



The Arc Answers: Local Management Entities (LMEs)

What is an LME?

An LME is a local government agency that is responsible for managing, coordinating, facilitating and monitoring mental health, developmental disability and substance abuse services in a certain area. LMEs don't provide services, but contract with and refer consumers who seek help to appropriate, private providers after an initial assessment. Consumers are free to choose and follow up with the service providers that best fits their needs.

As the intermediary between consumers and providers, LMEs authorize the appropriate amount of services, ensure service quality and standards, develop and manage contracts with providers, and manage state funding.

What are examples of services that I can access through an LME?

Everyone who seeks help and resources through an LME will complete a person-centered plan, which is a document that outlines individual goals and strategies for achieving those goals. The person-centered plan will help determine the services and supports that will aid a person in achieving their goals and living more independently. Available services vary depending on location and providers; the following are a few examples. Services may include: Assertive Community Treatment (ACT), clubhouses, intensive inhome, medication management, housing assistance, school counseling, case management, respite care, supported employment, peer support, integrated dual-diagnosis treatment, multi-systemic therapy, substance abuse detoxification, and prenatal substance abuse treatment.

How do I find my LME?

North Carolina's Division of Mental Health, Developmental Disabilities, and Substance Abuse Services publishes an online list of LME contact information and website links, organized by county: <http://www.dhhs.state.nc.us/mhddsas/lmedirectory.htm>.

What if I am facing a crisis situation?

All LMEs have a 24-hour crisis line. You can find a list of phone numbers and contacts on the MH/DD/SA website: http://www.dhhs.state.nc.us/mhddsas/crisis_services/lme24houraccesscrisiscontactinfo.pdf

What is a CFAC?

CFAC stands for Consumer and Family Advisory Committee. Each LME fields a committee of people who have received MH/DD/SA services and their family members. The CFAC meets monthly to help identify service gaps, offer suggestions for long-term planning, and review organizational documents. CFAC members may also help educate the public about issues related to MH/DD/SA service delivery. Meetings are open to all consumers and family members.

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