

ACMH Short-Term Crisis Respite and Transitional Step-Down Housing Additional Information

ACMH, Inc. can offer 24/7 behavioral health services to individuals experiencing a mental health crisis or transitioning from hospitalization.

Understanding eligibility:

If a potential guest meets all the eligibility requirements, can they still enroll in the program if they have following:

- **Secondary co-occurring substance use diagnosis**
Yes, the individual may have a secondary co-occurring substance use diagnosis. However, the individual MUST have a mental health diagnosis as their primary diagnosis.
- **Active Substance Abuse**
Yes, the individual can be actively using a substance, but substance use is not allowed at the respite facility. Please note on the referral application if the individual is using by identifying the current substance in use, the frequency, drug of choice, and warning signs/triggers for use. The respite center can ask an individual to leave if he/she fails to abide by ACMH's policy.
- **Specific insurance type (e.g., HARP)**
ACMH Short Term Crisis Respite and Transitional Step Down Housing is available free of charge to HARP enrollees. A limited number of slots may be available for non-HARP enrollees. Please inquire at the time of referral.
- **ACT Services / AOT Order**
Yes, the individual can currently be receiving Assertive Community Treatment (ACT) services or have a current Assisted Outpatient Treatment (AOT) order.
- **Suicidal Ideation**
Yes, individuals expressing suicidal ideation with no plans or intent are eligible to be referred to the respite center.

Referral and Admission:

When to make a referral or admission:

- For individuals experiencing a psychiatric crisis, admission can be made the same day if a bed is available.
- For individuals transitioning from hospitalization, the referral should be made three business days prior to the planned discharge date to ensure successful transition. An ACMH care team member from the respite center will meet the prospective guest and referring physician in the in-patient unit prior to the discharge to facilitate a successful transition.

About ACMH, Inc.

ACMH, Inc. is a care management agency that promotes the wellness and recovery of individuals with mental illness in New York City. Learn more at www.acmhny.org/.

Transport to Respite Center

While not required, it is HIGHLY recommended. Having someone from the care team escort the individual to the respite center increases the likelihood of the individual using the respite services.

Respite Stay:

Accommodations:

The space consists of a single bedroom, shared bathrooms, and common space. While there is not an enforced curfew, the individual must sleep at the respite center every night during his/her stay.

Staffing

The following staff is available at the respite center:

- Behavioral Health professionals
- Trained peer counselors with lived experience as consumers of mental health services

Staff is able to accompany clients to outpatient appointments. In addition, for patients stepping down from hospitalization, staff is able to provide assistance with aftercare follow-up including confirming attendance of scheduled appointments and communicating with the care team.

Work and Appointments During Stay

An individual is encouraged to continue to attend his/her job and appointments while staying at the respite center. An individual will need to inform respite staff where he/she is going when leaving the facility. If needed, program staff can escort guests to intake appointments.

After the Respite Stay:

Program staff conducts both a seven and 30 day follow-up with each individual to see if he/she is attending outpatient appointments.

Referral Contact Information:

Phone: 212-253-6377 Ext. 406

Fax: 212-253-8679

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