

Life Skills Program...One Example of a Recovery-Oriented Service

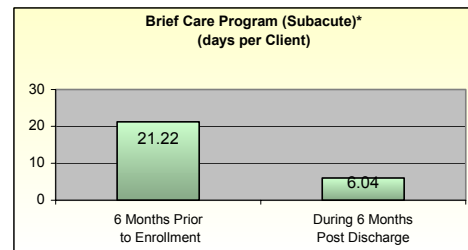
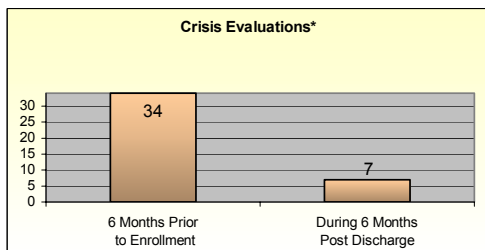
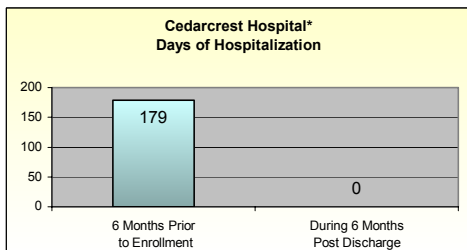
The **Life Skills Program (LSP)**, operated by DMHAS' Southeastern Mental Health Authority (SEMHA) and funded by Strategic Investment Fund dollars, is a 24-hour staffed crisis respite program used to divert individuals from admissions to general hospital emergency departments, acute and intermediate inpatient care. It also provides a step-down from inpatient settings for individuals in need of a transition before returning to community residence, and as a step-down from SEMHA's subacute Brief Care Program for people needing a longer period of supports. The program began in November 2002 with the purpose of relieving system gridlock, enhancing existing services, and assisting people who are homeless.

- 68% of individuals were assisted in obtaining a job or going to school.
- At discharge, 25% had obtained a job or were enrolled in higher education.
- Length of stay on the subacute Brief Care Program has decreased by 30%, thereby allowing for increased hospital step-down admissions.

Since its inception, the Life Skills Program (LSP) has served 49 persons, 11 females and 38 males. 67% have co-occurring disorders of mental illness and substance use. The Average Length of Stay is 55 days with the Average Daily Census being 7.5 .

- 96% of individuals with a co-occurring disorder decreased their use of alcohol or other drugs.
- 75% of persons served were homeless upon admission. Upon discharge from the program, 93% had obtained stable housing (three individuals were discharged to a higher level of care).

Positive Results!



**Data include the 27 persons discharged from LSP for at least 6 months.*

What the LSP Team Leader says ...

“Most of the LSP clients are hopeless about their future. They are usually homeless, lack funding, do not have a job, and have often lost family relationships. Staff availability, sincere caring and quickly developed trusting relationships ignite client self-worth and self-assurance. Further, recognizing and celebrating successes highlight the ability to achieve. Once hope is established, a momentum of progress in other areas of each individual’s life begins.”

What the LSP clients say.....

“I know how to do things like budget my money, get along with people, take care of myself.”

“LSP is helping me get a job. It has helped me a lot with school. It’s teaching me how to live on my own.”