

MONTGOMERY COUNTY

**CHILDREN'S COMMUNITY-BASED
BEHAVIORAL HEALTH SERVICES**

MONTGOMERY COUNTY DEPARTMENT OF HEALTH AND HUMAN SERVICES OFFICE OF MENTAL HEALTH

- ❖ Helps make community services available to people living in the county. It plans, funds and monitors services for agencies in the community. These agencies are licensed in Pennsylvania.
- ❖ Partners with Magellan Behavioral Health of Pennsylvania to provide a behavioral health care program. The purpose of this program is to support youth who need help with social, emotional, behavioral, and drug and alcohol challenges.
- ❖ The Children's Behavioral Health Service System in Montgomery County is guided by the Child and Adolescent Services System Program (CASSP) and System of Care (SOC) philosophies and practices of resiliency. The concept of resiliency prompts strengths based approaches to build self-esteem and life success. Montgomery County is committed to the development of an integrated system of care that empowers youth, families, and all systems to be responsible and accountable for outcomes that lead to the fulfillment of hopes and dreams.

GETTING STARTED: MEDICAL ASSISTANCE

Children who have been diagnosed with developmental disabilities, emotional disorders, behavioral disorders, and/or medical conditions, are eligible for health insurance through Medical Assistance (MA). MA provides important funding for behavioral health services, medicines, and medical care.

When children with a disability apply for MA, their parents' income is not considered to determine eligibility. Many children with a disability can also apply for Supplemental Security Income (SSI), which is based on a parent's income.

Families can learn more about applying for MA in any of the following ways:

Contacting the Montgomery County Assistance Office

- Norristown District (610) 270-3500: 1931 Hope Street, Norristown, PA 19401
- Pottstown District (610) 327-4350: 24 Robinson Street, Pottstown, PA 19464
- Online: www.compass.state.pa.us

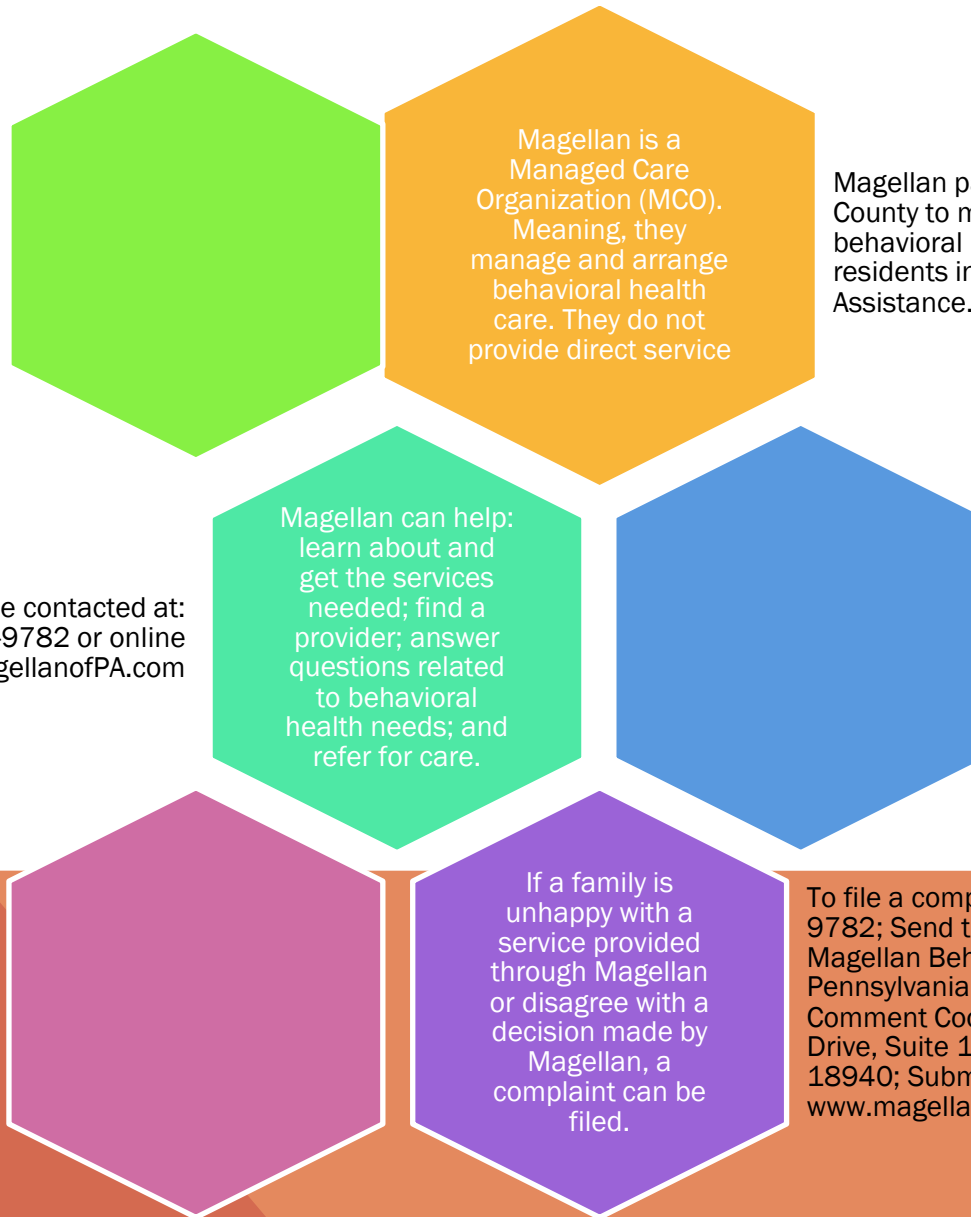
Contacting the Montgomery County Department of Health and Human Services Community Connections Office

- Norristown (610) 278 3522: 1430 DeKalb Street, 1st Floor, Norristown, PA 19401
- Lansdale (610) 278-1286 : 421 West Main Street, Lansdale, PA 19446
- Pottstown (610) 970-2979: 364 King Street, Pottstown, PA 19464
- Willow Grove (215)784-5482: 102 N. York Road, Willow Grove, PA 19090

Contacting the an Administrative Case Manager at the local Community Behavioral Health Center (CBHC)



MAGELLAN BEHAVIORAL HEALTH OF PA



Magellan partners with Montgomery County to manage and deliver behavioral health benefits for residents in the county with Medical Assistance.

Magellan can be contacted at:
1(877) 769-9782 or online
www.MagellanofPA.com

To file a complaint: Call 1(877)796-9782; Send the complaint to Magellan Behavioral Health of Pennsylvania, Attn: Customer Comment Coordinator, 105 Terry Drive, Suite 103, Newtown, PA 18940; Submit online at www.magellanhealth.com/member

ACCESS TO CARE: COMMUNITY BEHAVIORAL HEALTH CENTERS

Western Region (#461)

Creative Health Services

11 Robinson St, Pottstown, PA 19464
(610) 326-2767

Franconia/Salford Region (#462)

Penn Foundation

807 Lawn Ave, Sellersville, PA 18960
(215) 257-6551

Lansdale Region (#463)

NHS Human Services

400 N. Broad St, Lansdale, PA 19446
(215) 368-2022

Norristown Region (#465)

Central Behavioral Health

1100 Powell St, Norristown, PA 19401
(610) 277-4600

Lower Merion Region (#466)

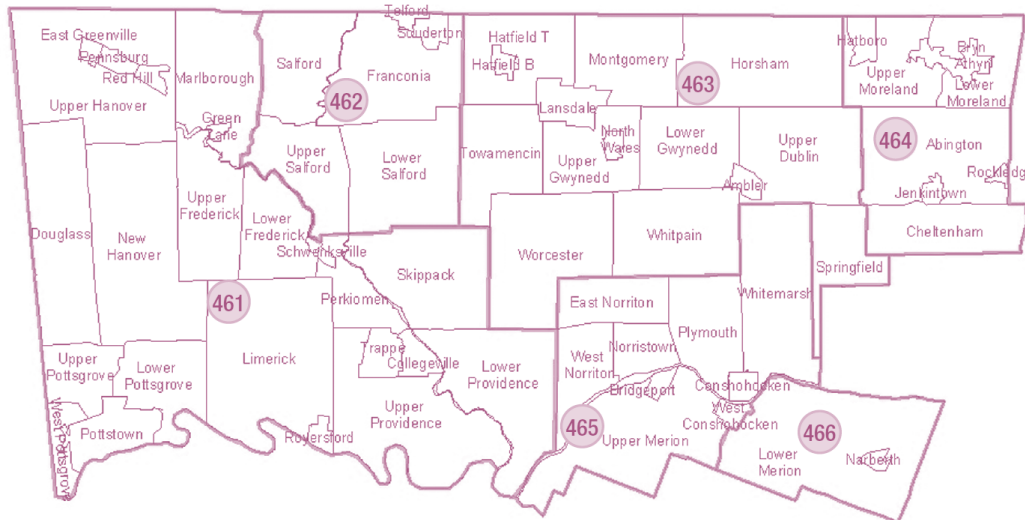
Lower Merion Counseling Services

7 E. Lancaster Ave, Ardmore, PA 19010
(610) 520-1510

Abington Region (#464)

Child and Family Focus

304 Easton Road, Willow Grove, PA 19090
(267)607-2947



CBHCs are local community mental health agencies. There are six CBHCs in Montgomery County which offer an array of behavioral health services. They provide assessment, blended case management, administrative case management, treatment, and medication management.

ACCESS TO CARE: EXTENDED ASSESSMENT (EAS)

These services produce a complete evaluation of the child and can identify problematic behaviors. EAS also helps to provide information for service planning. This can happen through on-site observations, review of records, and interviews with caregivers and other identified supports.

The following providers can be contacted for EAS services:

- ❖ Child and Family Focus (215) 957-9771
- ❖ Central Behavioral Health (610) 272-4922
- ❖ Creative Health Services (610) 326-2767
- ❖ Indian Creek Foundation (267) 203-1500 ext. 141

Or contact Magellan at 1 (877) 769-9782 or at www.MagellanofPA.com for more information



**BEHAVIORAL HEALTH
SERVICES**

CASE MANAGEMENT

Administrative Case Management Services (ACM)

- ACM is a short-term program available at the Community Behavioral Health Centers located across the County. ACM provides assistance to link families and youth to MA and other services and supports.

Blended Case Management (BCM)

- Blended Case Management Services (BCM) is a community based service that partners with children and their families to maximize their potential for independent community living, improve educational/vocational status, increase social support networks, and reduce psychiatric hospitalizations. This is accomplished through ongoing needs assessments and linkage to resources in the community.
- Who can receive services: Children and adolescents through age 21 who need assistance navigating the mental health system and assistance linking to resources in the community, including, but not limited to, benefits/entitlements, treatment options, special education, and opportunities for increased social connection.
- Who delivers services: Bachelor's level staff who are knowledgeable in community resources and coordination of care.
- What is the frequency of services: BCM Service level of care is based upon the needed frequency of contact for assistance and support. This can be either Intensive Case Management (ICM) with contact occurring a minimum of every 14 days, or Resource Coordination (RC) with contact occurring a minimum of every 30 days. The level of care changes fluidly in accordance with the level of need.
- Length of services: BCM services are driven by the stated needs/desires of the child and family, and varies, with a typical child receiving services for approximately 18-24 months.

OUTPATIENT THERAPY

Outpatient therapy is typically the entry way into mental health services. It includes individual, family and group therapy delivered in an office setting.

Who can receive services: Children and adults of all ages participate in outpatient therapy. It can be used to address mental health and/or substance abuse issues.

Who delivers services: Master's/Doctorate level clinicians provide the treatment using a variety of techniques and approaches such as Cognitive Behavioral Therapy (CBT), Trauma-Focused CBT, Play Therapy, Structural Family Therapy and many others.

What is the frequency of services: Sessions typically occur once per week for one hour.

Length of services: People attend outpatient therapy from a few sessions to a few years depending on the person's recovery.

BEHAVIORAL HEALTH REHABILITATION SERVICES (BHRS)

BHRS is a combination of services and supports that are delivered in the home and community setting. It is typically recommended for children and adolescents whose behaviors are too severe to be addressed in typical outpatient therapy. It is behaviorally focused. Included in the BHRS array of services is Applied Behavioral Analysis Services (ABA).

Who can receive services: Children and adolescents from birth through age 21 are eligible for BHRS. The services need to be prescribed by a psychologist or psychiatrist and agreed to by an interagency team as the best way to address the behavioral health needs of the child.

Who delivers services: Behavior Specialist Consultants (BSC), Mobile Therapists (MT), and/or Therapeutic Support Staff (TSS) deliver BHRS. BSC and MT providers are master's or doctoral level staff and TSS providers are bachelor's level staff.

What is the frequency of services: Services can be prescribed to occur daily to weekly depending on the needs of each child. Each prescription is youth specific.

Length of services: Children/adolescents receive BHRS from 4 months to a few years.

FAMILY BASED SERVICES (FBS)

FBS is a service provided in the home and community, utilized for children at risk of out of home placement due to their mental health issues or who have recently returned from an out of home placement. It is based on a Structural Family Therapy approach and combines individual therapy, family therapy, and case management services.

Who can receive services: FBS services are utilized for children and adolescents up to age 21 who are at risk of out of home placement due to their mental health issues or upon returning to the home.

Who delivers services: FBS are provided by a team consisting of a master's level clinician and a BA level staff. The team provided individual therapy, family therapy, case management, and crisis support. While the clinicians use a variety of techniques and approaches, Structural Family Therapy and Ecosystemic Therapy are the basis of their interventions.

What is the frequency of services: Services are dependent on the needs of the family. Typically, sessions will occur twice per week in the home, in addition to any crisis supports needed and case management activities.

Length of services: FBS is provided for a maximum of 8 months.

MULTISYSTEMIC THERAPY (MST)

MST is an evidence based treatment for youth between the ages of 12 and 17 with a mental health diagnosis and involved with/at risk for involvement with Juvenile Justice System. MST addresses the multidimensional nature of behavioral problems. Treatment focuses on those factors in each youth's social network that are contributing to his or her antisocial behavior. The primary goals of MST programs are to decrease rates of antisocial behavior and other clinical problems, improve functioning (e.g., family relations, school performance), and reduce the use of out of home placements such as incarceration, residential treatment and hospitalization. The ultimate goal of MST is to empower families to build a healthier environment through the mobilization of existing child, family, and community resources.

Who can receive services: Youth between the ages of 12-17 involved with, or at risk for involvement with the Juvenile Justice System, A diagnosis of Conduct Disorder, Intermittent Explosive Disorder, Oppositional Defiant Disorder and/or other antisocial related issues and behaviors are required for participation.

Who delivers services: A master's level clinician performs individual and family therapy, as well as provides crisis support as needed. The clinician must complete the required training program for MST.

What is the frequency of services: Services are provided in the home and community, typically between 5-9 hours per week depending on the needs of the youth and family.

Length of services: MST works with families for 3-6 months.

PARTIAL HOSPITAL SERVICES (PHP)

PHP services are short-term intensive behavioral health services for youth experiencing severe distress.

Who can receive services: Children and youth between the ages of 6 and 21 that are experiencing severe distress. A recommendation for PHP services must be given by a psychiatrist.

Who delivers services: Mental health counselors and workers deliver individual, family, and group therapy. There is also a psychiatrist on staff.

What is the frequency of services: Services are provided Monday through Friday for 3-6 hours.

Length of services: Time limited as prescribed by a psychiatrist. Service length can be 1 week to a few months.

MOBILE CRISIS SERVICES

This program offers telephonic and mobile crisis support to children, adolescents, and their families 24 hours a day and 7 days a week. It helps intervene and stabilize crisis situations to help youth and families cope as well as connect to resources to help them in the future. Crisis teams can assist in schools, homes, communities, or wherever support is needed. They can also provide engagement services to youth and families during or after a psychiatric hospitalization to resolve the presenting crisis, develop ways for managing crises differently in the future to lower the chances of readmission, and support the transition from hospital to home.

Call 1 (855) 634-HOPE

(24 hours a day & 7 days a week)

Provided by Access Services.

SERVICES SPECIFIC FOR TRANSITIONAL AGE YOUTH & YOUNG ADULTS

Transition to Independence Program (TIP)

- The TIP model is an evidence-supported practice that demonstrates improvement in real-life outcomes and futures planning for youth and young adults (ages 16-25). TIP works to engage and support young people in their own futures planning process across five transition domains: Educational Opportunities, Living Situation, Employment and Career, Community Life Functioning, and Personal Effectiveness and Wellbeing.
- Offered by Central Behavioral Health (610) 277-4600

HOPE Academy

- The HOPE Academy program assists young adults (ages 18 to 30) with serious and persistent mental illness and/or co-occurring substance abuse disorders. This objective is met through a five-phase curriculum-based approach in which participants set and achieve personal goals in their living, learning, working and social environments.
- Provided by Hedwig House (484)802-0919

Trail Guides

- Trail Guides is a peer mentoring program for young adults (ages 18 to 26) with a severe mental health diagnosis residing in Montgomery County . The program helps young people choose paths that lead to productive lives and avoid more serious behavioral challenges.
- Provided by Mental Health Partnerships (267)507-3496

Y.A.L.E.

- YALE (Young Adult Learning Environment) is a full care community rehabilitation residence (CRR) providing 24/7 support to assist young adults (ages 18-22) in gaining independent living skills.
- Offered by Resources for Human Development (610)527-3411

MY LIFE

- Magellan Youth Leaders Inspiring Future Empowerment (MY LIFE) is a youth leadership group made up of youth between ages 13 and 23. These youth have experience with mental health, substance abuse, juvenile justice, and/or foster care. The group focuses on important issues affecting youth through regular meetings, special events, presentations, and performances.
- MY LIFE gives youth the chance to become leaders in their communities. Magellan Behavioral Health has partnered with Central Behavioral Health and Montgomery County to offer MY LIFE groups.
- MY LIFE groups and activities are open to any youth who is between the ages of 13 and 23 years old. Has experience with mental health, substance abuse and/or foster care- related issues. MY LIFE welcomes youth with these issues. MY LIFE also welcomes youth who have a family member or friend with them. No application is needed to join this group. Any youth who attends a meeting or an event is considered a member.
- MY LIFE is a group where youth can feel supported, make friends, have fun, show off their talents, and learn about topics that are important to them. MY LIFE gives youth a chance to build confidence, positive social supports, and leadership skills. MY LIFE helps youth use their experiences to help others. It helps them improve the programs and systems that serve young people.
- For more information on MY LIFE, please see www.Facebook.com/MYLIFEyouth or www.MagellanofPA.com.

DRUG & ALCOHOL SERVICES

Student Assistance Program (SAP)

A team of administrators and staff from each school building meet weekly to discuss students struggling academically as well as socially who may appear as high risk for substance abuse or mental health concerns. Following a specific protocol, the team members determine resources available within the school system that could assist and support the student or, when these efforts are exhausted, will finally refer the student for a formal assessment.

Prevention Services

Prevention Services are primarily offered through an educational classroom setting, featuring Evidence Based Programs for students, Kindergarten through 12th grade. These classes focus on interpersonal tools, self-esteem, decision making skills and social pressures. Community programs are available to address the latest concerns and issues surrounding substance abuse in an effort to assist families with a loved ones addiction.

Intervention Services

Intervention Services of six hours in counseling sessions are offered to all Montgomery County residents with concerns regarding their own drug and alcohol use, or to discuss a family member's substance use. TEEN INTERVENE, an Evidence Based Program is also offered for youth who have begun to experiment with alcohol, and is facilitated in three sessions.

YOUTH & FAMILY SUPPORT SERVICES



Family Mentor
(267) 507-3486

- A group of parents and others interested in children's mental health issues. It links the systems that serve children. It is run by parents. This program helps parents and other family members by providing support, information, referrals, and links to other parents and organizations.
- Family Mentor is run by the Mental Health Partnerships.

**NAMI Montgomery
County**
(215) 361-7784

- A part of the National Alliance on Mental Illness (NAMI). NAMI is made up of volunteers. It offers many classes for parents and caregivers.
- Details for groups can be found at www.nami-montco.org.

Teen Talk Line
1(866)825-5856

- This is a warm line for youth to talk about things with someone their own age. It is operated by Access Services. There are no topics that are off limits. Calls are private and anonymous. The warm line helps youth never feel alone. It gives them someone always ready to listen. If a youth is experiencing a crisis, he or she will be connected to the Crisis Hotline for assistance.

YOUTH & FAMILY SUPPORT SERVICES

Respite

(215) 540-2150

- This is a placement for a child for a short period of time. The child is placed in a trained foster home for a weekend. It allows a child and family to have a break from each other. It helps to keep the family safe and stable. It is often used to help with a crisis. Respite can also prevent sending the child to a hospital.
- These services provide care in a positive setting for children. These children could have any of the following: mental health concerns, serious emotional problems, behavioral problems.
- Montgomery County offers planned and emergency respite. Hourly and overnight options are available through Access Services.

High Fidelity Family Teams

1(866) 240-3010

- HiFi utilizes a national model to bring change to the lives of families with children with complex needs. It is a family-driven planning process that puts families and youth in charge of their own plans, by partnering with them to use their voice, strengths, and supports to build teams that keep children in their homes with fewer professionals and more community supports.
- HiFi is run by Child and Family Focus.
- 1 (866) 240-3010

QUESTIONS

