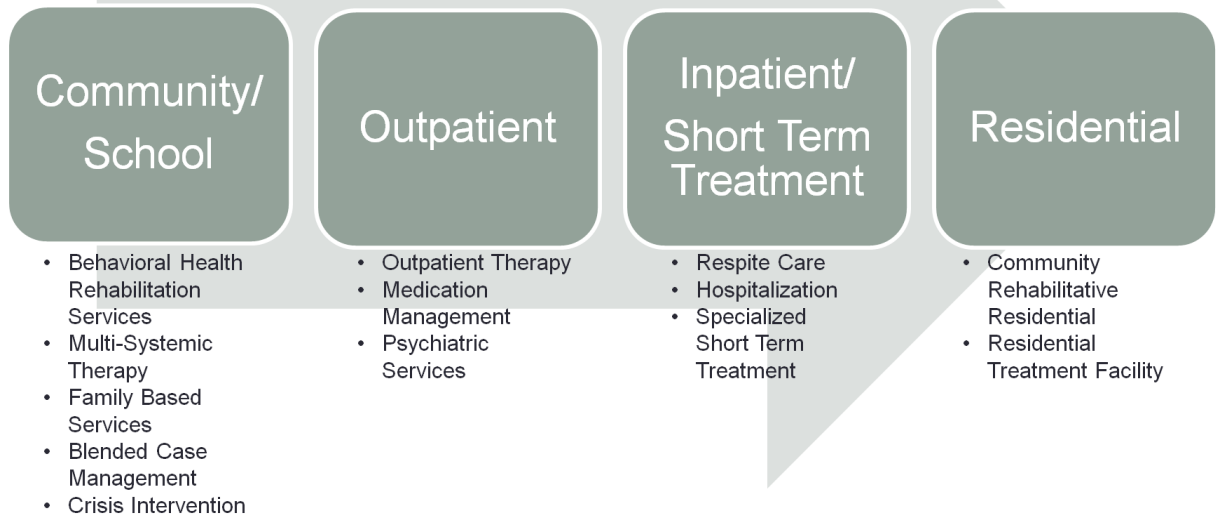


# Children's Mental Health



**For questions or more information on services available to children and adolescents, call the McKean County Children's Resource Unit at 814-887-3350.**

## **Behavioral Health Rehabilitation Services (BHRS)**

BHRS services (also known as "Wraparound services") provides intensive behavioral health support for youth that are generally between the ages of 3 and 18 who have serious emotional or behavioral issues. These services are funded by Medical Assistance. BHRS services are tailored to the unique needs of each youth by providing therapeutic interventions wherever needed, in the home, school, or community. Treatment and support are provided by team members who may include: A Behavioral Specialist Consultant (BSC) is a professional who designs effective behavioral interventions in collaboration with all individuals involved with the child or adolescent and their family. The BSC develops and helps implement the treatment plan, supervises the treatment team and links the youth and family with helpful services. A Mobile Therapist (MT) is a mental health professional who provides therapy sessions within the home involving the youth, family or other caregivers. Problems frequently addressed in therapy include depression, anxiety, hyperactivity, family conflicts and other barriers to successful coping. A Therapeutic Support Staff (TSS) is a Bachelors level worker who helps implement the Treatment Plan objectives and goals. The primary approach is through transfer of skills to everyone involved. TSSs work under the direction and supervision of the Behavioral Specialist Consultant.

### **Community and School Based Behavioral Health Team Services (CSBBH):**

Beacon Light Behavioral Health Systems has two CSBBH teams in two Bradford schools—School Street and George G. Blaisdell Elementary Schools. CSBBH is behavioral health program that is similar to BHRS (Wraparound Services) except services are provided by a team that is based in the school for a coordinated approach.

### **Multi-Systemic Therapy (MST)**

MST is a treatment for youth who are involved with the juvenile justice system or at risk of becoming involved with the juvenile justice system. It focuses on things in the youth's life that are causing his or her behaviors. The primary goals are to: 1) Help families to build a healthier environment by using existing child, family, and community resources; 2) Decrease current behaviors and other clinical problems; 3) Improve family relations, school performance, and other areas; and 3) Reduce placement outside of the home.

MST is a service for children that are generally between ages 11 and 18 that are involved in the juvenile justice system or at risk of becoming involved in the juvenile justice system. They must have a primary mental health issue, such as conduct disorder, intermittent explosive disorder, oppositional defiant disorder, or other related issues and behaviors. Referrals can only be generated through Juvenile Probation, Children and Youth Services, or McKean County Children's Resource Unit, and must be accompanied by a psychological evaluation recommendation.

These services are usually provided for 3 to 6 months, and are provided in the home and community. Services usually last between 5 and 9 hours per week, depending on the needs of the child and family.

### **Family Based Mental Health Services (FBMHS)**

Family Based Mental Health (FBMH) is an in-home family therapy service. The overarching goal of this program is to keep families together. FBMH promotes family unity and works toward reducing the need for out-of-home placement such as psychiatric hospitalizations and residential treatment facilities. A wide range of services are provided by the FBMH team including but not limited to; therapeutic interventions, education and skill building, case management, and family support services. This program is voluntary and time limited to generally not more than 32 weeks depending on the needs of the family. The highly intensive program also offers a 24 hour/day, 7 day/week mobile crisis component available to the families with children up to age 21. To be eligible for services the child can be must have a mental health diagnosis; and be at risk of an out-of-home placement.

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### **Blended Case Management**

Case management is designed to serve individuals with serious and persistent mental illness. The services assists eligible persons in gaining access to needed resources such as medical, social, educational, vocational and other services. Services include assessments and service planning, building a support network, use community resources, monitoring service delivery, outreach and problem resolution. Every Blended Case Manager is trained in evidence-based Wellness Coaching and screens every consumer for hypertension and nicotine dependence. When either concern is detected, the consumer is referred to their Primary Care Practitioner and a dialogue occurs with

the PCP and mental health providers. A mental health nurse is also available to help individuals work on consumer-driven goals.

### **Crisis Intervention Services**

A crisis is defined as an immediate stress-producing situation, which causes acute problems of disturbed thought, mood or social relationships requiring immediate intervention. The Guidance Center located at 110 Campus Drive, Bradford, PA, provides three levels of Crisis Intervention Services.

1. Crisis Telephone Services- immediate response to callers on a 24- hour-a-day basis by calling 1-800-459-6568. The professional staff assists callers by offering assessment, crisis intervention, suicide prevention, crisis resolution and referral to a vast array of local agencies and support groups.
2. Crisis Walk-In-Services offers immediate response to individuals who are in need of an urgent face to face assessment, crisis counseling/consultation and crisis resolution. Hours of operation are Monday through Friday, 8:00 a.m. until 5:00 p.m. at The Guidance Center, 110 Campus Drive, Bradford, PA.
3. Mobile Crisis Outreach- provides early intervention before the situation escalates to a critical point. Consultation services are also provided to consumers, support systems and behavioral health providers. A face-to-face assessment is completed and crisis resolution usually results with linkage to provider agencies. All referrals for Mobile Crisis services come through the crisis telephone services.

### **Outpatient Therapy and Psychiatric Services**

Outpatient therapy is a level of care with the least amount of restriction. Traditional outpatient therapy is individual sessions with a therapist at their office. There are some occasions when a client may bring a family member to the session; however the focus remains on the identified client. School-based outpatient therapy is available in most area schools. Psychiatric services are also available through psychiatrists and Certified Registered Nurse Practitioners. Parent-Child Interaction Therapy is another form of therapy provided where caregivers learn to use effective commands and specific behavior management techniques as they play with their child.

### **Mobile Medication Management**

For persons diagnosed with a serious mental illness, taking psychiatric medications can be confusing and frustrating. Many people stop taking their medications as prescribed, often leading to psychiatric hospitalizations and/or mental health crises. The goal of the program is for medications to be taken consistently, safely, as prescribed, and ultimately independently. Each person is met at the level of care they require – from daily home visits to reminder phone calls.

### **Inpatient Psychiatric Services**

Mental health treatment is provided in a hospital setting 24 hours a day. Inpatient hospitalization provides short-term treatment in cases where a child is in crisis and possibly a danger to his/herself or others, and diagnosis and treatment when the patient cannot be evaluated or treated appropriately in an outpatient setting.

**Residential Treatment Facility (RTF)**

Residential Treatment refers to the extended stay facilities with intensive services, often focused at a specific population. These are less intensive than inpatient facilities such as hospitals as the treatment is longer term. A high level of structure, rules and regulations facilitate the safety of patients and promote their movement towards independence. Residential treatment stays are typically 4-12 months long, but can be longer if there is a continued need.

**Adolescent Dual Diagnosis Treatment Team**

A DDTT Team based out of NHS Human Services provides all-inclusive, intensive services to adolescents with a behavioral health diagnosis and intellectual disability. The goal of DDTT is to reduce psychiatric inpatient hospitalization stays. DDTT helps consumers learn coping skills necessary to help them navigate in the community and reduce usage of emergency room and hospital admittance.

**Respite Services for Adolescents**

Respite is short term care that helps a family take a break from the daily routine and stress associated with caring for a child with a serious emotional or behavioral disorder.

**Family Group Decision Making**

Available through Children & Youth Services. Family members are brought together to make decisions about how to care for their children and develop a plan for services.

**Student Assistance Program Liaison (SAP)**

SAP is designed to assist school personnel in identifying issues including alcohol, tobacco, other drugs, and mental health issues which pose a barrier to a student's success. The primary goal of the Student Assistance Program is to help students overcome these barriers in order that they may achieve, remain in school, and advance.