

CHILDREN AND ADOLESCENT MENTAL HEALTH PA MEDICAL ASSISTANCE PROGRAM DESCRIPTIONS



MENTAL HEALTH CASE MANAGEMENT:

Assists the youth and their family in coordinating services, facilitates coordination between systems, links youth and their families to community resources and helps with vocational goals as well as securing benefits and entitlements. This service can provide a 24 hour on-call.

OUTPATIENT/CLINIC PROGRAMS:

This is the least restrictive site-based level of care which provides weekly or bi-weekly treatment including individual, family and group therapy as well as psychiatric care and medication management.

PARENT CHILD INTERACTION THERAPY (PCIT):

Provided on an outpatient site-base for children ages 2.5 to 7 which consist of weekly sessions in two treatment phases including enhancing positive relationship between parent and child while reducing parenting stress, and promoting effective behavior management and discipline techniques.

IN SCHOOL PARTIAL HOSPITALIZATION:

This program is recommended as medically necessary by a licensed psychologist or psychiatrist. Referrals are typically made by the school districts after exhausting their own resources. This program provides individual and group therapy as well as psychiatric care and medication management while in an academic setting.

ACUTE PARTIAL HOSPITALIZATION:

This program is usually used as a diversion or a step-down treatment from an inpatient hospitalization and is recommended as medically necessary by a licensed psychologist or psychiatrist. This program is site-based and occurs six hours per day, typically five day a week for two to six weeks. Individual, group and family therapy are provided as well as psychological testing, psychiatric evaluations, medication prescriptions and on-going medication management. This program provides an academic structure and transportation can be provided by home the school district.

INTENSIVE BEHAVIORAL HEALTH SERVICES (IBHS) INDIVIDUAL

This program is provided in the home and community for youth through the age of 21. There are three types of therapists commonly employed in this program. A Mobile Therapist (MT) whom

has a Master's degree and addresses trauma issues, parenting and family dynamics; a Behavior Consultant (BC) or a Board-Certified Behavior Analyst (BCBA) whom has a Master's degree who writes and also oversees the behavioral health treatment plan as well as devises behavioral charts and modification programs; and a Behavior Health Technician (BHT) who implements components of the treatment and behavior modification plans as well as provides modeling for caregivers. Monthly hours are prescribed for each therapist by a licensed social worker LSW, Certified Registered Nurse CRN, Licensed Physician Assistance PA, psychologist or psychiatrist.

IBHS APPLIED BEHAVIORAL ANALYSIS (ABA):

This in-home service provides direct observation, measurement and functional analysis of the relations between the child's behavior and the environment, as well as provides design, implementation and evaluations of environmental modifications using behavioral stimuli and consequences to produce socially significant improvements in the child's behaviors as well as to prevent loss of attained skills and function. This service is applicable to children on the Autism spectrum. A licensed social worker LSW, Certified Registered Nurse CRN, Licensed Physician Assistance PA, psychologist or psychiatrist can recommend this service.

IBHS ABA GROUP THERAPY:

This program provides psychiatric evaluations, prescriptions for medication, medication management and individual and group therapies for children through the age of 21 on the Autism Spectrum. This site-based therapeutic program is typically scheduled for three hours per day after school. An up to six-week summer camp also includes treatment focused activities for children when school is not in session. A licensed social worker LSW, Certified Registered Nurse CRN, Licensed Physician Assistance PA, psychologist or psychiatrist can recommend this service.

MULTISYSTEMIC THERAPY (MST):

This is a three-to-six-month program with a 24 hour on call provided by the assigned case manager and licensed clinician for youth up to age 21. Services are typically delivered 2 to 20 hours a week. This program provides intensive family and community-based therapy that targets violent or substance abusing youth at high risk of out-of-home placement. The major goal with MST is to enable parents to address the issues of their child and to empower youth to cope with family, peer, school, and neighborhood problems. Goals include reducing criminal activity and other types of antisocial behavior. A licensed social worker LSW, Certified Registered Nurse CRN, Licensed Physician Assistance PA, psychologist or psychiatrist can recommend this service.

FUNCTIONAL FAMILY THERAPY (FFT):

This program is a research-based prevention and intervention program for at-risk adolescents ages 11 to 18 who are at risk of, or are presenting with delinquency, aggression or substance abuse issues. Referred youth are involved with the child welfare and/or juvenile justice system. This program can also be used for runaway or truant youth as an alternate to detention for first time misdemeanors. Treatment occurs in phases where each step builds on one another to enhance protective factors and reduce risk by working with both the youths and their family. The phases

are engagement, motivation, assessment, behavior change and generalization. This program usually consists of 12 to 14 sessions over 3 to 5 months. A licensed social worker LSW, Certified Registered Nurse CRN, Licensed Physician Assistance PA, psychologist or psychiatrist can recommend this service.

CERTIFIED PEER SUPPORT:

A recovery and consumer choice model for youth ages 14 to 26 provides individual advocacy, education, development of natural supports, support with work or other meaningful activities, crisis management support, skills training and coordination and linkage to other service providers.

TRANSITION TO INDEPENDENCE PROGRAM:

A program for young adults between the ages of 16 to 26 which provides a blended case management service with a 24 hour on call and includes trauma informed staff who provide peer support and assists with independent functioning such as employment, education, housing and personal wellbeing/health care. A strength-based service plan is developed by the youth and supported by the youth's selected team.

SEXUAL ISSUES TREATMENT AND EDUCATIONS (SITE)

This is an in-home service for youth ages 4 to 21 which provides a 24 on-call with flexible hours. The team assesses the nature and acuity of the offender's issues, clarifies socially acceptable values, provides individual, group and family therapy and helps the victims of the abuser. A licensed social worker LSW, Certified Registered Nurse CRN, Licensed Physician Assistance PA, psychologist or psychiatrist can recommend this service.

FAMILY BASED MENTAL HEALTH SERVICES (FBMHS):

This nine-month program takes place in the home, community and school settings and provides a 24-hour on-call for crisis situations. Psychiatric evaluations, medication prescriptions and medication management are included. As the name of the program indicates, the focus is on the family, not just the needs of the child. The therapist may deal with family members individually, particular family members together or address the whole family. The goal is to break up long standing and unsuccessful ways of relating to each other and resolving problems.

There is a team of two therapists who work together and nearly always comes to the home together. Each team can only treat eight families at a time. One therapist has a Master's degree and the other has a Bachelor's degree. The number and type of sessions vary with the need of the family and may change over the course of the nine months. There are no set hours of treatment per week; hours of treatment vary depending on the family's needs.

This program is often used as a step-down from an out of home mental health placement which can start 30 days prior to discharge. Only a licensed psychologist or psychiatrist can recommend this service as medically necessary.

MOBILE PSYCHIATRIC REHABILITATION SERVICES:

A consumer driven and recovery-based program that assists youth 18 to 26 with psychiatric stability, educational and vocational support, housing, budgeting and other independent living needs.

ASSERTIVE COMMUNITY TREATMENT:

Provides assessments, 24 hour on-call case management services, psychiatric treatment, support, rehabilitation and employment and housing assistance for youth 18+ with a severe persistent mental illness.

CRISIS RESIDENCES:

Facilitates housing for up to 10 days for 8 clients 18+ with 24-hour staff support.

COMMUNITY RESIDENTIAL REHABILITATIVE HOST HOMES (CRR):

This program provides private residences licensed by the PA Office of Mental Health and Substance Abuse who offers children a structured living arrangement, support and the therapeutic milieu needed to provide psychosocial/psychiatric rehabilitation. Services focus on assisting the consumer in better managing stressors through community resident care and are geared toward facilitating a return to the family. In addition, the program seeks to connect individuals with other supports which will assist them in remaining in the community. These families usually have one to two children in their care as well as their own biological children.

This program is designed to provide a highly structured and is a less restrictive alternative for children at risk of needing a Residential Treatment Facility or an inpatient hospitalization. The actual therapeutic sessions are provided by the agency's therapists in the host home as well as provides prescriptions for psychiatric medications and medication monitoring. This program can only be recommended as medically necessary from a licensed psychologist or child psychiatrist.

RESIDENTIAL TREATMENT FACILITIES (RTF):

This program is a 24-hour/day site-based facility which provides comprehensive mental health treatment and medication management to children and adolescents whom alternative less restrictive forms of treatment have not been unsuccessful. An accredited licensed school is typically on grounds to meet the child's educational needs. An average length of stay is 6 months to a year.

Intakes and assessments are completed upon admission to formulate the basis for treatment and to devise a discharge plan. Active treatment is individualized to the needs of each resident and his/her family to maximize individual functioning in activities of daily living, education and vocational preparation. Services provided by the facility must be built on the competencies of the child and the family while addressing specific needs, e.g., culture, treatment history, family relationships, etc., Therefore family involvement is strongly encouraged.

This type of psychiatric treatment facility needs to be recommended medically necessary by a licensed child psychiatrist and a Children and Adolescent Services System (CASSP) meeting is conducted in effort to obtain Medical Assistance funding.

PSYCHIATRIC INPATIENT HOSPITALIZATION:

This service is offered in a community psychiatric hospital or a psychiatric unit of a general hospital and provides acute treatment, treatment planning, interventions, psychiatric and diagnostic evaluations as well as medication stabilization. An average length of stay is typically from few days up to a few weeks.