

## Attachment D

### **A Guide to Rightsizing Mental Health Services/Programs**

Mental Health practices and programs should be optimized to allow families to address their mental health needs within the community, among their natural supports, and to prevent further penetration into the mental health and dependency systems. They are intended to promote healing and mental wellness while ensuring the greatest degree of freedom possible.

Pennsylvania State Roundtable's Mental Health Workgroup identified several practices and programs that offer the least restrictive options for meeting the mental health needs of children and parents. This guide is intended to serve as a starting point for local discussion rather than a comprehensive list of all possible services.

#### **Educational Based**

Peer Support Programs  
Early Head Start/Head Start  
Extra-Curricular Activities  
Student Assistance Programs (SAP)  
School Social Workers  
Peer Mediation Services  
Emotional Support Services  
Truancy Resource Officers

#### **Clinical & Supportive Mental Health**

Child and Adolescent Social Services (CASSP)  
Blended Case Management  
Individual Outpatient Therapy  
Trauma-Focused Cognitive Behavioral Therapy  
Intensive Behavioral Health Services  
Functional Family Therapy  
High Fidelity Wrap Around  
Family-Based Mental Health Services  
Partial Hospitalization  
Inpatient Hospitalization

#### **Child Welfare Provided & Supported**

Family Group Decision Making  
Positive Parenting Program  
Multisystemic Therapy  
Incredible Years  
Healthy Families America  
Homebuilders Program  
Nurse-Family Partners  
Parents as Teachers  
Trust Based Relational Therapy  
Nurturing Parenting Program

#### **Community Based**

Peer Support Programs  
Faith-Based Counseling Services  
Summer Camps  
Community Centers  
United Way Programs

## Children’s Public Mental Health Services Hierarchy

**Immediate need due to safety issues** – contact Mobile Crisis Team and/or go to the closest Crisis Center/Emergency Department.

**Not immediate need but needed** – contact the health insurance provider for a list of mental health providers to schedule intake.

*If uninsured, contact County Assistance Office to learn about Medical Assistance help*

### **Mental Health Clinical Services—all services start with an intake appointment**

<b>Most Restrictive</b>	Inpatient hospitalization
	Residential Treatment/CRR-Host home
	First Episode Psychosis Program
	Partial Hospitalization
	Family Based Services
	Intensive Behavioral Health Services
	Multi-Systemic Therapy
	Adolescent Dialectical Behavioral Therapy
	Parent-Child Interaction Therapy
	Pivotal Response Therapy
	Summer Therapeutic Activities
	Therapeutic After-School Programs
<b>Least Restrictive</b>	Outpatient Services

### **Mental Health Supportive Services—all services start with a referral form and/or intake appointment**

<b>High Support</b>	High Fidelity Wrap Around
	Mental Health Respite
	Transitional to Independence Program
	Transitional Age Youth Certified Peer Specialist
	Blended Case Management
<b>Less Support</b>	Family Peer Navigator

### **Educational Mental Health Supportive Services—follow educational laws, school district policies, and IEP recommendations**

<b>Most restrictive</b>	Out of District Placement – Alternative School
	IEP recommended Emotional Support Services
	School Based Educational Services (select districts)
	Student Assistance Program Liaison
<b>Least restrictive</b>	District Guidance Counselors/Social Workers

*(Resource: Children’s Mental Health/Systems of Care Coordinator, Delaware County Department of Human Services Mental Health Office )*