



FINDING BEHAVIORAL HEALTH CARE FOR THOSE WE SERVE

MAKING SENSE OF TREATMENT

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CASE STUDY

- PATIENT
 - 21 YEAR OLD CAUCASIAN MALE, MARINE
 - DEPLOYED TO IRAQ 2005: SHOT BY SNIPER AND PROPANE BOMBING
 - ANOXIA/BRAIN INJURY
 - CHRONIC PAIN
 - MEDICATION ADDICTION/ABUSE
 - PTSD AND DEPRESSION
 - MARITAL STRAIN
 - UNEMPLOYED
 - CHRONICALLY SUICIDAL



TYPES OF MENTAL HEALTH PROFESSIONALS

- LCSW
 - PHD OR PSYD
 - LMFT
 - LMHC
 - PSYCHIATRIST
 - NURSE PRACTITIONER
 - CASE MANAGER
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TYPES OF TREATMENT

- OUTPATIENT
 - INDIVIDUAL VS. GROUP
 - FAMILY THERAPY OR MARITAL/COUPLE'S THERAPY
 - MEDICATION MANAGEMENT
- INTENSIVE OUTPATIENT TREATMENT (IOP)
 - MULTIPLE DAYS FOR SEVERAL HOURS EACH DAY
 - SUBSTANCE ABUSE
 - CHRONICALLY MENTALLY ILL
 - MOOD DISORDERS
 - ADULT OR ADOLESCENT

TYPES OF TREATMENT

- RESIDENTIAL TREATMENT

- STAY AT A FACILITY TYPICALLY A FEW WEEKS TO MONTHS, DEPENDING ON THE PROGRAM

EXAMPLES:

- POSTTRAUMATIC STRESS DISORDER
- BORDERLINE PERSONALITY DISORDER
- EATING DISORDERS
- SUBSTANCE ABUSE ISSUES

EVIDENCE BASED PROTOCOLS

- COGNITIVE PROCESSING THERAPY (CPT)
- PROLONGED EXPOSURE THERAPY (PE)
- ACCEPTANCE AND COMMITMENT THERAPY (ACT)
- SOCIAL SKILLS TRAINING (SST)
- COGNITIVE BEHAVIORAL THERAPY FOR INSOMNIA (CBT-I)
- COGNITIVE BEHAVIORAL THERAPY FOR CHRONIC PAIN (CBT-CP)
- COGNITIVE BEHAVIORAL THERAPY FOR SUBSTANCE USE DISORDER (CBT-SUD)
- MOTIVATIONAL ENHANCEMENT THERAPY (MET)
- BEHAVIORAL FAMILY THERAPY (BFT)
- INTEGRATIVE BEHAVIORAL COUPLES THERAPY (IBCT)
- COGNITIVE BEHAVIORAL CONJOINT THERAPY FOR PTSD (CBCT-PTSD)

ACUTE UNITS

- SHORT-TERM FOR IMMEDIATE CRISES, A FEW DAYS BUT NOT TYPICALLY MORE THAN 1-2 WEEKS
 - PSYCHOSIS
 - SUICIDAL OR HOMICIDAL
 - ACUTE SUBSTANCE WITHDRAWAL

- **DIVISION OF MENTAL HEALTH AND ADDICTIONS**

- **CONTACT NUMBER:**

- 317-232-7800

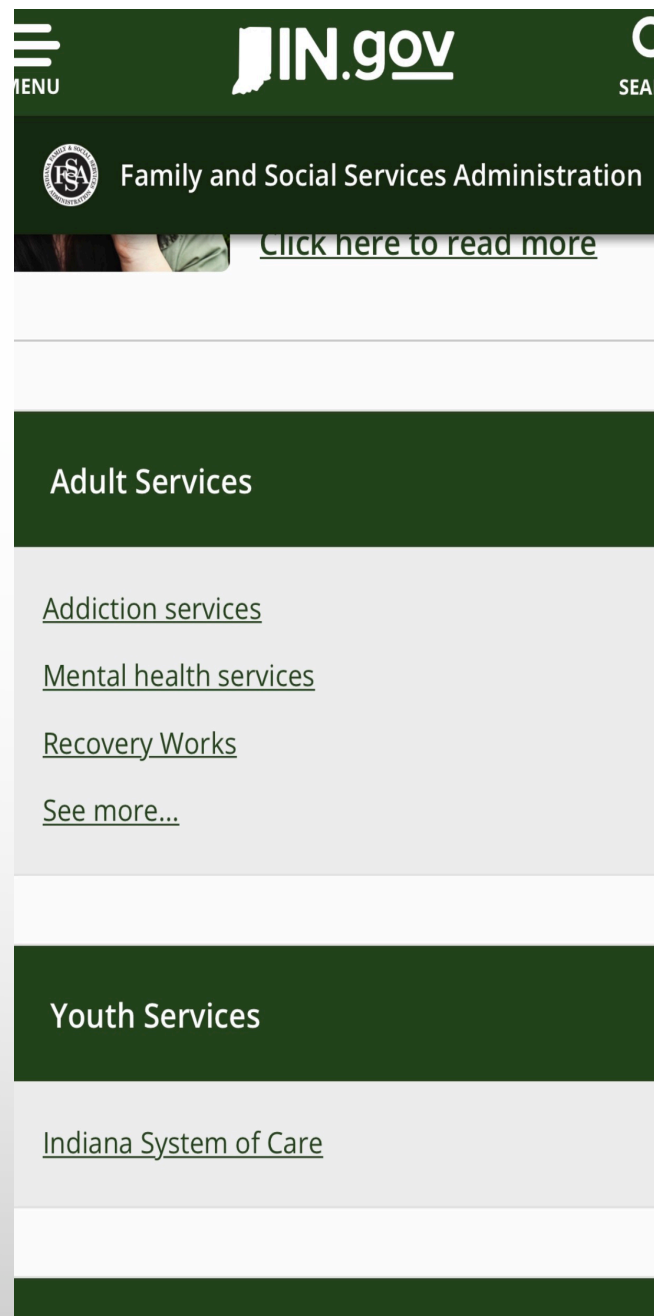
- **ON THE IN.GOV WEBSITE**

- **MENTAL HEALTH CARE PROVIDERS FOR ADULTS AND CHILDREN**

- **LIST OF COMMUNITY MENTAL HEALTH CENTERS**

- **INDIANA ADDICTION HOTLINE:**

- 1-800-662-4357



NATIONAL ALLIANCE ON MENTAL ILLNESS (NAMI)

- SUPPORT GROUPS
- NAMIINDIANA.ORG
- 1-800-677-6442
 - FREE TO PUBLIC
 - NO REGISTRATION OR REFERRALS NECESSARY
 - FRIENDS AND FAMILY GROUP
 - FACILITATE BY PEERS LIVING IN RECOVERY WITH MENTAL ILLNESS OR WHO SUPPORT A CLOSE FAMILY MEMBER OR FRIEND

Welcome to NAMI Indiana, our State Organization of the [National Alliance on Mental Illness](#). We are a grassroots public charity helping people living with serious mental illnesses, their families and friends. We support local NAMI Affiliates, train volunteer leaders, provide continuing education for professionals, and partner for systems change at the state level. Please explore to learn more about our mission and impact.



We are a [NIMH Outreach Partner](#)! Get the latest information on cutting-edge research about mental illnesses by visiting the [NIMH website](#) today.

info@namiindiana.org • [800-677-6442](tel:800-677-6442) • 921 E. 86th St, Suite 130 • Indianapolis, IN 46240

NATIONAL CENTER FOR POSTTRAUMATIC STRESS DISORDER

- WWW.PTSD.VA.GOV
- HOSPITAL LOCATOR
- HEALTH PROGRAMS FROM “A-Z”
- ALL VA FACILITIES BY STATE
- NATIONAL CRISIS LINE NUMBER
 - 1-800-273-8255

GET HELP FOR PTSD

If you need help right away:

- Call [1-800-273-8255](tel:1-800-273-8255)
Press *1* if you are a Veteran.
- [Chat online with a counselor](#)
- Call 911 or visit a local emergency room

CONNECT WITH US



PTSD Information Voice Mail:

(802) 296-6300

nctsd@va.gov

Also see: [VA Mental Health](#)



National Center for
PTSD
POSTTRAUMATIC STRESS DISORDER

CONNECT

Veterans Crisis Line:

[1-800-273-8255](tel:1-800-273-8255) (Press 1)

INDIANA COUNCIL OF COMMUNITY MENTAL HEALTH CENTERS, INC.

- INDIANACOUNCIL.ORG
- 317-684-3684
- LIST OF ALL COMMUNITY MENTAL HEALTH CENTERS IN THE STATE AND CONTACT INFORMATION
- CAN SEARCH BY NAME, CITY OR COUNTY



HOME ABOUT ▾ PUBLIC POLICY ▾ SPONSORS ▾ CAREERS NEWS ▾ EVENTS RESOURCES ▾ RELIAS



FIND A CENTER

SEARCH BY NAME, CITY, COUNTY, ETC.

RESOURCES

ALL THE LATEST, MOST RELEVANT
INFORMATION

UPCOMING EVENTS

INFORMATION, REGISTRATION, ETC.

211

- INFORMATION AND REFERRAL SERVICE
- MENTAL HEALTH AND SUBSTANCE ABUSE
 - REFERRALS BY ZIP CODE OR TOWN
- RESOURCES FOR:
 - CRISIS AND EMERGENCY
 - RIDES
 - DOMESTIC VIOLENCE REFERRALS
 - FOOD PANTRIES
 - HOUSING AND UTILITIES
 - HEALTHCARE
 - JOBS AND SUPPORT
 - REENTRY

Service Providers

Learn how your organization can be part of the Indiana 211 Resource Database.

[Learn More](#)



NEED HELP? CALL 2-1-1 OR SEARCH OUR DATABASE

2-1-1 is a simple way to connect to food, shelter and housing assistance, employment services, counseling resources and much much more.

[Read more](#)