

# ADVANCED PRACTICUM in COMMUNITY MENTAL HEALTH

## ODYSSEY: MENTAL HEALTH OUTREACH

### **What is the Odyssey Program?**

The Odyssey Program is a full service partnership that provides culturally competent intensive, integrated services to 60 priority population adults who are homeless or at-risk of homelessness.

The Odyssey Program provides:

- comprehensive assessment,
- individualized client-centered service planning,
- linkages to/provision of all needed services
- and supports by a multi-disciplinary, multi-agency team available to clients 24 hours a day, 7 days a week.

### **Who is served by the Odyssey Program?**

Adults, transition age young adults (18-24) and older adults with serious mental illness who are homeless or at-risk of homelessness.

Priority is given to individuals who are currently unserved or underserved by the mental health system. These individuals may or may not have a co-occurring substance abuse disorder and/or other serious health condition.

### **The goals of the program are:**

- to promote recovery and self-sufficiency,
- improve the ability to function independently in the community,
- reduce homelessness,
- reduce incarceration,
- and reduce hospitalization

### **What do Odyssey practicum students do?**

Clinical practicum students provide collaborative assessment, individual therapy and psychoeducation to Odyssey clients in support of each of the goals above. They work closely with the Intensive Case Management Team: MD, NFP, employment specialists, and peer service providers—clients in recovery who assist the team by serving daily as role models for hope, empowerment and recovery.

The concepts of recovery and resiliency are key elements of the Odyssey Program. These concepts are embedded in the program through its strengths-based focus, and emphasis on enhancing those strengths and promoting self-sufficiency. Comprehensive assessments address the strengths that clients and their families can bring to bear in addressing the challenges they face. The values of recovery are promoted through the use of client-centered service plans which emphasize consumer voice and choice. On-going program evaluation is guided by these concepts, utilizing outcome measures that address self-sufficiency and quality of life, in addition to those measures more traditionally used by the public mental health system.

Weekly supervision/training: One hour 1:1, 1 hour case consultation group supervision, two hour didactic. Additional supervision available for testing. Psychiatric emergency services rotation available in spring/summer.