

Mental Health Services: Quality Council

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Outline

- Overview
- Resources
- Questions and Answers

Florida's behavioral health system includes mental health and substance use services and supports provided in a variety of community based and residential settings

Services are funded by:

- private insurance,
- Local, state, and federal funds,
- Medicaid,
- Florida Healthy Kids/KidCare

State Agencies include:

- Agency for Health Care Administration (AHCA) – Medicaid
- Agency for Persons with Disabilities
- Department of Children and Families/Substance Abuse and Mental Health (DCF/SAMH) and Child Welfare- State and federal funds
- Department of Education
- Department of Health Children's Medical Services
- Department of Juvenile Justice
- Department of Corrections

Agency for Persons with Disabilities Overview

The mission of the Agency for Persons with Disabilities (APD): <https://apd.myflorida.com/about/mission/>

The link to our website:

<https://apd.myflorida.com/customers/application/>

How are you feeling?

Here are some signs of stress to take notice of if you feel them.

Agitation and irritability

Aggressive behavior

Distracted

Poorly prepared work products

“Can’t focus or concentrate”

Worry.. Worry.. Worry

Fearfulness

“Bad habits” substance abuse/self injury

Confusion

Forgetfulness

Depression

How to Cope When Life Seems Overwhelming

- Distract yourself – take an hour or two away from your problems. If you weren't worried about your problems, what would you be thinking about?
- Routine—if you can't do, do what you can!
- Exercise
- Change your physical location – stretch, go outside if you can, get some sun.
- BREATHE (Insight Timer, Calm, Headspace)
- Pray or meditate
- Practice mindfulness
- Start a journal
- Organize – a closet, papers
- Write a letter to a friend
- Talk to others – you may find that helping them makes you feel better!

What resources are available to me right now?

- “Go to your source of support...” A pastor, a friend, a peer
- 211 <https://www.211bigbend.org/>
- Talkspace: <https://www.talkspace.com/covid-resources>
- NAMI (National Alliance on Mental Illness).
<https://www.nami.org/Support-Education/NAMI-HelpLine/COVID-19-Information-and-Resources/COVID-19-Resource-and-Information-Guide>
- The Science of Happiness Podcast

FAQs from Stakeholders and Consumers During COVID-19

- <https://apd.myflorida.com/covid19/>
- There are many resources on this page as well as direct links to “how to” for our consumers, families, and stakeholders.
<https://apd.myflorida.com/covid19/docs/COVID-19%20Helplines%20for%20Mental%20Health%20Assistance-FINAL.pdf>
- Here’s one excellent resource!
<https://selfadvocacyinfo.org/resource/links-to-coronavirus-information-for-self-advocates/>

Additional resources for Mental Health

COVID-19 HELPLINES FOR MENTAL HEALTH ASSISTANCE

Provider Agency	COVID-19 Helpline	Counties Served
STATEWIDE		
Florida Department of Health COVID-19	(866) 779-6121 or email COVID-19@flhealth.gov	Statewide
Florida 2-1-1	2-1-1	Statewide
Salvation Army Emotional and Spiritual Care	(844) 458-4673	Statewide
Florida Blue 24-Hour Toll-Free Helpline/New Directions Behavioral Health	(833) 848-1762 Free bilingual emotional support	Statewide
Chrysalis Health COVID immediate telehealth services	(888) 587-0335 www.chrysalishealth.com	Statewide
COUNTY SPECIFIC		
Apalachee Center	(800) 342-0774	Leon, Wakulla, Franklin, Gadsden, Madison, Liberty, Taylor
Aspire Health Partners	(407) 875-3700 (Ext. 2 for COVID-19)	Orange, Osceola
Baycare Behavioral	1-800-BAYCARE (Has a COVID-19 option)	Pinellas, Pasco, Polk
Banyan Health Services	(305) 774-3616 (option one)	Miami Dade
Centerstone	(941) 782-4617 (has a COVID option) Live chat COVID-19 help www.centerstone.org/get-help-now/	Sarasota, Manatee
Charlotte Behavioral Health	(941) 979-0796	Charlotte
Citrus Healthcare	(305) 825-0300 (has a COVID-19 option)	Miami Dade, Monroe
Clay Behavioral Health	(904) 291-5561 (24/7 and has a COVID-19 option)	Clay
DACCO Behavioral Health	(813) 384-4000	Pinellas, Hillsborough

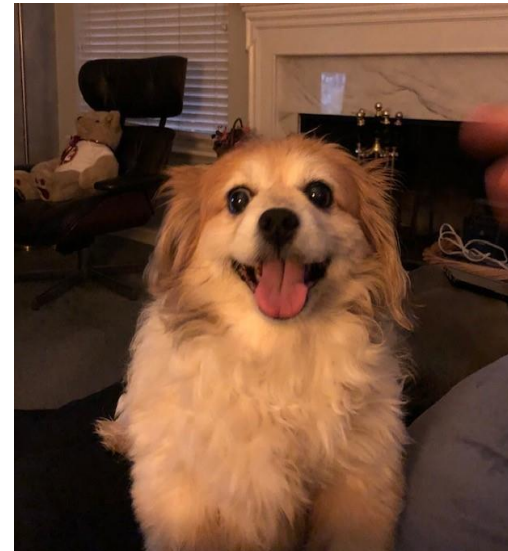
www.floridadisaster.org



SARTAC
Self Advocacy and Beyond

Please remember...You are not alone!

- Your feelings, emotions, behaviors, and thoughts in response to this pandemic are valid and typical. The Pandemic is ABNORMAL!
- Move toward reliable information!
- Reduce your exposure to social media—don't believe the hype!



Questions?

- Please feel free to reach out to us!
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