

# MISSOURI DEPARTMENT OF MENTAL HEALTH

## At a Glance

**M**ore than 174,000 Missourians are served by the Missouri Department of Mental Health through programs that recognize the dignity of the individual, their families, and their communities.

- **The Division of Comprehensive Psychiatric Services (CPS)** helps people who suffer from mental illnesses.
- **The Division of Developmental Disabilities (DD)** helps people who have long-term delays or disabilities in physical or mental development.
- **The Division of Alcohol and Drug Abuse (ADA)** helps people with substance-abuse and compulsive-gambling problems.

*The department is dedicated to combating stigma associated with mental illness, developmental disabilities, and substance addiction.*

### Missourians must know that:

*Mental illness is a treatable disease;*

*Persons with substance-abuse or compulsive-gambling problems can triumph over their addictions;*

*Persons with developmental disabilities can be productive employees and good neighbors in our communities.*

## The Operating Divisions

### The Division of Comprehensive Psychiatric Services

**O**ne in four families in Missouri is affected by mental illness. While many persons with mental illnesses seek and obtain treatment from private health-care providers, more than 75,000 people each year turn to the Department of Mental Health's Division of Comprehensive Psychiatric Services.

- ▼ Schizophrenia and depression are two of the most common forms of mental illness.
- ▼ The causes of mental illnesses vary: physical changes in the brain, genetic factors present since birth, or outside factors.
- ▼ Most mental illnesses can be treated successfully and the individuals treated returned to productive lives.
- ▼ In recent years, the focus of services has shifted from large institutions to community-based programs.

The goal of the division is to provide the supports and services needed by Missourians with serious mental illnesses to live independently as full members of the community as evidenced by:

- Accessible community-based services
- Available and affordable housing
- Supported/independent employment
- Family-focused children's services
- Reduction in hospitalization and legal involvement.

- ▼ The division operates 11 facilities, supports 25 administrative agents, and contracts with more than 500 community residential facilities.

### The Division of Developmental Disabilities

**A** developmental disability is a long-term condition, occurring before age 22, that delays/limits mental or physical development and interferes with basic life activities.

- ▼ An estimated 29,000 Missourians with such developmental disabilities as mental retardation, cerebral palsy, and autism receive services from the division each year.
- ▼ Many of these individuals, because of their disabilities, face barriers to the basic opportunities of education, employment, and community life.
- ▼ The Division of DD is committed to helping people with developmental disabilities live as independently and productively as possible in a safe and healthy environment.

#### Services can include the following:

**Therapy** - occupational, physical, speech and behavioral therapy;

**Family Support** - respite care, counseling, home support services, parent training, and early intervention for infants and toddlers.

**Training** - programs are designed to help each individual reach their potential.

**Residential Services** - services may include specialized housing.

- ▼ Eleven regional offices serve as entry points into the DD system.
- ▼ Six habilitation centers provide specialized residential services.

### The Division of Alcohol and Drug Abuse

**A**n estimated 485,000 Missourians have problems with alcohol and other drugs, and an estimated 1.7 million are family members of substance abusers. A network of division-funded programs provides substance abuse services to approximately 70,000 individuals each year.

- ▼ Alcohol and nicotine are the most commonly abused substances.
- ▼ Other abused substances include prescription and over-the-counter medicines as well as illicit drugs, such as cocaine and marijuana.

Treatment for alcohol and drug addiction is effective and helps people return to productive, healthy lifestyles.

#### Clinical Treatment and Recovery services include:

*Detoxification*

*Three levels of clinical treatment*

*Compulsive gambling treatment*

*Substance Abuse Traffic Offender Program*

*Recovery Supports*

**CSTAR** - Comprehensive Substance Treatment and Rehabilitation Programs offer a flexible combination of clinical services and living arrangements that are individually tailored for each client.

#### Prevention Programs include:

**Community 2000** - Approximately 200 Missouri communities are working to combat drug abuse on the local level.

**Missouri SPIRIT** - a comprehensive, evidence-based, school-based prevention initiative.