

“If it wasn't for all of the help, I would not be this confident, and believe that I could do it, and would have given up by now.”

—A Mobile Integration Team Consumer

Individuals participating in services provided by the North Country MIT can expect:

- ◆ **Support**
in their efforts to stay in their home and community
- ◆ **Immediate access**
to treatment services designed to stabilize crisis situations
- ◆ **Enhanced skills and knowledge**
to reduce environmental and social stressors
- ◆ **Connection to programs and services**
to reduce demand on emergency departments and inpatient hospital services

A wide array of services are available

The North Country MIT provides an array of services delivered by a multidisciplinary team of professionals and paraprofessionals. These services may include, but are not limited to:

- ◆ Brief Therapeutic Support
- ◆ Skill Building
- ◆ Crisis Assessment and Intervention
- ◆ Consultation and Information
- ◆ Peer Support Groups and Skills Training
- ◆ Family and Caregiver Support and Skills Building
- ◆ Behavioral Support and Consultation
- ◆ In-home and Community Based Respite

Services provided by the North Country MIT can be found by calling:

(315) 541-2001

For 24/7 crisis services, please call your county crisis line:

Clinton County	1 (866) 577-3836
Essex County	1 (888) 854-3773
Franklin County.....	(518) 891-5535
Jefferson County.....	(315) 782-2327
Lewis County	(315) 376-5450, M-F, 9am-5pm (315) 376-5200, All other times
St. Lawrence County	(315) 265-2422

If you are in need of immediate medical assistance, please dial 911.



Transformation—A new era in New York State's behavioral health care System.



North Country

Mobile Integration Team



What is the OMH Transformation Plan?



The Office of Mental Health (OMH) is dedicated to promoting the mental health and wellness of all New Yorkers with a particular focus on facilitating hope, recovery and resiliency for adults with serious mental illness, children with serious emotional disturbances, and their families. In order to achieve this mission in the most integrated setting, an individual's home and community, OMH has embarked on a transformation plan that when completed will yield a spectrum of community based services built on the idea that adults should not live, and children should not grow up, in a state operated psychiatric hospital.

OMH Transformation overview

OMH Focus:

Services will facilitate:

- ◆ Hope
- ◆ Recovery
- ◆ Resiliency

Participant Expectation:

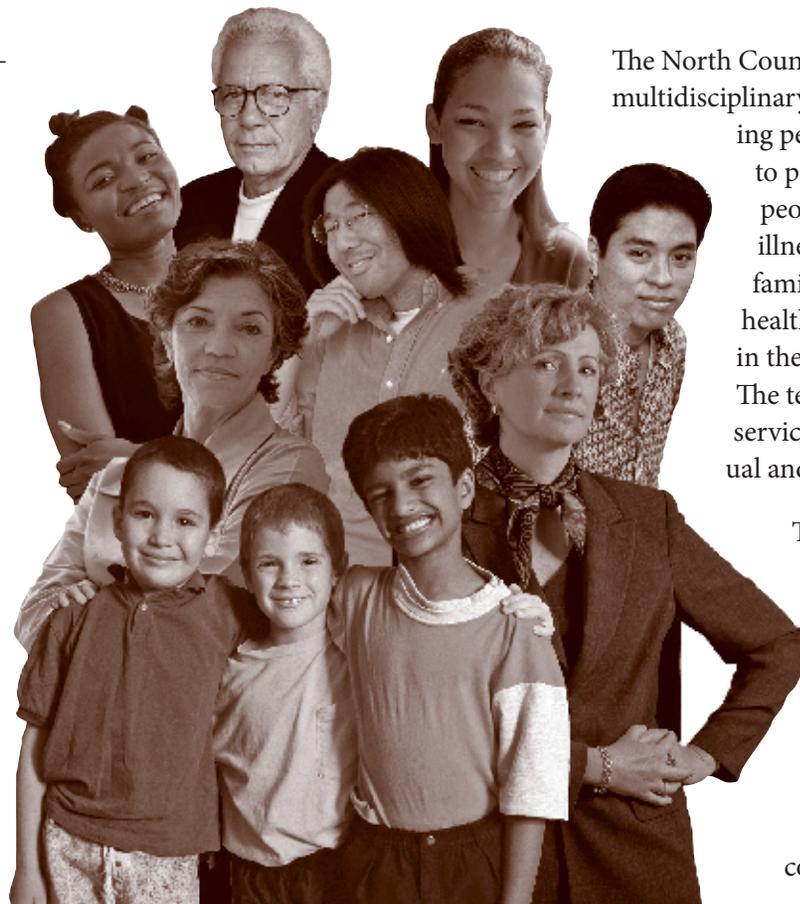
- ◆ Support
- ◆ Immediate access
- ◆ Enhanced skills and knowledge
- ◆ Connection to programs and services

MITs provide:

Community based services offered in a setting most integrated to the needs of the person being served

While a primary goal of this transformation is on decreasing avoidable hospital admissions and readmissions, the ultimate goal is to create a system where person centered services are provided to individuals and their families when and where they need them.

The North Country Mobile Integration Team (MIT) is designed to provide the clinical intervention and support necessary for adults with serious mental illness and youth with serious emotional disturbances to not only remain in the community, but also continue moving forward on their recovery journey. The underlying principles of every MIT service is that individuals do recover, individuals and families are resilient, and there is hope for your future.



The North Country MIT is a multidisciplinary team, including peers, dedicated to partnering with people with mental illnesses and their families to keep them healthy while living in their communities. The team will bring services to the individual and their family.

The North Country MIT provides service in Clinton, Essex, Franklin, Jefferson, Lewis and St. Lawrence counties.

North Country Mobile Integration Team Service Area

