

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



600-BR005, (R 04/2021)

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.