

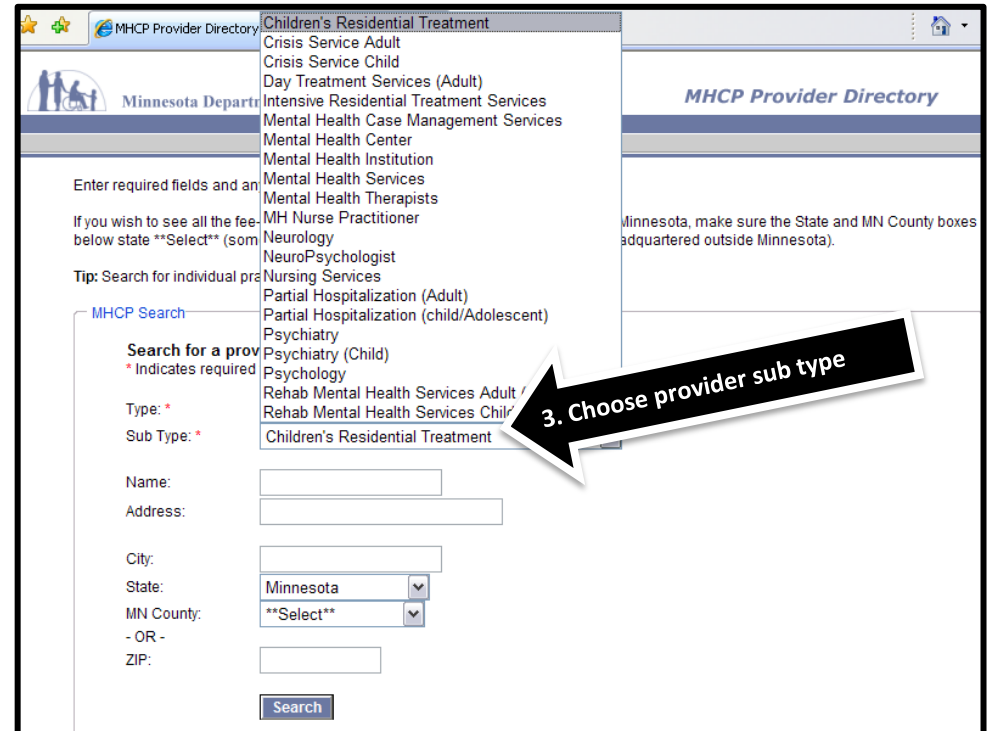


# Phase II Referral Information

Lead agency assessors should share information about available services, resources and programs as part of the PCA assessment. Referrals need to be provided to both ongoing and former recipients of PCA services.

## Finding an MHCP Provider

Not all Minnesota Health Care Programs (MHCP) providers offer all services. Contact specific providers to determine what services they offer. Visit <http://mhcpproviderdirectory.dhs.state.mn.us/> to search for providers by type or sub type. The county and zip code searches are based on the location of the provider; however providers often offer services beyond their zip code. The link to the MHCP provider directory is in the upper right on the DHS home page at [www.dhs.state.mn.us](http://www.dhs.state.mn.us).



## Home Health Aide Services

Home health aides (HHA) assist with personal cares, health related tasks and incidental household services. HHAs are limited to one visit a day. The most common dependency for people with one ADL is bathing and they may be eligible for home health aide visits. Recipients on health plans must contact their health plan. Fee-for-service recipients must contact a Medicare-certified home health agency.

## Occupational Therapy Assessment

Occupational therapy (OT) is designed to help people perform activities of daily living. An OT assessment can help identify barriers to self-care and recommend options. Recipients on health plans must contact their health plan. Fee-for-service recipients must 1. Obtain a physician referral and 2. Contact a MHCP occupational therapy provider.

## Mental Health Services

Mental health services are available to diagnose and treat people. While mental health professionals do not provide hands on assistance to complete personal cares, they can help some people improve their ability to complete tasks. A mental health diagnostic assessment can determine what mental health services are most appropriate.

Service Category	Service	Contact
Adult and Children's Outpatient Mental Health Services	<ul style="list-style-type: none"> <li>• Diagnostic assessments</li> <li>• Neurological and psychological testing</li> <li>• Psychotherapy -individual, group, family and multifamily</li> <li>• Medication management</li> <li>• Adult day treatment</li> <li>• Mental health case management</li> </ul>	<p>Recipients on health plans must contact their health plan.</p> <p>Fee-for-service recipients can contact:</p> <ul style="list-style-type: none"> <li>• MHCP mental health provider</li> <li>• County Children's Mental Health Department</li> <li>• Indian Health Services</li> </ul>
Adult Rehabilitative Mental Health Services (ARMHS)	<p>Activities that instruct, assist, and support independent living including:</p> <ul style="list-style-type: none"> <li>• Interpersonal communication</li> <li>• Community resource utilization</li> <li>• Relapse prevention</li> <li>• Budgeting/shopping</li> <li>• Healthy lifestyle skills and practices</li> <li>• Cooking and nutrition</li> <li>• Transportation skills</li> <li>• Medication monitoring</li> <li>• Symptom management</li> <li>• Household management</li> <li>• Employment skills</li> </ul>	<p>Recipients on health plans must contact their health plan.</p> <p>Fee-for-service recipients can contact:</p> <ul style="list-style-type: none"> <li>• MHCP ARMHS provider</li> </ul>
Children's Therapeutic Services and Supports (CTSS)	<ul style="list-style-type: none"> <li>• Individual, family &amp; group skills training</li> <li>• Crisis assistance</li> <li>• Mental health behavioral aide services</li> <li>• Children's day treatment</li> </ul>	<p>Recipients on health plans must contact their health plan.</p> <p>Fee-for-service recipients can contact:</p> <ul style="list-style-type: none"> <li>• MHCP CTSS provider</li> <li>• County Children's Mental Health Department</li> <li>• Indian Health Services</li> </ul>