

# MENTAL HEALTH STEP DOWN (RESIDENTIAL)



## DESCRIPTION

Mental Health Step Down (Step Down) is a unit-based, residential program offering intermediate level of care for those with serious mental illness who do not require inpatient treatment but lack the skills to function in general population. The goal of Step Down is to provide evidence-based treatment that maximizes the participants' ability to function while minimizing relapse and the need for inpatient hospitalization.

Step Down operates as a modified therapeutic community (MTC) using cognitive behavioral treatments, peer support, and skills training. Employees work closely with psychiatry to ensure participants receive appropriate medication and have the opportunity to build a positive relationship with the psychiatrist. Criminal thinking is addressed through the identification of criminal thinking errors and engagement in prosocial interactions with employees and peers. When individuals are preparing for release, intense coordination is done with social workers, Community Treatment Services (CTS), Residential Reentry Centers (RRC), Court Services and Offender Supervision Agency (CSOSA), and United States Probation Officers (USPOs) to facilitate continuity of care for reentry.

Employees should consult with program material for length and duration of the class. Program materials and updated SENTRY codes are located under the FSA Programs link on the Reentry Services Division Sallyport page.

## LOCATIONS

USP Allenwood (H)	USP Atlanta (H)	FCC Butner (M)
FMC Fort Worth (L)	FCI Sheridan (M)	

Key: (L) = Low; (M) = Medium; (H) = High

## NEEDS

Antisocial Peers, Cognitions, and Mental Health

## PROGRAM DELIVERY

To ensure program fidelity and proper credit, the **Mental Health Step Down** program must be delivered by Psychology Services.