



A Guide
For
Parents
Seeking Mental
Health Services for
Children
In
Carbon Monroe and
Pike Counties



Introduction

As a parent, getting mental health services is the first important step in helping you and your child get the support you may desperately need for emotional and behavioral issues that may be a dominant factor in your lives. This guide will help you get started.

Studies show that children with emotional and behavioral problems respond best to treatment when their parents and caregivers are active participants in their child's treatment. As the child's parent, you know your son or daughter best and mental health providers will rely on your input into the development of your child's treatment plan and will partner with you in carrying out that plan. Since the mental health treatment for your child will change over time, it is important to strengthen and educate the family to be a constant source of support throughout the child's lifetime.

Getting support for yourself as a parent or caregiver is also an important part of your child's treatment. Here are some ideas for taking care of you:

- Accept help from your family and friends
- Talk with other parents who have children with similar behaviors
- Join a parent support group
- Consider getting therapeutic support for yourself
- Participate in an activity that is just for you – social organizations, church groups, reading

(February 2016) Revised 2023- This guide was prepared by the Carbon Monroe and Pike County CASSP Coordinators. It is not intended to be an all inclusive document. Questions regarding the information contained in this guide can be directed to the CASSP Coordinators at (570)421-2901.

Step 1 – Identify what kind of insurance your child has or needs

The type, provider, and cost of treatment may be determined by the child/family's insurance.



If your child has:

- Private/Commercial Insurance – provided by an employer or purchased by you
 - Call the toll free number on the back of the insurance card and ask what the steps are to get mental health treatment for your child.
 - Check with your place of employment for instructions.

If your child has:

- Medical Assistance/Medicaid - sometimes referred to as MA or Access
 - Contact Community Care Behavioral Health (CCBH) at 1-866-292-7886.
 - CCBH can help you find a mental health agency where you can take your child for an evaluation and treatment.

If your child has:

- Private Insurance AND Medical Assistance – you must seek services through your private insurance first. Medical Assistance might cover services or costs that the private insurance does not.

If your child has:

- No insurance/Need to apply – Children with disabilities may be eligible for Medical Assistance based on medical need, not family income.
 - Apply on-line through COMPASS <https://www.compass.state.pa.us>
 - COMPASS is an online application for Pennsylvanians to apply for many public health and human service programs.

If your child is:

- Not eligible for any insurance
 - Contact Carbon Monroe Pike Mental Health and Developmental Services (CMP MH/DS) at 1-800-338-6467. Ask for the Administrative Case Management Department and schedule an appointment with a screener.
 - The Administrative Case Manager will complete the intake process and determine eligibility for services.

Step 2 – Getting Help for your Child

The type of treatment your child receives will be determined by his or her needs. Typically the first step is to call your insurance company who will help you locate a mental health professional to complete an initial evaluation and help you locate the right service to meet your child's needs. Our goal is to utilize the least restrictive service.

Below is a description of the different types of mental health services available to children in Carbon Monroe and Pike Counties. All the services listed below may not be covered by your insurance. Services may need to be identified as medically necessary by the insurance company.

Student Assistance Program (SAP) – Assists school personnel to identify issues including alcohol, tobacco, other drugs, and mental health issues which pose a barrier to a student's success. Contact the guidance counselor at your child's school if you would like an assessment for your son or daughter through SAP. *This service is not billed to insurance.*

Case Management (CM) – A mental health professional that can help you locate and coordinate the necessary services for your child and family. Carbon Monroe Pike Mental Health and Developmental Services (CMP MH/DS) can determine eligibility and provide case management services. Their phone number is 1-800-338-6467.

Outpatient (OP) – Mental health treatment that can include individual, family and group therapy, psychiatric evaluations and medication management. This service is available at community agencies as well as in some school districts throughout Carbon, Monroe and Pike Counties.

Parent Child Interaction Therapy (PCIT) - A nationally-recognized, evidence-based parent training program for families who have children ages 2 to 7 with externalizing behavior problems. The program is unique in that it involves coaching parents as they interact with their young child.

Partial Hospitalization Program (PHP) – Short term mental health services provided on an outpatient basis that typically occurs every weekday for several hours a day. Educational instruction is provided at most Partial Hospital Programs.

Intensive Behavioral Health Services (IBHS) (formerly BHRS) – Mental health services that are provided in home and community settings. One of the roles of IBHS staff may be to help prevent the need for hospitalization or other out-of-home placements. Sometimes called “wraparound” services, there can be three components to IBHS:

1. Behavioral Consultant (BC) – Develops a special behavior management plan.

2. Mobile Therapist (MT) - Provides individual and family therapy in your home or in a community setting.

3. Behavioral Health Technician (BHT) – Provides therapeutic support when therapy alone is not enough to meet the needs of a child.
 - Provides one-to-one interventions with a child along with a child’s caregivers.
 - Helps a child and family to meet their treatment goals. Helps caregivers develop the skills they need to manage their child’s behavior.

4. IBHS Group- Group services are therapeutic interventions provided primarily in a group format through psychotherapy; structured activities, including Applied Behavior Analysis (ABA) services; and community integration activities that address a child’s, youth’s or young adult’s identified treatment needs. Group services can be provided in a school, community setting or community like setting. A community like setting is a setting that simulates a natural or normal setting for a child, youth or young adult.
 - PATH afterschool program- The After School Evening Program was designed to provide intensive supervision, accountability, and therapeutic services to youth during the high risk after school evening hours. We are one of the very first community based programs designed to deliver the intensity of a residential program while still keeping the individual in their own community.

Family Based Mental Health Services (FBMHS) – In-home, team delivered, intensive services that help to strengthen the family to prevent out of home placement of the child. Family Based teams are on call 24/7 and can help the family to access respite services as needed.

Multi-systemic Therapy (MST) - Evidence-based, intensive family- and community-based treatment program that focuses on addressing all environmental systems that impact chronic and violent juvenile offenders. MST therapists are on call 24/7 and work intensively with parents and caregivers to put them in control and keep the adolescent focused on school and gaining job skills. This service is available in Monroe and Pike Counties.

Mental Health Respite - is a service offered to allow the youth and caregiver a break from each other to decrease tension and stress in their home. A youth can have respite outside the natural home or inside the natural home as arranged with a professional or private provider with criminal and child abuse clearances. This is not a treatment service. A youth must be active with CMP MH/DS and engaged in mental health treatment to be eligible for this service. *This service is not billed to insurance.*

Transition Age Psychiatric Rehabilitation Services (PRS) - is a psychiatric rehabilitation program for the transitional age and young adult community. This service supports

individuals between the ages of 18-30 to reach their goals in the areas of living, working, social, and learning as well as promoting self-advocacy in one's recovery. There is a housing component for youth, but they must be involved in the psychiatric rehabilitation program.

Helping to Overcome Psychosis Early (HOPE) program- is an early intervention program for individuals between the ages of 15-25 who are experiencing early signs of psychosis or their first episode of psychosis. Treatment is provided by a specialty coordinated care team. Treatment focuses on shared decision making, recovery, resiliency and achieving aspirations. The model of the program is evidenced based which indicates early intervention reflects positive outcomes.

Assertive Community Treatment (ACT) - An intensive and highly integrated approach of services delivered in the community to youth ages 18 or older that have been diagnosed with a serious mental illness. A team of professionals work with the youth to provide: mental health treatment, substance abuse intervention, educational and vocational assistance, life skill instruction, residential independence, physical health and wellness.

Dual Diagnosis Treatment Team (DDTT)- a recovery-oriented approach to supporting youth and adults who are diagnosed with both a mental illness and an intellectual disability. This program offers a comprehensive team approach to mental treatment and service coordination for individuals with behavioral health challenges who have not progressed in their recovery after receiving more traditional behavioral health services.

Community Residential Rehabilitation (CRR) Host Home – Provides “out-of-the-home” community-based behavioral health treatment, which includes a 24 hours/day structured therapeutic environment for the child in a host home. Host home parents are extensively trained and supervised. Children in CRR attend public school in their home district (when possible) or in the school district where the host home is situated. This level of service is also known as Individualized Residential Treatment (IRT).

Residential Treatment Facility (RTF) – A time limited, “out-of-the-home” mental health treatment service for children with severe emotional and behavior problems. Doctors, therapists, social workers, and childcare workers give 24 hour care and treatment to children in RTF's. Education services are provided either on the grounds of the RTF or in the district where the RTF is situated.

Inpatient – Inpatient service is a hospital stay where your child is treated for a mental illness or serious behavior problem. The hospital stay will last as long as needed to make sure that your child will be safe when he or she leaves.

Crisis services are available 24/7 by calling Carbon Monroe Pike Mental Health and Developmental Services (CMP MH/DS) at 1-800-338-6467 or Resources for Human Development at 570-992-0879 or 1-800-849-1868

There is no cost for crisis services and they are available to anyone in Carbon, Monroe and Pike Counties.



Helpful Websites

Network of Care for Behavioral Health-Provider Directory for Carbon, Monroe and Pike Counties

<http://pa.networkofcare.org>

Community Care Behavioral Health Organization – Provider Directory for Members

<http://www.ccbh.com/ProviderDirectory/Home/ChooseLocation>

Carbon Monroe Pike Mental Health and Development Services

<http://www.cmpmhds.org/>

COMPASS – Apply on line for Medical Assistance/Medicaid

<https://www.compass.state.pa.us>

Consent to Treatment and Confidentiality Provisions Affecting Minors in Pennsylvania

<http://www.jlc.org/resources/publications/consent-treatment-and-confidentiality-provisions-affecting-minors-pennsylvania>

National Institute of Mental Health - Treatment of Children with Mental Illness

<http://www.nimh.nih.gov/health/publications/treatment-of-children-with-mental-illness-fact-sheet/index.shtml>