



introduces

Mental Health Concierge

Mental Health Connecticut (MHC) has been advocating on behalf of people with mental health conditions and providing mental health rehabilitative services for more than 100 years. Given the limitations of some private insurance providers, MHC has launched Mental Health Concierge. This unique service offers in-home, one-on-one community-based rehabilitative services that support and promote recovery.

ABOUT MENTAL HEALTH CONCIERGE

Offered throughout Connecticut, Mental Health Concierge supports individuals with maintaining a home, managing finances, negotiating external systems of support (physical and behavioral health), developing community connections, skill-building, and self-advocating. These services are designed to: (1) reduce symptomatology, (2) increase coping strategies, (3) teach life skills (4) decrease the use of emergency services, and (5) enhance overall quality of life.

MENTAL HEALTH CONCIERGE: MENU OF SERVICE OPTIONS

- **Clinical Support:** Collaborates with the individual to build a person-centered recovery plan, which includes performing initial assessments, identifying goals and objectives, and implementing person-centered strategies to achieve goals and objectives.
- **Community Support:** Provides services and supports to assist the individual with achieving and maintaining independent functioning. Using a team approach, Mental Health Concierge provides rehabilitative, crisis intervention, education and skill building supports with the ultimate goal of promoting independent living and community integration. Services can also include engaging family members and assisting with monthly budgeting.
- **Recovery Coaching:** Provides skills teaching, cuing and modeling in all areas of household chores, including cleaning, laundry, meal planning and preparation, and shopping for nutritious foods. Recovery coaching also assists with identifying and developing natural supports through engagement in social and community activities. Mental Health Concierge can also provide short-term in-home respite when the primary caregiver is absent or in need of additional support.
- **Vocational Coaching:** Provides ongoing supports to prepare individuals for competitive employment opportunities. Vocational Coaching may include assessing skills, identifying employment opportunities, educating the individual about interviewing techniques and work culture, and providing information and support related to self-advocacy on the job.

For more information about Mental Health Concierge, including pricing, contact Marisa Russo, Director of Specialized Residential Services, at 860-977-0729 or mrusso@mhconn.org.