



ADMINISTRATIVE OFFICE OF PROBATION

## ***Service Interpretive Guidelines*** **Mental Health Outpatient Counseling**

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### **SERVICE DEFINITION:**

Based on a recommendation from a Mental Health or Co-Occurring Evaluation, Mental Health / Co-Occurring Outpatient Counseling is a scheduled therapeutic encounter between the licensed clinician and the client for the purposes of treating mental health or co-occurring mental health and substance use disorders. The focus of Mental Health Outpatient/Co-Occurring Counseling is to improve or alleviate symptoms that may significantly interfere with functioning in at least one life domain (e.g., familial, social, occupational, educational, etc.). The goals, frequency, and duration of outpatient treatment will vary according to individual needs and response to treatment. Specializations can include psychotherapy for clients with co-occurring disorders, eating disorders, trauma, individuals who sexually harm and other areas.

### **EXPECTATIONS/REQUIREMENTS:**

- Shall only be referred with a valid evaluation recommending outpatient counseling
- Mental health is a responsibility factor which may need to be addressed in order to reduce risk
- This service is for clients whose mental health symptoms can be managed in the community
- The probation/problem-solving court staff member will communicate with the mental health therapist to assist in developing an individualized treatment plan for the client
- The probation/problem-solving court staff member will engage the client to assist in the selection of a Registered Service Provider (RSP)
- The probation/problem-solving court staff member will verify with the therapist that progress is being made; if progress is not being made, the therapist shall provide information on changes to the treatment plan that will increase progress
- The probation/problem-solving court staff member shall ensure the client understands the treatment plan
- The probation/problem-solving court staff member will work with the client to ensure goals of therapy are being met

Discharge planning will begin at the initiation of services. The written discharge plan will include:

- Transition to any higher or lower levels of care based on clinical need
- Community support services and other relevant resources for the client
- Consultation with community agencies on behalf of, or in conjunction with, the client