

GEORGIA DEPARTMENT OF CORRECTIONS
MENTAL HEALTH SERVICES
Description of Clinical Functions

1. Counseling

Counseling consists of a number of techniques used to help individuals with problems that are developmental in nature. Specific techniques include supportive and educational (skill building) interventions.

A. Supportive Counseling

Supportive counseling is provided to patients with psychological deficits secondary to acute situational stress or chronic conditions. The type of support provided by the counselor varies as a function of the specific deficits. Thus, support may take the form of limit-setting, increasing reality testing, providing resource, information and/or giving advice.

B. Psycho-educational Group Training

Psycho-educational Group Training is a didactic and experiential skills building program. Each lesson builds on the previous lesson and skills are practiced between sessions. Group format tends to be the most effective modality and members learn from the skill mastering experience of other members.

C. Case Management

Case management is a counseling function helping offenders solve problems of institutional living and managing their activities and schedules given their need's assessment profile and the mission of the facility.

D. Preventive Counseling (Life Skills Training)

Preventive counseling is focused on preparing offenders to re-enter society by identifying potential problems and developing skills to deal with those problems, (e.g., accessing community mental health services)

II. Therapy

Therapy consist of a number of techniques used to help individuals who are suffering with mental illness. Specific therapy modalities include individual and group therapy.

A. Individual Treatment

Individual treatment is a treatment modality in which the therapist and patient work on reducing/eliminating mental illness through any of a number of specific techniques (e.g., insight, cognitive interventions, behavioral techniques, strategic-paradoxical treatment, and catharsis.)

B. Group Treatment

Group treatment is a treatment modality in which the individual works on reducing/eliminating mental illness using the group as a vehicle to achieve his/her treatment goals. Therapy groups may be closed time-limited heterogeneous interaction groups focusing on the here- and- now or open-ended homogenous problem/topic specific focusing on the past, present, and future.

C. Sexual Abuse Treatment

Sexual abuse treatment uses a number of techniques to help the patient cope with the trauma of having been sexually victimized.

D. Crisis Intervention

Crisis intervention consists of a number of techniques used to help stabilize an individual who is in crisis.

III. Evaluations

A. Mental Health Reception Screen (see Standard Operating Procedure 508.14)

B. Mental Health Evaluation (see Standard Operating Procedure 508.15)

C. On-Call Crisis Triage (see Standard Operating Procedure 508.05)

D. Sexual Abuse Evaluation (see Standard Operating Procedure 508.22)

E. Disciplinary Evaluation (see Standard Operating Procedure 508.18)

F. Administrative Segregation Evaluation (see Standard Operating Procedure 508.20)

G. Parole Psychological Evaluation (see Standard Operating Procedure 508.15)

IV. Psychological Testing

- A. Intelligence testing consists of a number of standardized tests yielding an intelligence quotient (e.g., Wechsler Adult Intelligence Scale, Stanford- Binet, Culture Fair, Slosson)
- B. Objective Personality Tests are standardized self-report intervention that reflect a few underlying factors (e.g., Minnesota Multiphasic Personality Inventory, Millon Clinical Multiaxial Inventory)
- C. Projective Personality Tests are standardized procedures, assessing an individual's response to ambiguous stimuli (e.g., The Rorschach, Thematic Apperception Test, Incomplete Sentences Test)
- D. Neuropsychological tests on standardized procedures used to issue brain-behavior relationships (e.g., Halstead-Reitan, Luria-Nebraska)/