

# Outpatient Services

GMA Interventions promotes evidence-based, comprehensive, culturally competent programs and services throughout the community. We utilize a team approach to promote recovery and wellness for individuals, families and communities.

Our approach focuses on 4 key areas:

## **Education**

Promotes achievement and social / emotional development among children, youth and families to foster success in life

## **Emotional Wellness**

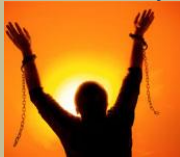
Provides supportive, caring counseling for individuals and families to better handle life's challenges.

## **Economic Security**

Offers support and education to families so they may improve the quality of their work, lifestyle and finances.

## **Empowerment & Advocacy**

Work with community stakeholders & others to promote equality through community initiatives & advocacy



**Need Assistance Call**

**757-335-4234**

**√ GMA Interventions, LLC is enrolled with Medicaid and licensed by the Virginia Department of Behavioral Health and Developmental Services.**

**GMA Interventions is dedicated to providing professional services with counseling and training in appropriate skill-sets that support individuals' behavioral, mental, and medical health and safety.**

**Referrals can be taken over the phone.**



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## Mental Health Skill-Building and Outpatient Services



**757-335-4234**

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## Mental Health Skill-Building Services

**MHSS includes skill-building activities and goal-directed training to reinforce functional skills in the following:**

- Activities for Daily Living (ADL)
- Behavioral Health
- Communication Skills
- Interpersonal and Social Skills
- Medication Management
- Mental Health Symptoms Management
- Personal Health and Safety
- Physical and Nutritional Health
- Service Coordination



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## Mental Health Skill-Building Services Eligibility Criteria [MHSS]

GMA Interventions provides MHSS to individuals with significant functional impairment in major life activities due to a mental, emotional, behavioral, or developmental disorder.

The MHSS program uses goal-directed training to enable individuals to achieve and maintain community stability and independence in the most appropriate, least restrictive environment. MHSS is a Medicaid funded program.

### MHSS Qualifications

- Receive Medicaid and are ages 18 to 70
- Are diagnosed with a qualifying mental illness
- Have been prescribed psychotropic medication in the last 12 months (even if not taking it)
- Have been hospitalized for crisis services, TDO, or other intensive services
- Have significant impairment in major life activities—problems with daily living skills
- Need skill-building interventions to maintain community stability and independence

- Have difficulty with interpersonal relationships, isolation, and the ability to recognize personal danger or inappropriate social behavior
- Have received repeated interventions from mental health services, social services, or the judicial system

**Pre-Screening Assessments are provided by GMA Interventions for the MHSS program**

### MHSS Provides

- Initial assessment of competency and adaptive functioning
- Individualized treatment plan to address identified issues
- Community-based intervention and crisis response
- Care coordination services with associated professionals
- Referral to community support systems
- Education and training on independent living skills to ensure health and safety
- Skill-building interventions for reduction of isolation and development of interpersonal coping and communication skills
- Goal-directed training to develop and enhance job-related skills
- Mental Health Symptoms Management
- Medication Management

**GMA Interventions Provides  
Emergency Assistance to MHSS  
Recipients**

## Outpatient Services Information

### Substance Abuse Services

GMA Interventions offers substance abuse assessments, counseling, and education utilizing proven clinical modalities e.g. Motivational Enhancement, 12 Step, and Cognitive Behavioral.

The program includes:

- \**Substance Abuse Assessments*
- \**Treatment planning*
- \**On-site drug testing and breathalyzers*
- \**Relapse Prevention planning*
- \**Linkage and referral to other supports*

### Spanish Substance Abuse Programs

GMA provides outpatient services for Spanish-speaking clients by qualified bi-lingual counselors.

### Substance Abuse Education

GMA also offers a psycho-educational substance abuse program that provides information for individuals at risk for use and family members on various topics to include: disease concept, addictive process, SA and the family, whole person concept, Stages of Change, effects of SA, etc.

## Anger Management

### M.A.D. (Managing Anger Disorders) Anger Management Program

This 8-week program will provide the information and support you will need to end the anger cycle and live up to your true potential. Topics include:

- Managing the Expression of Anger Constructively
- Dealing with Suppressed Anger
- Learning about Negative Stress and Managing its Impact
- Dealing with Anticipated Negative Events
- Differences between Reacting Versus Responding
- Understanding Aggressive, Passive and Assertive Styles
- How Negative Self – Talk increases Reactivity
- Stress Reduction Techniques

### Other Services

- Parenting Education
- Family Support & Prevention
- School-based Prevention programs
- Fatherhood Training
- Domestic Violence
- Workshops/Presentations on :
  - Budgeting
  - Job Readiness
  - Self Esteem
  - Homeownership
  - Fiscal Fitness
  - Health/Wellness