

Spectrum Intensive Treatment Team

Spectrum Community Mental Health

The Spectrum Intensive Treatment Team (SITT) is a public and private collaboration between Medica/United Behavioral Health, Mental Health Resources, Inc., Spectrum Community Mental Health, and State Operated Services. SITT was designed to provide brief, strategic and intensive individualized community-based mental health services to consumers with Medica coverage. Referrals can be made for consumers who reside in Anoka, Dakota, Hennepin and Ramsey counties.

SITT Serves

Adults with mental illness and/or chemical dependency who meet the following criteria:

- Frequent hospitalizations or utilization of emergency services.
- Frequent detoxifications.
- Multiple, complex medical and co-occurring disorders including MICD.
- At risk for hospitalizations or commitment.
- In a community hospital, and could be in the community with intensive case management

Goals of SITT

- Stabilize consumers within their own community.
- Coordinate transitional services to maintain independent living.
- Reduce reliance on unnecessary utilization of acute services.
- Reduce length of stay and frequency of acute care placements.
- Maintain or obtain safe and secure housing.
- Assist participants to access support services to be in place when case management is ended.

SITT Provides the following services

- Rapid face-to-face diagnostic and chemical health assessment.
- In-home services for high complexity/hard to reach consumers.
- Individualized short-term strategic treatment planning.
- Coordination with other essential community providers.
- Medication monitoring when indicated.
- Medication education.
- Referrals and advocacy to community based resources.
- Transportation for client appointments.
- Discharge and continuing care planning.

Duration of Services

Individualized based on evolving needs of consumer. Typically 3-6 months.