education  
  o clinical consultation, education and training for individuals, agencies and organizations
• Juvenile Forensic Court Services  
  o evaluations and consultations for the Trial Court and Probation Department
• Continuing Care Inpatient Services  
  o for adolescents only  
  o on locked psychiatric units and at one school
• Mass. Child Psychiatry Access Program (MCPAP)  
  o gives primary care providers access to psychiatric consultation

For more information about:

• Adult services, see https://www.mass.gov/service-details/dmh-child-youth-and-family-services-overview
• Services for Transition Age youth, see https://www.mass.gov/resources-for-transition-age-youth-and-young-adults-ages-16-22
• Young Adult Resources, see https://www.mass.gov/handbook/young-adult-resource-guide
• The Children’s Behavioral Health Knowledge Center, which promotes quality, cost-effective, evidence-based and innovative behavioral health services for youth, see https://www.mass.gov/files/documents/2018/01/29/2018%20CBH%20KC%20one%20pager.pdf

What community services does DMH offer its adult clients?

DMH offers these community-based services to its adult clients:

• Adult Community Clinical Services (ACCS)  
  o rehabilitation, support and supervision to maintain a person in the community  
  o for more information, see http://www.mhlac.org/Docs/dmh_9_accs.pdf
• Respite Services
- temporary short-term, community-based clinical and rehabilitative services

- **Program of Assertive Community Treatment (PACT)**
  - a multidisciplinary team approach to provide treatment in the community

- **Clubhouses**
  - to provide skill development and employment services

- **Recovering Learning Communities (RLCs)**
  - consumer operated service centers

- **DMH Case Management**
  - State employees provide assessments, service planning development and monitoring, referral and care coordination, and family/caregiver support.

- **Homelessness Services**
  - for adults living in shelters

For more information about child and adolescent services, see [https://www.mass.gov/service-details/dmh-adult-services-overview](https://www.mass.gov/service-details/dmh-adult-services-overview)

What other services does DMH provide to adults in need of mental health care?

- **Inpatient Services**
  - DMH-operated psychiatric inpatient facilities including psychiatric hospitals, psychiatric units in public health hospitals; and community mental health centers

What other services does DMH provide to adults involved in the criminal justice systems?

- **Forensic Services**
  - court-based forensic mental health assessments and consultations for individuals facing criminal or delinquency charges and civil commitment proceedings;
  - individual statutory and non-statutory evaluations; and
  - mental health liaisons to adult and juvenile justice court personnel.