



ADMINISTRATIVE OFFICE OF THE COURTS & PROBATION

Service Interpretive Guidelines **Mental Health Outpatient Counseling (Individual, Group, Family)**

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 youth 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 youth with co-occurring disorders, eating disorders, trauma, individuals who sexually harm and other areas.

TARGET POPULATION:

This service would typically assist in addressing youth with high risk and/or need in Substance Use, Personality/Behavior, Attitudes/Orientation and/or Family Circumstances/Parenting.

PROBATION/PROBLEM SOLVING COURT OFFICER (OFFICER) RESPONSIBILITIES:

- Officer will communicate with the therapist to assist in developing a written individualized treatment plan for the youth.
- Officer will communicate monthly, at a minimum, for updates on treatment plan and goals. and the youth and family's engagement in services.
- Officer will ensure the goals are observable and measurable and are developed in conjunction with the youth, family and therapist.
- Officer will assist in maintaining family engagement and facilitate family team meetings to encourage communication and progress.
- Officer will verify with the therapist to determine if progress is being made. If progress is not indicated, the therapist shall provide a rationale as to what changes will be made to initiate a plan to increase progress.
- Officer will complete engagements outlining information related to the progress of the youth.
- Officer will work with the provider to develop a written discharge plan that includes:
 - Next appropriate community services
 - Follow-up appointments scheduled in conjunction with family
 - Community supports and resources for the youth/family
 - Consultation with community agencies on behalf of or in conjunction with the youth/family
- Upload all documents to the information management system.

