

What other treatment and support services are available for my child?

Treatment and Support Services

After your child has been evaluated, diagnosed, and treatment has begun, your mental health professional will work with you and your child to help you decide which services you want and need, based on your family's strengths, culture and values. Your child's treatment may be as simple as receiving outpatient therapy once or twice a month. Or your child's treatment may be more complex if it is suggested that a variety of treatment and support services are needed to help your child succeed. Whatever course is recommended, remember that you are an advocate for your child. You will want to make sure that your child receives the best possible services available. You know:

- How your child responds to different situations
- What your child's strengths and needs are
- What your child likes and dislikes
- What has worked and what has not worked

Treatment

Continuum of Care - Overview

In Allegheny County, there is a wide range of treatment and support services available to you and your child. The following may be used to determine the level of treatment and support services that your child may need:

- Your child's diagnosis
- How he or she is responding to treatment
- How he or she is doing in school and in the community
- How he or she is interacting within your family.

The goal is always to provide services in the least-restrictive setting, the safest and most natural environment that is available and appropriate in meeting the needs of your child. In rare situations, services may have to be provided in a more-restrictive setting such as a hospital. While the duration of services provided in more restrictive environments varies, the goal is to return your child home to continue treatment. As your child's needs change, he or she may require services that are less restrictive in some cases or, in other cases, more restrictive. You should be involved in making sure that the level of care is right for you and your child. This range of treatment and support services is referred to as a **continuum of care**. It is designed to provide the right level of treatment service at the right time for your child.

Continuum of Care - Treatment Services - Description

The following treatment services are available to you and your child. All mental health services (with the exception of an involuntary commitment to a hospital) are voluntary, and you and your child are able to choose the best provider for you and your family. All treatment services must be prescribed by a doctor or psychologist.

- Outpatient Services - We have already talked about how to access a mental health professional. (See pages 7 - 10). This is the least restrictive way to get help for your child. Many children with serious emotional disturbances will never need any additional treatment or support services. You will want to work closely with your doctor or psychologist in order to get your child the services he or she needs.
- Behavioral Health Rehabilitation Services – Children and Adolescents (BHRSCA) - Also known as wraparound services, these in-home services provide focused, therapeutic and behavioral support to your child, focusing on his or her strengths and needs. These services are designed to develop

stability; improve functioning in the family, at school, and within the community; and help your child to receive services in the least restrictive setting possible. Services are generally provided by: a Behavioral Specialist Consultant (BSC) who writes the treatment plans and supervises the team; a Mobile Therapist (MT) who provides counseling services; and/or a Therapeutic Staff Support (TSS) who works directly with your child, providing support and redirection, as well as working with you and your child's caregivers.

- Family Focused Solution Based (FFSB) - FFSB is an in-home intervention structured to meet the treatment/support services needs of both parent and child. Services can include treatment for the entire family unit, including the child, parents, and siblings. Services are available 24 hours a day, seven days a week and are provided by a team of mental health professionals. This service differs from Family Based Mental Health in that the adult/ caregiver can serve as the identified consumer.
- Multi-Systemic Therapy (MST) - This is a multi-faceted, short-term, home and community-based intervention for families of youth with severe behavioral problems. Services are delivered by a single therapist, with team support. Treatment duration is limited to four to six months and targets children between the ages of 12-17 years with disruptive behavior disorders. Services are also available 24 hours a day and seven days a week.
- Family Based Mental Health (FBMH) - These comprehensive services are designed to assist families in caring for their child or adolescent at home. Services may include treatment for the child and other family members, service coordination and family support services. Services are available 24 hours a day, seven days a week and are provided by a team of mental health professionals in the family's home.
- Community Treatment Team (CTT) - Teams made up of a psychiatrist, nurse, therapist, service coordinator and vocational specialist provide comprehensive and intensive services to transition age adolescents (age 16 to 25 years) in the community where they live. This treatment approach is intended for individuals who require assistance in achieving and maintaining mental health stability in the community, and who would continue to experience hospitalizations, incarcerations, psychiatric emergencies or homelessness without these services.
- Partial Hospital Program - A non-residential form of intensive treatment provided in a freestanding or special school-based program for three to six hours per day. Structured treatment and support services include group and individual therapy, continuation of education, medication management, social interaction, pre-vocational instruction and crisis counseling. As their mental health improves, the goal is to return the child to his or her regular school and to more stable functioning within the family. This option is often recommended for a child who is transitioning from inpatient hospital treatment or as an alternative to hospitalization.
- Diversion and Stabilization Unit (DAS) - Some children (approximately one percent of children with serious emotional disturbances) are not able to live at home. There are many reasons why this may happen, including:
 - The child's mental health symptoms are severe
 - The family is not able to provide the appropriate level of care for the child
 - There is no family unit

The least restrictive service available for children in these circumstances is the DAS Units. These out-of-home units offer respite/treatment services to children either being diverted from inpatient

care or who are stepping down from inpatient care. A child's stay at a DAS Unit will not typically exceed 28 days and a referral can be made from anybody on the child's treatment team.

- Community Residential Rehabilitation Host Home (CRR) - If a child cannot live at home, he or she may receive services in a Community Residential Rehabilitation/Host Home. This option provides a transitional residential program either in a foster family setting or a small group home. A host home provides therapeutic services 24 hours per day seven days per week.
- Residential Treatment Facility (RTF) - This is another option for a child who cannot live at home. A Residential Treatment Facility provides intensive, structured treatment and support services for children who have severe serious emotional disturbances and require continuous treatment and supervision. As with all mental health treatment, the goal for children in residential treatment is to enable the child to succeed in eventually returning home or to a less restrictive treatment setting.
- Inpatient Hospital Services - Children who are a danger to themselves or others may need to be hospitalized until their condition is stable. An in-patient hospital stay usually lasts from a day to several weeks. As with all mental health treatment, the goal is to stabilize the child and to continue treatment and support services in a less restrictive setting.