

# MULTIDISCIPLINARY INTERVENTION TEAM (MIT)

Pilot Program



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ALLYSON COATS, LPCC

Director of Behavioral Health U.S.VETS Long Beach

[Acoats1@usvets.org](mailto:Acoats1@usvets.org)

[www.usvets.org](http://www.usvets.org)

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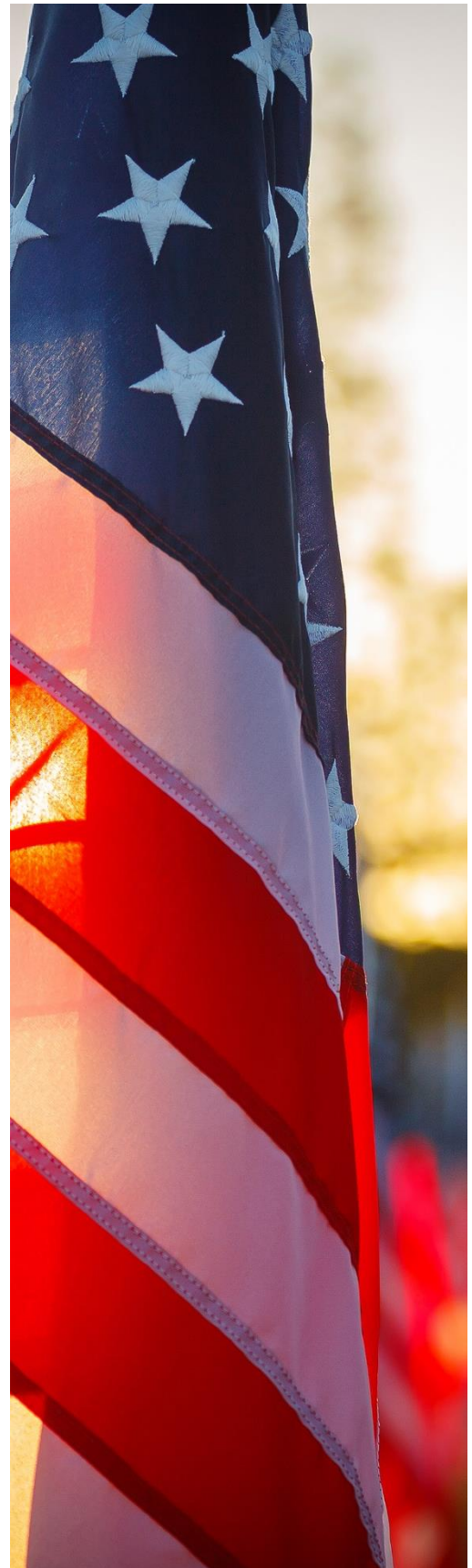
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# PROGRAM OVERVIEW

The U.S.VETS Long Beach Intervention Team is a multidisciplinary, community-based support service designed to assist veterans in the Greater Los Angeles area who are enrolled in the VA-funded Transitional Housing Program (GPD) at the Long Beach campus. This team focuses on addressing a wide range of challenges faced by veterans in this program, with a particular emphasis on mental health, substance abuse, life skills, and housing stabilization. The team is composed of mental health interns, occupational therapy interns, and peer support specialists, all of whom work collaboratively to provide targeted interventions and services to veterans in need. This comprehensive model combines clinical, occupational, and peer support approaches to ensure veterans receive holistic and tailored services that improve their outcomes and support their long-term success in the transitional housing program.



# POPULATION HIGHLIGHTS

## WHO IS BEING SERVED:

The U.S.VETS Intervention Team provides support to veterans in the GPD program who face a variety of challenges, including but not limited to:

- **Program Compliance Issues:** Non-payment of fees, AWOL status, missed case manager meetings, or stagnation in the program.
- **Mental Health and Substance Use:** Issues related to substance abuse, co-occurring mental health conditions, high acuity, medication management, and distress tolerance.
- **Life Skills & Self-Care:** Challenges with hygiene, coping skills, communication, interpersonal conflicts, and military-related trauma or separation.
- **Interpersonal & Medical Issues:** Conflict with roommates, grief and loss, and medical challenges.

*“The homeless often lose trust in people: in the hospital doctors, who had no choice but to discharge them back onto the streets, and in the family members from whom they have become estranged.”*

ED DAVEY

# PURPOSE & PROCESS

The primary purpose of the Intervention Team is to provide specialized, evidence-based interventions to help veterans overcome barriers to successful participation in the GPD program and support their transition into independent living. The team follows a Community Mental Health Model and utilizes Evidence-Based Practices tailored to the needs of each individual veteran. These practices include:

Cognitive Behavioral Therapy (CBT)  
Dialectical Behavior Therapy (DBT)  
Stages of Change Model  
Motivational Interviewing (MI)  
Trauma-Informed Care (TIC)  
Harm Reduction Techniques  
Ability-First & Hoarding Intervention Strategies

# THERAPEUTIC COMMUNITY

Therapeutic Community treatment offers a group-based approach that can be applied to the therapeutic care of a wide range of patient groups in different settings including the outside community.

The Therapeutic Community embraces a set of methods with the aim to treat people dealing with emotional disturbance, substance abuse issues, and anxiety surrounding successful reintegration back into the community.

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# WORK FLOW



## 1. Initial Referral:

-Step 1: U.S.VETS Staff members or case managers notice a veteran is struggling with any aspect of the program (e.g., non-compliance, substance use, mental health issues, interpersonal conflict).

-Step 2: The veteran is referred to the Intervention Team through DBH (Department of Behavioral Health) during weekly Multidisciplinary Team (MDT) or MWF meetings.

## 2. Assignment and Coordination:

- DBH assigns the case to an Intervention Team, which consists of clinical and OT interns, peer support (when applicable), and a case manager.

- Collaborative Planning: The team works together to determine an appropriate course of action, including writing a Housing Stability Plan (HSP), setting SMART goals, and outlining a follow-up schedule.

## 3. Team Interventions:

- Teams will meet with the veteran to assess their needs, develop and implement therapeutic interventions, and provide consistent follow-up.

- Teams will document interventions using a structured format on JotForm, and case managers will incorporate this data into MCR/Clarity systems.

## 4. Follow-up & Documentation:

- Regular follow-ups are scheduled to track progress and adjust interventions as needed.

# RECORD KEEPING

To ensure consistent, accurate, and effective communication within the multidisciplinary intervention team, all case notes and documentation must adhere to established standards that promote clarity, confidentiality, and continuity of care. Documentation serves as a vital tool for tracking progress, coordinating interventions, and ensuring that all team members have access to comprehensive, up-to-date information about each client's treatment plan.

1. **Accuracy and Clarity:** All case notes should accurately reflect the veteran's current status, interventions, and progress. Each entry must be factual and avoid personal opinions or assumptions.
2. **Confidentiality:** Documentation must adhere to all relevant confidentiality guidelines, including HIPAA regulations.
3. **Structured Format:** Case notes should be written using standardized format to ensure consistency and ease of communication across the team. The following apply:
  - Client Name (first initial, last name)
  - Date of Intervention
  - SMART Goal
  - DAP Note (Data, Assessment, Plan)
  - SNAP List (Strengths, Needs, Abilities, and Preferences)
  - Follow-up Schedule (e.g., daily check-ins, weekly meetings)
5. **Collaboration and Coordination:** Case notes should reflect a holistic, team-based approach to care. Each member of the multidisciplinary team, whether a clinical intern, occupational therapy intern, peer support specialist, or case manager—should contribute relevant observations and interventions.
6. **Follow-up and Review:** Case notes should include a follow-up schedule that outlines any next steps, additional assessments, or scheduled check-ins.

# MIT

# LOGISTICS

## **Team Structure:**

- Teams will operate in pairs (multidisciplinary), with each pair consisting of a Clinical Intern and an Occupational Therapy Intern.
- Some teams may include a Peer Support specialist for a more comprehensive approach.

## **Team Composition:**

1. *Interns:* (offering clinical expertise in Occupational Therapy and Mental Health Interventions)
  - Long Beach State/Cal State LA
2. *Peer Support:* (Peer support is a critical part of the team, offering lived experience and support.)
  - Battleship Iowa

## **Workspace:**

*Dining Hall:* Used for initial daily meet-ups and general team coordination.

*Computer Lab:* Reserved for team use (one login for all team members). A designated line of computers will be set aside for team members to document interventions and track progress.

## **Uniforms:**

- Team members are encouraged to wear branded or coordinated clothing to create a unified and professional appearance.

## **Communication Tools:**

- Walkie-talkies will be used for team coordination.
- A shared email and login will be created for the entire intervention team to facilitate communication and documentation.

## **Documentation format includes:**

Client Name (first initial, last name)

- Date of Intervention
- SMART Goal
- DAP Note (Data, Assessment, Plan)
- SNAP List (Strengths, Needs, Abilities, and Preferences)
- Follow-up Schedule (e.g., daily check-ins, weekly meetings)



# MEMBER ROLES

## ROLE BY DISCIPLINE:

- Clinical Interns: Provide mental health therapy, including individual counseling, group therapy, and support for life skills, coping strategies, and substance use recovery.
- Occupational Therapy Interns: Offer support for veterans in developing daily living skills, including personal hygiene, time management, and social skills.
- Peer Support Specialists: Provide lived experience and mentor veterans, helping them feel understood and supported through shared experiences and advice.
- Case Managers: Work closely with the team to track progress, ensure that veterans attend appointments, and assist with writing treatment plans and goals.

## GROUP SESSIONS AND ADDITIONAL ACTIVITIES

In addition to one-on-one interventions, the team will also facilitate group sessions based on the needs of the veterans. Some of the group topics include:

- Life Skills Workshops
- Coping and Stress Management
- Substance Use Education and Recovery Support
- Anger Management
- Veterans' Peer Support Groups
- Specialized Mental Health Groups:
  - Post Traumatic Stress Disorder (PTSD)
  - Depression
  - Anxiety
  - Combat
  - PTSD
  - CBT/DBT



## COLLABORATION & MEETINGS

The Intervention Teams will collaborate closely with representatives from all service programs and disciplines on site to foster a multidisciplinary environment. This collaborative approach ensures that all aspects of each client's case are thoroughly assessed and addressed, allowing for the integration of diverse treatment strategies and the flexibility to adjust program interventions as needed.

- The Intervention Team will attend Weekly Multidisciplinary Meetings to update team members, share progress on cases, and collaborate on complex cases.
- They will assist Case Managers in tracking down veterans who are missing meetings and in writing treatment plans or conducting Motivational Interviewing strategies.
- They will collaborate with VSC and VSA team members to ensure building inspections/room inspections are conducted

# MENTAL HEALTH INTERN

## **Clinical Mental Health Intern Position Description**

Supervisor: Director of Behavioral Health

Position Type: Internship (Full-Time/Part-Time)

### ***Role Overview:***

The Clinical Mental Health Intern will be part of the U.S.VETS Long Beach Intervention Team, a community-based multidisciplinary team that provides mental health, substance use, life skills, and housing stabilization services to veterans in the GPD Transitional Housing Program. This position is designed to offer clinical experience in mental health counseling, crisis intervention, and therapeutic support in a residential setting.

### ***Key Responsibilities:***

- Provide individual and group counseling to veterans addressing mental health issues such as depression, anxiety, PTSD, and substance abuse.
- Apply evidence-based therapeutic techniques including Cognitive Behavioral Therapy (CBT), Dialectical Behavioral Therapy (DBT), and Motivational Interviewing (MI).
- Conduct mental health assessments and contribute to the development of individualized treatment plans.
- Support veterans in developing coping skills, managing stress, and enhancing life skills related to personal and emotional well-being.
- Document clinical interventions, treatment progress, and outcomes
- Collaborate with members of MIT, and case managers to ensure a holistic approach to veterans' care.
- Participate in weekly Multidisciplinary Team (MDT) meetings, sharing case updates, insights, and progress with the broader team.
- Assist in the development and facilitation of group therapy sessions on topics such as anger management, stress reduction, and substance use recovery.

### ***Qualifications:***

- Current enrollment in a Bachelor's or Master's-level Clinical Psychology, Counseling, Social Work, Human Services or related program
- Strong interpersonal and communication skills.
- Interest in working with military veterans and understanding the challenges of the veteran population.
- Ability to maintain confidentiality and practice in compliance with HIPAA and ethical guidelines.

# OCCUPATIONAL THERAPY INTERN

## **Occupational Therapy Intern Position Description**

Supervisor: Director of Behavioral Health

Position Type: Internship (Full-Time/Part-Time)

### ***Role Overview:***

The Occupational Therapy Intern will work within the U.S.VETS Long Beach Intervention Team to provide individualized support to veterans facing challenges related to daily living activities, self-care, and independent living skills. The intern will assist in developing and implementing strategies to enhance veterans' functioning in the areas of hygiene, time management, social skills, and overall daily routines.

### ***Key Responsibilities:***

- Provide individual and group sessions focused on improving daily living skills such as personal hygiene, time management, budgeting, and meal planning.
- Support veterans in overcoming barriers to functional independence, including fine motor skills, task organization, and social interaction.
- Assist veterans with self-care routines and strategies to improve their personal hygiene and well-being.
- Collaborate with the clinical mental health team to address the psychosocial and emotional factors that may affect veterans' engagement in daily activities.
- Conduct assessments of veterans' ability to perform activities of daily living (ADLs) and contribute to the development of individualized care plans.
- Document progress, intervention strategies, and outcomes
- Participate in team meetings and offer recommendations based on the veterans' needs.
- Provide group sessions to address common issues veterans face in managing daily routines and responsibilities.

### ***Qualifications:***

- Current enrollment in an Accredited Occupational Therapy (OT) Program.
- Completion of foundational coursework in occupational therapy, mental health, and rehabilitation practices.
- Strong communication and interpersonal skills.
- Interest in working with veterans and understanding military culture and its impact on daily functioning.
- Ability to work effectively in a team-based environment, supporting a holistic approach to veterans' care.

# PEER SUPPORT SPECIALIST

## Peer Support Specialist Position Description

Supervisor: Director of Behavioral Health

Position Type: Internship (Full-Time/Part-Time)

### ***Role Overview:***

The Peer Support Specialist provides mentorship and guidance to veterans enrolled in the GPD Transitional Housing Program. As a person with lived experience, the Peer Support Specialist is uniquely positioned to offer emotional support, share personal insights, and guide veterans through the challenges of transitioning to independent living. This position is designed for individuals who have experience overcoming personal challenges, such as mental health issues or substance use, and who wish to support their peers in similar circumstances.

### ***Key Responsibilities:***

- Serve as a mentor and role model for veterans, offering support based on lived experience in overcoming mental health challenges, substance use recovery, and adjusting to civilian life.
- Engage in one-on-one coaching and support, assisting veterans in setting and achieving goals related to life skills, recovery, and housing stability.
- Lead and facilitate peer support groups focused on topics such as coping strategies, stress management, substance use recovery, and mental health challenges.
- Assist in the development of motivational interventions
- Share personal experiences in a way that helps veterans feel understood, reduce isolation, and build trust.
- Collaborate with the MIT to provide comprehensive support to veterans.
- Assist in the documentation of interventions

### ***Qualifications:***

- Lived experience in overcoming mental health challenges, substance use recovery, or homelessness.
- Veteran status or significant experience working with military veterans is preferred.
- Compassionate, empathetic, and non-judgmental attitude toward others.
- Ability to maintain confidentiality and adhere to ethical guidelines.
- Strong communication and interpersonal skills.
- Willingness to engage in ongoing professional development and training in peer support models and techniques.