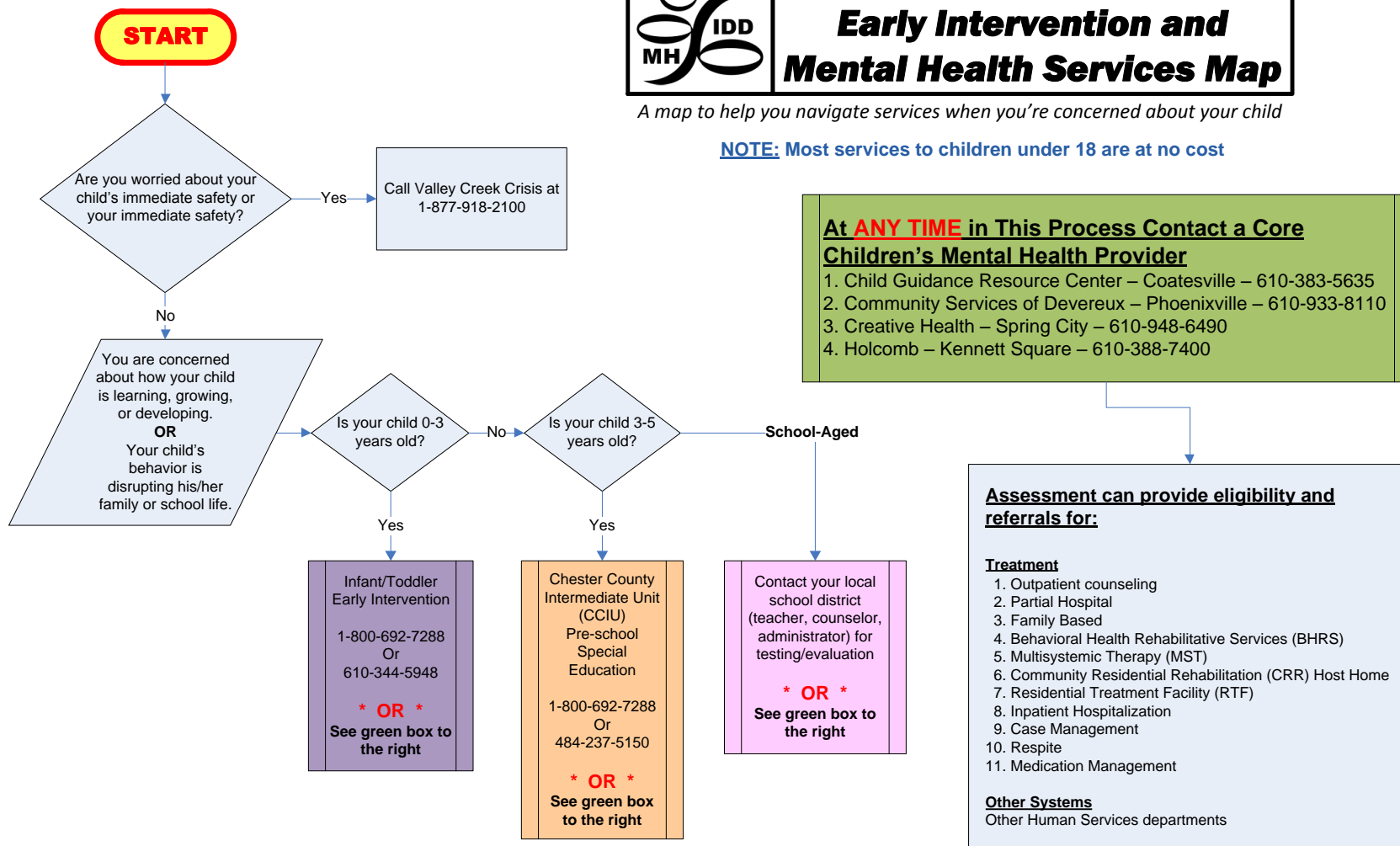




Chester County Children's Early Intervention and Mental Health Services Map

A map to help you navigate services when you're concerned about your child

NOTE: Most services to children under 18 are at no cost



At ANY TIME in This Process Contact a Core Children's Mental Health Provider

1. Child Guidance Resource Center – Coatesville – 610-383-5635
2. Community Services of Devereux – Phoenixville – 610-933-8110
3. Creative Health – Spring City – 610-948-6490
4. Holcomb – Kennett Square – 610-388-7400

Assessment can provide eligibility and referrals for:

Treatment

1. Outpatient counseling
2. Partial Hospital
3. Family Based
4. Behavioral Health Rehabilitative Services (BHRS)
5. Multisystemic Therapy (MST)
6. Community Residential Rehabilitation (CRR) Host Home
7. Residential Treatment Facility (RTF)
8. Inpatient Hospitalization
9. Case Management
10. Respite
11. Medication Management

Other Systems
Other Human Services departments

* some services may require copay with private insurance

Check <http://www.referweb.net/chesco/> for additional resources in Chester County.

Maps of other Chester County systems can be found at <http://chesco.org/DocumentCenter/View/19237>

PLEASE NOTE: This information could change. Updated versions are available at <http://chesco.org/DocumentCenter/View/19242>

November 2016



Chester County Children's Early Intervention & Mental Health Services

A Guide and Supplement to Service Map

Introduction:

Every child grows and changes at his or her own pace, but sometimes children have delays in reaching milestones, experience problems in learning, or exhibit behaviors that cause disruption to their lives.

If you have concerns about your child, or if your child has been referred for services, you may be feeling guilty, worried, and unsure of the future. You aren't alone; developmental and emotional concerns are more common than most people realize, and no one is to blame. Most importantly, help is available for children, as well as their parents and families. In fact, when parents take advantage of services to help themselves as they help their child, the entire family benefits.

As you explore the service map, be an informed consumer. Actively engage in the process, ask questions, learn all you can, and advocate for your child. Supportive services, advocacy groups and other resources can offer comfort, advice and encouragement. Most times, children qualify for services at no cost, regardless of family income or insurance status.

You're off to a good start, and it's important to keep moving forward. Remember, prompt attention to any concern can prevent complications and reduce risk of long-term difficulties. Children who get the help they need can go on to live healthy, happy and fulfilled lives.

Important to know:

- ◆ A physical exam is always a good place to start when parents have concerns about their child. It will rule out any conditions that may be causing a child's symptoms.
- ◆ Parents know their children best. Even if others don't share your concerns, you may call to find out about services in this map. Making a call will not obligate you to use any service.
- ◆ Chester County's Early Intervention services are free for all eligible children ages birth to 3 years.
- ◆ Children aged 3 - 5 may be eligible for Preschool Early Intervention through the Chester County Intermediate Unit.
- ◆ In Pennsylvania, most children under age 18 with serious emotional and behavioral disturbances qualify for free services through Medical Assistance, regardless of family income or insurance status. For more information, go to www.dpw.state.pa and www.chesco.org.
- ◆ Some children's services, supports, or accommodations are available through the school system. If a child is still in school and 21 or younger, services may be available.
- ◆ When seeking these services for your child, keep other systems, such as the child's school or your pediatrician, informed. Chester County's philosophy is that individuals and families get the best care when systems share resources and work together.
- ◆ There is a lot of information about mental health on the internet, but not everything is based in fact. It's important to use reliable websites. A list of these can be found at www.chesco.org/mhidd. Click on the tab for resources and links.

What to expect when you call a mental health service provider listed on the service map:

Mental health service providers are required to offer an appointment within 7 days of a request. You may be asked if you have medical assistance, which will cover the cost of these services. The provider will be able to assist you in obtaining this. If your child does not yet have a diagnosis, ask the provider to help you with this first step. Both the parent and the child need to be present for the assessment appointment. Once the intake assessment is completed, a recommendation for a level of care is made. See the explanation of these levels of care below.

Explanation of Mental Health Services/Levels of Care:

- 1. Outpatient Counseling** — Counseling services for children, adolescents, and families provided through an agency.
- 2. Partial Hospitalization** — A daytime program that provides individual and group counseling as well as medication monitoring. The Intermediate Unit can also provide education at these programs.
- 3. Family Based Mental Health Services** — Intensive in-home services, usually several hours per week, for up to 32 weeks. Family therapy focused, this service is used to divert children from higher level of treatment or to assist their adjustment to lower level of treatment.
- 4. Behavioral Health Rehabilitative Services (BHRS)** — Services for children in their home and/or community with a strong emphasis on the child or family's natural support systems. Specialized programs may be developed, or the following services are available:
 - **TSS (Therapeutic Staff Support)** — Helps family apply behavioral techniques for their child in various situations.
 - **Mobile Therapist**— Provides intensive therapeutic services for child and family in a non-office setting.
 - **Behavior Specialist Consultant** — Provides expertise in behavioral management and will direct the implementation of an individualized behavior modification intervention plan.
- 5. Multi-Systemic Therapy (MST)** — Delivered over a period of 4 - 6 months in homes, neighborhoods, schools and communities by master's level professionals or experienced bachelor's level professionals with low case loads. A crucial aspect is the emphasis on promoting behavioral change in the youth's natural environment.
- 6. Community Residential Rehabilitation (CRR Host Home)** - Youth who reside in a CRR Host Home are recovering from a serious mental illness, which may include significant safety or behavioral symptoms; and the family or caretakers are unable to provide the structure, support and consistency necessary for the child's growth and healing. Once the youth and family have shown improvement and stability, they will be reunited to work towards recovery.
- 7. Residential Treatment Facility** — A temporary residence for youth with severe emotional and behavioral problems. Doctors, therapists, social workers, and childcare workers give care and treatment; families are encouraged to be involved.
- 8. Inpatient Hospitalization** — Short-term, individualized psychiatric hospital stays for the acute stage of mental illness or behavioral difficulties.
- 9. Case Management** — A case manager may be assigned to help individuals with emotional disturbances obtain and coordinate resources, services and supports.
- 10. Respite Care** — Overnight and hourly respite care provided in-home or in the community, for children aged 0-21 when families need a break from caregiving.

11. Medication Management — Prescribed medications are monitored by a psychiatrist, or a medical doctor (M.D.) that specializes in treating the brain, just as a cardiologist specializes in treating the heart. Monthly psychiatrist appointments last about 15 minutes and focus on how the medications are working. These appointments are not intended to provide therapy.

What to expect when you (or other person) calls Chester County Infant/Toddler Early Intervention:

You will be asked to provide basic demographic information about the child and family, and asked for information about the primary concerns. The family will be assigned a service coordinator who will be in touch within one week to schedule an intake appointment at your home.

Within 45 days of the initial phone call, your child will receive a developmental evaluation at no cost to determine eligibility. If your child is eligible for Early Intervention services, an individualized family service plan (IFSP) will be developed and the child will be referred for services to be delivered in your home or the community.

Explanation of Chester County Infant/Toddler Early Intervention Services and Supports:

Early Intervention provides free services and supports to families with infants and toddlers and young children who have developmental delays, and may begin at birth. With the family's consent, anyone, such as a doctor, caregiver, teacher or parent, can make a referral. Early Intervention can help young children acquire the skills they need to grow into happy and healthy members of the community.

These services build on resources already in place. Frequency of services is determined by outcome goals set by the Early Intervention team. This team is led by the family, and may include all the professionals working with the child and family. The supports available include information on how children develop, and ideas for how the family can help their child learn and grow. A child may be eligible for services in one or more of the following areas:

- **Adaptive** — self-help skills, such as dressing or feeding
- **Cognitive** — thinking skills, including the ability to absorb, process and understand information
- **Communicative** — receptive and expressive language, including understanding what is being said, following directions, and making needs known to others
- **Physical** — gross motor, fine motor, vision and hearing, motor planning, and sensory integration
- **Social and Emotional** — interacting with children, adults and the environment

Children aged 3 to 5 may be eligible for Preschool Early Intervention:

Eligible children aged 3 to 5 receive Early Intervention through the Department of Education. If you think your preschool-aged child has a delay, contact the Chester County Intermediate Unit at **484-237-5150** to inquire about an evaluation.