

The Behavioral Health Department serves transition age youth (ages 18 through 24) experiencing homelessness in Multnomah County (at intake). We offer co-occurring mental health and substance use treatment.

COUNSELING OPTIONS

ASSERTIVE COMMUNITY TREATMENT (RISE)	DIALECTICAL BEHAVIOR THERAPY	OUTPATIENT COUNSELING
<p>CLIENTS:</p> <ul style="list-style-type: none"> ▪ Homeless Youth Continuum (18-24 years old) ▪ High acuity mental health. ▪ May include substance use counseling <p><i>Must qualify for high level of care with insurance utilization review</i></p>	<p>CLIENTS:</p> <ul style="list-style-type: none"> ▪ Homeless Youth Continuum (18-24 years old) ▪ Chronic Suicidality/non suicidal self-injury ▪ Pervasive emotional dysregulation ▪ May include substance use counseling 	<p>CLIENTS:</p> <ul style="list-style-type: none"> ▪ Homeless Youth Continuum (18-24 years old) ▪ May include substance use counseling
<p>TREATMENT MODELS:</p> <ul style="list-style-type: none"> ▪ Assertive Community Treatment (ACT) ▪ Integrated Dual Diagnosis Treatment (IDDT) 	<p>TREATMENT MODELS:</p> <ul style="list-style-type: none"> ▪ Dialectical Behavior Therapy (DBT) ▪ Integrated Dual Diagnosis Treatment (IDDT) 	<p>TREATMENT MODELS:</p> <ul style="list-style-type: none"> ▪ Acceptance Commitment Therapy (ACT) ▪ Integrated Dual Diagnosis Treatment (IDDT) ▪ Other evidence based practices
<p>ENGAGEMENT:</p> <p>High, 2-4 contacts/week with team</p>	<p>ENGAGEMENT:</p> <p>1 individual therapy, 1 skills session/week, peer support services</p>	<p>ENGAGEMENT:</p> <p>1 individual session per week and peer support services</p> <p>May attend group sessions as well</p>
<p>TEAM:</p> <p>Multi-disciplinary, meets 4 times/week to staff all clients</p>	<p>TEAM:</p> <p>Counselors and peers meet weekly for consultation</p>	<p>TEAM:</p> <p>Counselors and peers meet weekly for consultation</p>
<p>SERVICES PROVIDED:</p> <ul style="list-style-type: none"> ▪ Community Based Treatment ▪ Skills Groups ▪ Peer Support ▪ Medication Management ▪ Housing ▪ Case Management ▪ Employment & Education ▪ 24 hour crisis line 	<p>SERVICES PROVIDED:</p> <ul style="list-style-type: none"> ▪ Office Based Treatment ▪ Skills Group ▪ Peer Support ▪ Medication Management ▪ After hours skills coaching 	<p>SERVICES PROVIDED:</p> <ul style="list-style-type: none"> ▪ Office Based Treatment ▪ Skills Group ▪ Peer Support ▪ Medication Management

ALL PARTICIPANTS NEED TO START WITH A REFERRAL Referrals can be sent by a service provider or participants may self-refer. Contact Heather Bugayong at heatherbu@outsidein.org to complete a referral.