# VF VERA FRENCH
### Mental Health for Healthy Living

# Community Support Services (CSS)

## About CSS at Vera French

Community Support Services (CSS) are provided to adults with a mental illness. This program is designed to support individuals as they live and work in the community. Services address mental health symptoms that negatively affect integration and stability in the community.

*Services are designed to support adults who meet one or more of the following:*

- *Recent Hospitalization or Multiple Visits to the Emergency Room*
- *One or more Major Life Changes Resulting in Mental Health Symptoms*
- *Lack of other Supportive Relationships*
- *Needing Support in Communication with Providers*
- *Medication Non-Compliance*
- *Engaging in one or more Risky Behaviors (Life Threatening Situations)*
- *Increase in Mental Health Symptoms or Suicidal Thoughts*
- *Self Harm/Suicidal Attempts*
- *Recent Trauma*

The CSS program focuses on attending appointments with other providers, obtaining medications, crisis planning, crisis intervention, and the development of natural supports.

## ⊖ CSS Program Includes:

- *Monitoring Mental Health Symptoms and Overall Functioning/Reality Orientation*
- *Providing Transportation*
- *Fostering Supportive Relationships*
- *Communicating with Other Service Providers*
- *Ensuring the Individual Attends Appointments and Obtains Necessary Medications*
- *Implementing Crisis Intervention and Developing a Crisis Plan*
- *Coordinating and Developing Natural Support Systems for Mental Health Support*

## ⊖ Level of Support

Clients will receive at least one face-to-face visit and one phone call per month from knowledgeable trained staff who will engage closely with them according to their specific needs. Each case will be reviewed quarterly by a prescriber.

*Contact us today to see how CSS can help you reach your goals with greater support, flexibility, and peace of mind.*

**VF**

**To make a referral to CSS Email:**
referralPT@verafrenchmhc.org
**Or Call:**
(563) 383-1900, Option 2

**VF Clinic at Central Park**
1441 W. Central Park Ave.
Davenport, IA 52804
(563) 383-1900
verafrenchmhc.org