Menninger 360
A hospital without walls
Some individuals with mental health issues need intensive treatment, yet not necessarily in a hospital setting. Instead, they can benefit from the multi-faceted “hospital without walls” approach offered by Menninger 360.

The first private program for assertive community treatment (PACT) in Texas, Menninger 360 features a team of experienced mental health clinicians that provides clients with 360-degree wraparound support, treatment and rehabilitation in their home and communities. Person-centered and attachment-based, Menninger’s PACT works alongside each client.

Our philosophy is to do whatever it takes to help our clients take strides forward.

The team is mobile, helping clients work toward independence, develop and practice skills to manage their mental health concerns and achieve their goals—outside of a hospital or other outpatient settings.

By working with clients in their homes and communities, the team helps them address real-world concerns in real time. Menninger 360 takes an individualized, proactive and pro-social approach to support and help clients live full, independent lives while managing their illness.

Goals
The primary goals of Menninger 360 are to:

- Decrease or eliminate debilitating symptoms of mental illness so that clients have fewer recurring episodes of acute mental illness and hospitalizations
- Improve clients’ abilities to function in social, community and professional roles and activities
- Enhance clients’ quality of life
- Lessen the family’s burden of providing care

Who Can Benefit
Menninger 360’s mobility and completely individualized care accommodates a wide range of needs and situations, including:

- Adults with severe, chronic mental illness, including schizophrenia, other psychotic disorders and bipolar disorder
- Busy professionals whose schedule makes it difficult to leave their workplace for care while maintaining their professional duties
- Adults whose symptoms make it difficult for them to participate in group-based treatment programs or who need sustained support for recovery from substance abuse
- Individuals who experience significant disability and challenges with life skills
- Those who have not been helped by traditional mental health services and need skills and practice in planning, interpersonal relationships, emotion expression, anxiety management as well as pursuing leisure and personal interests

Menninger 360 serves adults in Houston, and the staff is centrally located and accessible.

Our Team & Service Levels
The team is comprised of psychiatrists (physicians), nurses, and other highly trained clinicians and community integration specialists. Together, they offer four levels of service to meet the needs of individual clients:
- Tier I provides up to 10 hours of individualized services per week
- Tier II provides up to 20 hours of services per week
- Tier III provides up to 30 hours of services per week
- The Maintenance Tier provides up to 5 hours of services per week

Outside of regular services, team members are on call for emergencies 24 hours every day.

What is Community Integration?
Community integration is a person-centered approach to mental health care that enables an individual to participate in society through healthier relationships. This treatment model creates a cohesive, multifaceted series of experiences for the client across domains of functioning—interpersonal, intra-personal, wellness, independent living, mood, etc.—to establish or reinforce his/her narrative with meaning, purpose, competency and worthiness.

How Does the Program Help Clients?
Our Menninger 360 team identifies barriers to each client’s natural therapeutic supports of friends, co-workers/co-volunteers, peers, family, spirituality, and health and wellness activities. We develop a plan and enact change with as much or as little therapeutic support as needed from Menninger 360 team members.

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Clients benefit from therapeutic supports that only exist in the context of their community. All of us inhabit multiple roles and identities that provide meaning and purpose. The gulf between living and living well is vast, and knowing ourselves as a friend, student, hobbyist, family member, significant other, citizen, employee, helper, spiritual being or countless other roles is how we get there.

There are innumerable reasons why it is challenging or difficult for a client to readily engage in a community. Working through and with those reasons in the context of the community is the primary focus of the Menninger 360 team. Our team members develop effective therapeutic rapport with each client that builds trust and confidence.

How Does Menninger 360 Collaborate with a Client’s Providers in the Community?
The PACT model is flexible and adaptive by design. While all clients must work with a team psychiatrist, we have had local referring clinicians continue as the client’s individual therapist, family therapist and essentially become one of the Menninger 360 team members, all working toward common goals with the client.

For providers who may not be available to participate in our model with a referred client, we are happy to provide updates on the client’s progress, presuming the client signs a release.

PACT services can also seamlessly integrate into other programs, such as sober living, intensive outpatient or partial hospital programs.

Menninger 360 Expands Adult Services
The Menninger Clinic is committed to excellence in mental health care, and the creation of Menninger 360 in 2017 filled a void in our continuum of care for adults.

Menninger services for adults include:

- Inpatient stabilization and assessment—
Comprehensive Psychiatric Stabilization Service (CPAS)
- Inpatient Treatment for Adults—Compass Program for Emerging Adults, Professionals Program and Hope Program
- Community integration program (non-milieu based)—Menninger 360

- Community integration program (milieu based)—Pathfinder with groups and mentored apartment living with other clients
- Traditional individual, family, group and medication therapy and screenings—Menninger Outpatient Services at our clinic in Bellaire and on our main campus

Who Can I Talk to About Menninger 360?
Please contact the Program Director Matt Estey, LCSW, by emailing him at mestey@menninger.edu or calling him directly at 409-502-0957 during business hours.

How Do I Get Started?
Once you contact Program Director Matt Estey, getting started in the program can begin within three to four business days.

For clients already within the Menninger’s continuum of care, the Menninger 360 staff will collaborate with the team already working with the client, speak with the client and family, and make a determination within one to two business days. The Menninger 360 team will attend the Menninger inpatient program’s diagnostic conference for the client and begin the process of building report while the client completes inpatient treatment. We follow a similar process for clients in Menninger’s outpatient levels of care.

What is Included in Treatment?
First, our team provides all traditional therapeutic services:
- Individual therapy
- Family and couples therapy
- Substance abuse recovery and harm reduction
- Medication management
- Vocational and occupational therapy

Person-centered treatment also focuses on the client’s relevant life domains that are critical to not simply living, but living well. We have discov-
ered the only true limits we face are our collective creativity and willingness. Menninger 360 clinicians are dedicated to doing whatever it takes for clients’ treatment goals.

What If I’m Not From Houston?
Most of our clients are not local residents. We have actively supported clients in all aspects of getting settled in Houston, including locating appropriate housing on a short- or long-term basis and as much or as little alongside support to ensure the client has insurance, electricity, communication and transportation.

Where Can Clients Live to Participate?
Our home health license covers in-home support in Harris County, Texas. We encourage clients to live within Houston’s Interstate-610 Loop since the farther we have to drive to provide services, the more traveling reduces face-to-face time with clients.

We do have some capacity to work with clients outside of Harris County (those living relatively close to the city) but in-home services are not available, on-call services would be limited to phone support and clients would need to be able to meet with the team in the Houston area.

Who is Responsible for Clients’ Safety?
While the Menninger 360 team will do its best to collaborate with clients regarding behaviors or urges to self-harm with or without intentionality, clients are ultimately responsible for their physical safety since the team is not with them throughout the day and night. We have on-call staff to handle emergencies 24/7 by meeting with clients in distress or providing support via the phone.

What Therapeutic Modalities Can We Expect?
Core team members are highly trained in a wide range of evidence-based treatment modalities,
including Cognitive Behavior Therapy (CBT), Dialectical Behavior Therapy (DBT), Expressive Art Therapies, Peer Recovery Services, Motivational Interviewing (MI), Acceptance and Commitment Therapy (ACT), Family Systems Therapy, Mentalization-based Therapy, SMART Recovery, Couples Therapy, Certified Personal Training, Certified Yoga Instruction (including trauma-informed yoga) and Psychodrama.

In addition, Menninger 360 clients have access to expert mental health specialists at our main campus in Houston.

**Do Clients Take Medication?**
The correct psychiatric medication regimen is an important part of recovery and helping clients reach their goals. The psychiatrists on our team fundamentally believe in making medication decisions in collaboration with clients. Thus, the psychiatrists are embedded in the Menninger 360 team, allowing the psychiatrist to take the time that is needed to make a shared decision with the client, understand the client and receive daily feedback from the other team members about effectiveness and side effects of the medication.

**Work, Volunteering & Treatment**
Some clients have an established career, and we help facilitate their return to work. Other clients are looking to change vocational direction, or may have yet to identify a meaningful role.

There are numerous tasks clients engage in prior to starting work or volunteering, as well as after beginning a meaningful role. Following are examples of some steps in this process:
- Clarification of values
- Exploration of interests, strengths and personality type
- Resumé development

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Community integrated treatment happens within the community. Houston offers a wide variety of opportunities for adults and their personal interests, from special events (at left), to art displays (center) and urban settings.
Mock interviews
Exploratory interviews
Job or volunteer shadowing with staff
Supported volunteering with staff
Staff support during work (in person or by phone during breaks, or prior to and after work)

Social Skills
Humans are, by nature, social beings. For some clients, the team will be the primary provider of social engagement during the early stages of treatment. Over time, depending on a client’s goals, we will work together to increase the degree of social engagement in the larger community. This may take place in the context of leisure activities, hobbies, fitness, spirituality, work, volunteering or attending college classes.

Houston is an incredibly diverse city with countless opportunities for locating specific communities of like-minded people to connect with. Our team is expert at locating and, if necessary, engaging alongside our clients in those communities.

Wellness & Healthy Living
Health, whether physical or mental, is not merely the absence of disease or symptoms. We work closely with our clients to explore what wellness means to them, and identify areas of collaboration to move toward a more optimal state of physical and mental well-being. This includes, but is not limited to, a regimen of exercise and physical activity, healthy eating habits, sleep improvement, spiritual well-being, support for any problematic medical conditions, management of media consumption and use of technology. Our team works closely alongside clients in their exploration or involvement in all of these areas of wellness.

Menninger is a 501(c)(3) nonprofit organization and is affiliated with Baylor College of Medicine. Menninger has been ranked 29 consecutive years as one of the nation’s Best Hospitals in Psychiatry by U.S. News.