

Admission Criteria Summary

Intensive Residential Treatment Services (IRTS)

Intensive residential treatment services are time-limited (up to 90 days) mental health services provided in a residential setting to adults in need of a more restrictive setting (versus community setting) and at risk of significant functional deterioration if they do not receive these services. The program is designed to develop and enhance psychiatric stability, personal and emotional adjustment, self-sufficiency, and skills to live in a more independent setting. Treatment will be directed to a targeted discharge date with specified goals and outcomes and consistent with evidence-based practices. The services are designed to promote individual choice and active involvement of the individual in the treatment process. IRTS admission is based on Minnesota Statutes and Department of Human Services Rules.

The following criteria must be met for the individual being referred to be admitted:

- The individual must be an adult (age 18 or older)
- The individual must be diagnosed with a mental illness based on a diagnostic assessment. A diagnostic assessment is a written evaluation conducted by a mental health professional to include a person's: current life situation and sources of stress, including reasons for referral; history of current mental health problems, including important developmental incidents, strengths, and vulnerabilities; current functioning and symptoms; diagnosis, including whether or not the person has a serious and persistent mental illness; and needed mental health services.
- The individual, because of a mental illness, must have substantial disability and functional impairment in three or more of the following areas so that self-sufficiency is markedly reduced:
 - use of drugs and alcohol;
 - vocational and educational functioning;
 - social functioning, including the use of leisure time;
 - interpersonal functioning, including relationships with the adult's family;
 - self-care and independent living capacity;
 - medical and dental health;
 - financial assistance needs;
 - housing and transportation needs; and
 - other needs and problems.
- The individual has one or more of the following:
 - a history of two or more inpatient hospitalizations in the past year;
 - a significant independent living instability;
 - homelessness; or
 - very frequent use of mental health and related services yielding poor outcomes.
- The individual, when assessed using the LOCUS, will need a "medically monitored level of service" (level 5). If this individual is assessed to have needs that are not at this level, the clinical supervisor at NLCR must evaluate and document how the individual's admission to and continued services in IRTS is medically necessary.



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Individuals who are likely not appropriate for IRTS admission include:

- Individuals who present a substantial risk of harm to self, others, and/or property or are unable to care for their own physical health and safety in a life-endangering situation (such as fire);
- Individuals who are believed to have used alcohol of sufficient amount and duration to create a reasonable expectation of withdrawal upon cessation of use;
- Individuals who have complex medical/nursing care and/or other serious health care conditions.

Admission Requirements:

- 1) Completion of the IRTS Case Manager Referral Information form;
- 2) Completion of the Preadmission Medical and Physical Requirements forms by a physician or qualified nurse practitioner or physician assistant;
- 3) Confirmation of current medications and prescription availability through the local pharmacy;
- 4) Verification of a funding source in place; and
- 5) Approval of the Treatment Director.

Please feel free to contact the Clinical Supervisor and Program Director at (218) 681-8706 regarding any questions or to discuss any concerns or requests for additional information.

