

Intensive Residential Treatment (IRT) Program Client Handbook

1. Introduction

Welcome to the Intensive Residential Treatment (IRT) program at Emerald City Behavioral Health. Our goal is to support individuals transitioning out of state hospitals and those in community-based care settings to ensure their long-term success and well-being.

2. Purpose of the IRT Program

The IRT program aims to provide robust behavioral health support to individuals who do not require hospitalization but need more intensive care than standard community resources can offer. This program is designed to wrap care around each individual, supporting them in their community settings.

3. Services Provided

Our IRT team offers a variety of services including:

- Psychiatric Care: Managed by psychiatric ARNPs who are available to manage psychiatric medications.
- Therapeutic Interventions: Mental health counselors provide individual and group therapy sessions.
- Substance Use Counseling: Substance use counselors address substance use-related concerns.
- Peer Counseling: Support from certified peer counselors who use their own recovery experiences to assist clients.
- Crisis Intervention: Crisis intervention plans are developed with clients, but Emerald City Behavioral Health works with other agencies to provide 24/7 crisis assistance.

4. Team Members and Roles

Psychiatric ARNP: Manages psychiatric medications and is available for consultations.

Mental Health Counselors: Provide therapeutic services and coordinate resources.

Substance Use Counselors: Address substance use-related concerns.

Certified Peer Counselor (CPC): Offers recovery-oriented problem-solving and community integration support.

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5. Admission and Intake Process

To qualify for the IRT program, individuals must meet certain medical and clinical criteria, including having a diagnosed mental disorder and receiving services in a residential facility. Referrals can be made by healthcare providers, and our team will coordinate with clients to ensure a smooth transition into the program.

6. Recovery and Crisis Planning

Our approach includes:

- Recovery Planning: Developing personalized care plans that include actionable steps towards recovery.
- Crisis Planning: Creating strategies to manage potential crises, ensuring all involved parties are prepared to support the individual. Emerald City Behavioral Health works with other agencies to provide 24/7 crisis assistance.

7. Coordination with Other Services

The IRT team collaborates with various support systems including natural supports, community resources, medical providers, and developmental disability services to ensure comprehensive care.

8. Discharge Planning

Discharge planning begins as soon as treatment goals are met. We work with clients to ensure they have the necessary resources and support for continued success after leaving the IRT program.

9. Contact Information

For more information or assistance, please contact:

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