

PCS FAMILY BASED MENTAL HEALTH SERVICES OFFICES

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FAMILY BASED MENTAL HEALTH SERVICES

STRENGTHENING & MAINTAINING
THE FAMILY UNIT

The bond

that links your true family
is not of blood...
but of respect and joy
in each other's lives.



Touching Lives for Greatness

Caring for and supporting children and families

What are Family Based Mental Health Services?

Families undoubtedly experience increased stress when a child is suffering from a mental health disorder. That's why PCS believes it is important to offer services that support not only the child, but his/her family as well. Family Based Mental Health Services provide counseling to children and their families on a group and individual basis in their natural environment. Rather than asking the family to come into a clinic or community agency for services, Family Based takes the services to them.

What do Family Based Mental Health Services do?

Family Based teams, consisting of two clinicians and a Clinical Consultant, collaborate with families, schools, and community agencies to write and implement behavioral treatment plans for the child and family. The team works with the child and family for a specified number of hours per month in their home, school, and/or community. Therapists work with clients, their families, teachers, and other individuals to develop successful life coping methods. Therapists are available to families 24 hours a day, seven days a week to aid in crisis intervention and behavioral stabilization. Assistance in obtaining relief services such as respite care, transportation, and recreation are also available. Main goals of Family Based Services:

- Reduce out-of-home placement of children
- Strengthen and maintain the family unit
- Increase life skills and coping capacities of each family member
- Re-unify families previously separated due to the mental illness of their child

Who are Family Based Mental Health Services for?

Family Based Services are available for children up to age 21 who are covered by Medical Assistance (MA). A candidate for the service must be at risk of out-of-home placement due to a severe emotional and/or behavioral disorder or due to a severe mental illness. Family Based Services function as a step *up* from Wrap Around Services in that candidates will most likely have tried, but not succeeded with that level of care. Family Based also serves as a step *down* service in that it can provide support upon discharge from a more restrictive level of care like inpatient or residential care.

How can I access PCS Family Based Mental Health Services?

*Clients must be covered by Medical Assistance to be eligible for this service. To find out more about how to obtain Medical Assistance, contact your local Department of Public Welfare.

Clients who are covered by Medical Assistance can access Family Based Mental Health Services in the following ways:

1. **Self Initiation** – A parent or legal guardian may contact the local PCS office (information on back) to initiate services.
2. **Caregiver Initiation** – If concerns arise regarding a particular child, a caregiver may initiate the referral process by contacting the family and encouraging them to participate in the program.

