

## STEPS YOU CAN TAKE

- Wait patiently for your MHA
- Use healthy coping skills, included in this pamphlet
- Kite Mental Health, listing your symptoms– please be specific about your concerns
- Tell Unit Staff if you are thinking about hurting yourself or others
- If you arrived with medication, you will continue to receive medication. If you did not arrive with medication, then you will need to wait to see Mental Health for a MHA and get a referral for Psychiatry
- Mental Health cannot give you cell changes or interfere with Housing if you do not get along with your cellmate or if you want a single cell. Please speak to Unit Staff if you have these issues.

*“Everything can be taken from a man but...the last of the human freedoms– to choose one’s attitude in any given set of circumstances.”*  
-Viktor Frankl



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# WCC Mental Health



## Receiving Units

## Mental Health (MH)

### Receiving Process



**Every** Incarcerated Individual is screened by Mental Health at Receiving.

**If** a person needs further assessment and services, he is referred for a Mental Health Assessments (MHA), per the DOC Health Plan (DOC HP).

**MHAs** are scheduled based on the priority of needs. Please be patient!

**When** a person meets with a Psychology Associate for the MHA, the level of care will be assessed (see DOC HP).

**Referrals** to Psychiatry occur after the MHA, based on the person's level of care (see DOC HP). Psychiatry determines whether medications are needed and what is prescribed.

### What Is NOT Covered per the DOC HP as Level 3 (p.40)

- Adjustment Disorders
- Caffeine-related Disorders
- Communication Disorders
- Cyclothymic
- Erectile Dysfunction
- Factitious Disorder
- Motor Skills Disorders
- Nicotine-Related Disorders
- Sexual Dysfunctions
- Sleep-Wake Disorders, including Insomnia, Hypersomnolence, Circadian Rhythm Sleep-Wake Disorders
- Specific Learning Disorders

### Healthy Coping Skills

- Attend yard/ exercise
- Journal
- Read
- Eat three regular meals a day and include fruit and vegetables. Avoid high sugar foods
- Drink plenty of water
- Try writing about your worry, but make the ending positive. Write about how you can solve the problem, relax, start feeling better, or handle the situation.
- Learn to breathe deeply. Start by breathing in through your nose for 4 seconds, hold for 4 seconds, then breathe out through your mouth for 4 seconds and hold for 4 seconds. Do this 10 times.
- Imagine a place where you feel calm and peaceful. This might be a mountain lake, a cozy cabin, or a sunny beach— wherever you feel calm, comfortable, and happy. Imagine what this place looks, sounds, and feels like. Imagine how good you feel when you are there.
- Consider learning meditation or yoga
- Consider learning something new while you are incarcerated. Many facilities offer job opportunities, craft groups, and college or GED courses.