Arkansas Systems of Care provides comprehensive and effective care for youth with developmental delay and mental illness

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Introduction
I will discuss Arkansas Systems of Care (AR-SOC), with which I became familiar while during a clinical consultation at a children’s hospital. The collaboration between various system partners provided a comprehensive and effective care plan for this young patient and family.

What is Arkansas Systems of Care?
Coordination of services/supports
Family driven, child centered, youth guided
Supports evidence-based practices
Customized, culturally competent
Offers least restrictive environment
Utilizes team-based approach

Mid South Health Systems
Committed to provide individual, group, and family therapy, as well as medical and psychiatric evaluations by physicians.
Provided several community services in collaboration with Care Coordinating Councils (CCC) and Child and Adolescent Services Providers (CASSP). CASSP is available to local clients, while CCC takes any resident from Arkansas.

AR for Kids: Systems of care for children
Administered through the Arkansas Division of Mental Health (DHS), Counseling Services of Eastern Arkansas, and Mid-South Health Systems.
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Offers intense services for children with serious emotional and behavioral problems who are at risk for failure at their homes, schools and communities, often prompting inpatient placement. Referrals made by various sources.

Case Illustration
A 13 year old Caucasian male, living with parents, diagnosed with Severe Intellectual delay and Bipolar disorder. He received early interventions via ARKIDS and First Connections, Medicaid programs. He received resources like parent packet via Care Connections. He also received primary care, mental health, and case management services through Mid South Health Systems, based on his residency.
Special Education and Individualized Educational Plan were part of school-based programs if Mid South Health Systems. As he reached puberty, he became aggressive, requiring hospitalization. One of the hospitalizations was in Tennessee, but with the assistance of the Arkansas DHS in collaboration of SOC team and local Developmental Delay Services (DDS), he was placed in one of the state managed training facility for developmentally disabled children in AR.

Conclusions
Arkansas Systems of Care is comprehensive and effective in providing mental health services in the community.

Although systems of care in most states includes services for developmentally disabled children, there is an increasing need for resources when they reach adolescence and adulthood.

Also collaboration of system partners between states, between hospitals and community teams lends to the success story of these systems of care.

References
Arkansas division of mental health
Mid South mental Health
http://www.mshs.org/view/69
Ark Kids
http://www.arkidsfirst.com/serv.htm
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Impressive outcomes
School attendance
School achievement,
Sustained mental health
Intensive in-home services
Inpatient use
Suicidal behaviors
Arrest numbers
State & Local provider costs
Duplications of services

Guiding Principles
Voice and choice
Community based
Individualized
Natural supports
Outreach supported
Strength based
PERSISTENCE

ARKIDS and Connect care are first intervention programs from Arkansas Medicaid, for low and high-income groups who do not meet criteria for Medicaid.