

Children's Behavioral Health Comprehensive Service Array

Service

Assessment & Evaluation

- Assessments and evaluations are essential to treatment planning and include screening, triage and referral for services. Some assessments and evaluations are completed for specific purposes, including:
 - Court-ordered evaluations
 - Comprehensive child need evaluations for CSA
 - Parenting role assessment, e.g. for Child Protective Services (CPS) or possible foster care placement
 - Custody evaluations for courts or DSS
 - Psychology services (IQ testing for intellectual disabilities (ID), behavioral, etc.)
 - Substance abuse evaluations for schools, families, etc

Outpatient or Office Based Services

- Child psychiatry: *diagnosis, treatment, and prevention of mental and emotional disorders in children (In some areas telemedicine - the use of telecommunication equipment and information technology to provide clinical care to individuals at distant site - may be used to extend the reach of this service.) Child psychiatry should be coordinated with pediatric care.*
- Medication management: *Medication management is the level of outpatient treatment rendered by a qualified physician, (or others whose scope of practice includes prescribing medication, such as a nurse practitioner), that includes the initial evaluation of the patient's need for psychotropic medications, the provision of a prescription, and, as-needed, ongoing medical monitoring/ evaluation related to the patient's use of the psychotropic medication.*
- Office based mental health therapy: *mental health counseling or psychotherapy that occurs with the child or family in an office.*
- Office based substance abuse treatment: *substance abuse counseling or psychotherapy that occurs with the child or family in an office.*
- Educational support for families, skills training: *Supports families by teaching skills to promote desired behaviors by using increased attention and reward for positive behavior, as well as clear communication, effective discipline, problem solving and limit setting. Parents learn to encourage positive social skills and reinforce positive behavior, recognize patterns of parent-child interaction and risk factors.*

Case Management

- Children's case management: *Assessing needs, strengths and preferences of the child and family creating a viable plan to assist in accessing, referring, and linking to needed services and supports, actively monitoring both the delivery of services and measurable outcomes. The case manager supports and assists the child and family to address unmet needs, and collaborates with other agencies to assure coordinated services.*
Intensive care coordination: assesses and assists children and their families that are at risk of or who are placed out-of-home with accessing needed services that safely and effectively maintain, transition, or return them home or to a relative's home, family like setting, or community at the earliest appropriate time.
The case manager also plays a role in assuring quality management and efficient use of services, representing an extension of the CSB's responsibilities in this area with regard to publicly funded services.

Home and Community Based Services

- Home based family therapy services: *mental health counseling or psychotherapy that occurs with the child and family in the home.*
- Intensive in-home services: *services may include crisis intervention/ treatment; individual and family counseling; life, parenting, and communication skills; and 24 hour per day emergency response. By delivering the service in the home, clinicians are able to address family system issues and support parents in effective behavioral techniques*
- Mental health support services: *training and support to enable adolescents with significant psychiatric functional limitations to achieve and maintain community stability and independence in the most appropriate, least restrictive environment.*

- Behavioral therapy and supports for families: *treatment and supports that involve the family and teaches them how to utilize behavioral therapy techniques to improve family functioning. Behavioral therapy techniques involve learning how to modify maladaptive behavior patterns by substituting new responses to given stimuli for undesirable behavior patterns.*
- Independent living supports for youth/young adults: *supports and resources that maximize independence and self determination of youth and young adults so that they can live safe and productive lives in the community*
- School based 1:1 therapy: *mental health counseling or psychotherapy that occurs between youth and therapist in the school setting*
- School based 1:1 behavioral specialists: *specialists use behavioral therapy techniques in the school setting to modify maladaptive behavior*
- School based therapeutic day treatment (mainstream): *a combination of psychotherapeutic interventions combined with medication education and mental health treatment offered in the school setting. If mainstreamed the interventions occur in a setting where the children are in a regular education class room with same age peers*
- School based therapeutic day treatment (self contained): *a combination of psychotherapeutic interventions combined with medication education and mental health treatment offered in the school setting. If self contained interventions occur in a setting where the child is removed from the general school population for all academic subjects to work in a small controlled setting with a special education teacher.*
- School based after school therapeutic day treatment: *a combination of psychotherapeutic interventions combined with medication education and mental health treatment offered in the school setting during after school hours.*
- Summer programs for special education/behavioral challenges: *summer programs that offer educational, recreational and therapeutic activities for children and adolescents with special education and behavioral challenges.*
- Services in juvenile detention centers: *mental health screening, assessment and therapeutic services that are provided in juvenile detention centers*

Intensive Community Supports

- In home family supports (ongoing): *intensive support services that occur in the home setting on a regular basis; may include mental health, physical health, social services and community resources.*
- Respite: *service that provides short term care, supervision and support to youth for the purpose of providing relief to the primary care giver while supporting the emotional, physical, and mental well-being of the youth and their family/guardian.*
- Sponsored placements
 - specialized foster care: *payment for basic maintenance care and for additional daily supervision for children who are living in a regular foster family home that has been approved by the local agency to receive special needs/ specialized payments in addition to the basic maintenance payment; the additional service payment is granted due to the difficulty of care of the child; includes all services, including community-based mental health services, provided to these children while they are living in the specialized foster home.*

therapeutic foster care: *payment for basic maintenance care and therapeutic services for children who are living in a foster family home where a trained foster parent provides care through a licensed child placing agency or local agency's defined foster care therapeutic program. The family may receive mental health services such as treatment foster care for their children in this type of placement. Treatment foster care is case management services that are directed toward children or youth in foster care with a behavioral disorder or emotional disturbance; the case manager provides treatment planning, monitors the treatment plan, and links the child to other community resources as necessary to address the special identified needs of the child..*

Community Crisis Response Services 24/7 on-call specialized children's emergency service access: *emergency services which includes certified pre-screeners with child-specific expertise, more staffing, 24/7 response capacity and children's specialty services*

- Mobile child crisis response service (to schools, home): *mobile team comprised of clinical and case management staff that can assess triage and provide treatment services for a child in multiple locations including, home, school, after-school program or other community location. Such teams ideally have a psychiatrist.*
- In-home crisis stabilization support services: *direct mental health care to non-hospitalized children experiencing an acute crisis of a psychiatric nature that may jeopardize their current community living situation. The goals are to avert hospitalization or re-hospitalization; provide normative environments with a high assurance of safety and security for crisis intervention; stabilize children in psychiatric crisis; and mobilize the resources of the community support system, family*

members, and others for ongoing maintenance, rehabilitation, and recovery.

- *Emergency respite care placement service: Alternative temporary home where a child can be temporarily moved in order to diffuse a crisis, stabilize the child, or offer respite to parent(s).*
- *Crisis stabilization unit for children: local or regional short-term residential crisis stabilization in a place that is staffed to provide assessment, prescreening, temporary detention, treatment and care planning.*

Residential

- *Group home: Placement of children outside of their family homes in licensed residential programs that are characterized by a supervised homelike environment in a single family residence that serves groups of children (up to 8 youth) who have behavioral/emotional difficulties and/or physical or mental disabilities. Includes placement of children in apartments located in one complex where daily substitute parental supervision is provided and the programs are licensed as residential programs. Group homes may provide social, life or vocational skills training. They may provide emergency placements. Includes all services provided to children while living in the group home (e.g., outpatient, respite care, crisis stabilization, assessment, child behavioral aides). Includes many services to the children's families that are provided in the group home and group home community.*
- *Residential treatment: Placement of children outside of their family homes in licensed residential care programs that provide 24-hour supervised care to groups of children (e.g., secure residential treatment facilities, campus-style residential programs, group homes on the campus of a residential facility, group homes that serve more than 9 youth). Programs may provide intensive treatment services such as medication management, nursing care, occupational therapy, crisis stabilization, assessment, social skills training, group therapy, individual therapy, family therapy, etc. Includes all services provided to children while living in the residential program (e.g., outpatient, respite care, crisis stabilization, assessment, child behavioral aides). Includes many services to the children's families that are provided in the residential facility and residential facility community.*

Inpatient

- *Acute Inpatient Care: services in a public or private acute care psychiatric unit of a licensed medical hospital or licensed free-standing psychiatric hospital for stabilization of harmful behaviors (to self or others) and/or mental health issues, such as psychosis.*
- *Substance abuse detoxification or SA residential treatment: addiction treatment or detoxification service that occurs outside of a child's family home in a 24 hour supervised care residential treatment setting*