

Enhanced Systems of Supports (ESOS)

PCS Behavioral Health has partnered with the Missouri Department of Mental Health, Division of Developmental Disabilities, to deliver Enhanced Systems of Support (ESOS) services to children and adults with an Intellectual and Developmental Disability who also experience behavioral challenges that pose a risk to their safety and stability in the community.

PCS Behavioral Health collaborates with ESOS members, their various providers, supports, and with state-wide mobile crisis teams to improve their lives and ability to self-regulate and thrive in the community. ESOS focuses on the enhanced coordination of community-based, clinically competent services and supports.

Who is ESOS Care Designed For?

When an individual is identified to be at risk and/or in crisis, PCS Behavioral Health steps in to identify possible gaps in care contributing to the crisis events, repeated hospitalizations, or interaction with first responders and law enforcement.

ESOS care is designed for:

- Individuals with a diagnosis of Intellectual and Developmental

Disability with behavioral health challenges and may also have a psychiatric diagnosis

- Individuals determined by the Missouri Department of Mental Health, Division of Developmental Disabilities, as needing more supports
- Members who have providers and loved ones who need training, or consultation to empower them to successfully support their client or clients' supports

Enhanced Systems of Support Goals

- Assist the individual in achieving a better quality of life in the community
- Develop and coordinate the individual's support system (family, friends, mental and physical health providers) through evaluation and training to understand causes of dysregulated behavior and to develop successful interventions to de-escalate and prevent future crisis episodes
- Decrease the frequency of crisis events (e.g., ER visits, inpatient hospitalization, law enforcement involvement)
- Increase one's ability to remain safe in the community and out of the hospital
- Reduce utilization of psychotropic medication to manage challenging behaviors when possible

ESOS Services

- Crisis prevention and intervention services with 24/7, on-call support
- Ongoing technical assistance to support community providers and families including:
 - Interdisciplinary assessments of the problem situation, linkage to resources, and development of successful support strategies and follow up services
 - Identification of service gaps
 - Assist with obtaining services needed to maintain safety and stability in the community
- Regular meetings with the member, caregivers, and other providers to develop a person-centered multi-system support plan
- Facilitate service providers use of strategies that will result in measurable reductions in crisis events and the need for out-of-home placement

Criteria for Admission

- Intellectual or developmental disability or dual diagnosis of I/DD and mental illness
- Severe psychiatric or behavioral symptoms that place the individual or others at imminent and significant risk of harm, or that threaten the sustainability of the current community placement
- Two or more crisis events within the past 120 days, with each event requiring at least one of the following:
 - a call to mobile crisis or law enforcement, crisis stabilization services (i.e., behavioral respite), hospitalization in an acute psychiatric setting and/or ER intervention
- Services, supports and treatment interventions (medication management, outpatient psychotherapy, and behavior services) have been provided but have not been effective in preventing or stabilizing crisis events