

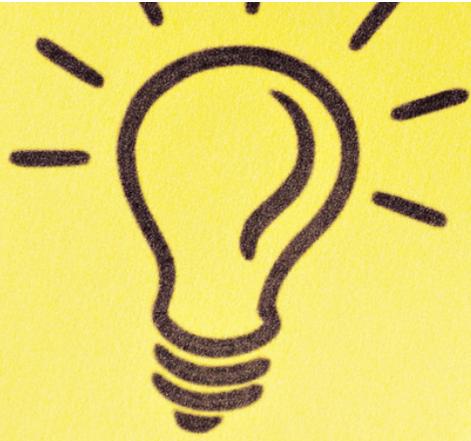


CHESTER COUNTY'S

CHILD AND ADOLESCENT MENTAL HEALTH SERVICES



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TIPS FOR ACCESSING SERVICES

The need for mental health services is great.

While accessing services may look and feel complicated, Chester County is rich with resources and support for families.

CALL YOUR INSURANCE COMPANY

This is the best place to start. Check the back of your insurance card to learn about your mental or behavioral health benefits.

UTILIZE YOUR EMPLOYEE ASSISTANCE PROGRAM (EAP)

If your employer offers an EAP, be sure to use it! The EAP can take some of the work out of an already stressful situation.

DO A SEARCH ON PSYCHOLOGY TODAY

Psychology Today has a great feature that allows you to not only search for therapists in your area, but also filter the results by insurance accepted and by the therapist's specialty.

FAMILY TO FAMILY PEER SUPPORT

Chester County is fortunate to have the support and guidance of the Chesco LIFE Program. The program is made up of experienced parents and professionals. They know how the system works and have experience navigating the mental health system.

CALL THE COUNTY'S OFFICE OF MENTAL HEALTH/INTELLECTUAL AND DEVELOPMENTAL DISABILITIES (MH/IDD)

We are here for you! Our office is happy to provide information and guidance. Contact us at 610-344-6640.



CHESTER COUNTY'S CORE MENTAL HEALTH PROVIDERS

**Not sure where to start or what services your child may need?
Call one of the providers listed below.**

Child Guidance Resource Centers

744 E. Lincoln Highway, Coatesville
(610) 383-5635

Creative Health Services

11 Robinson Street, Pottstown
(484) 941-0500
1 Mennonite Road, Spring City
(610) 948-6490

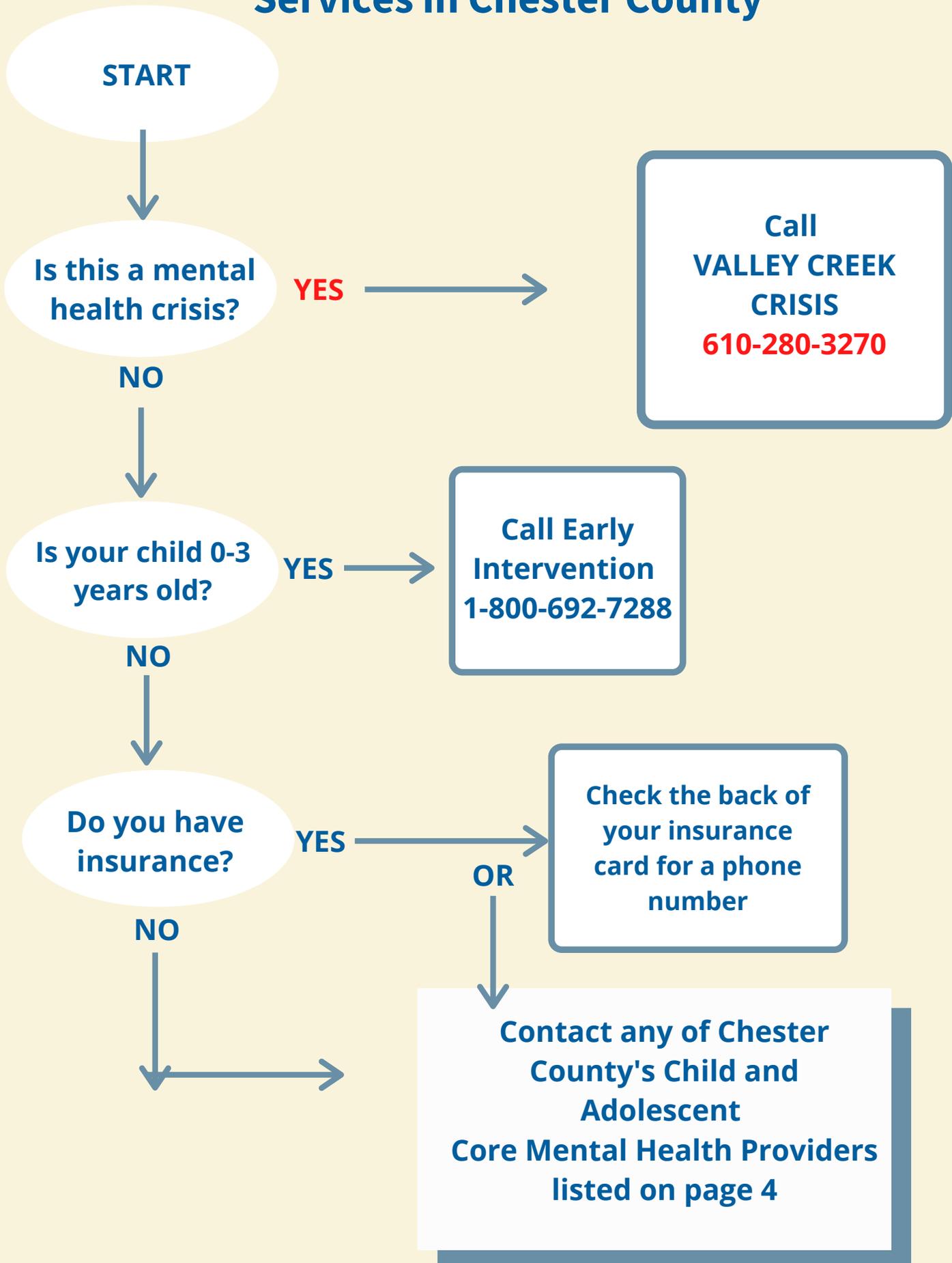
Devereux Community Services

100 Deerfield Lane, Malvern
(610) 933-8110

Holcomb Behavioral Health

467 Creamery Way, Exton
(610) 363-1488
920 E Baltimore Pike, Kennett Square
(610) 388-7400

How to Access Child and Adolescent Mental Health Services in Chester County



Teen Talk Line

Our new program to support teens' mental health and well-being.

Teens are encouraged to call or text when they are feeling overwhelmed, stressed, sad, isolated, or confused. Certified Peer Specialists, and eventually teen volunteers, will respond to the calls or texts.

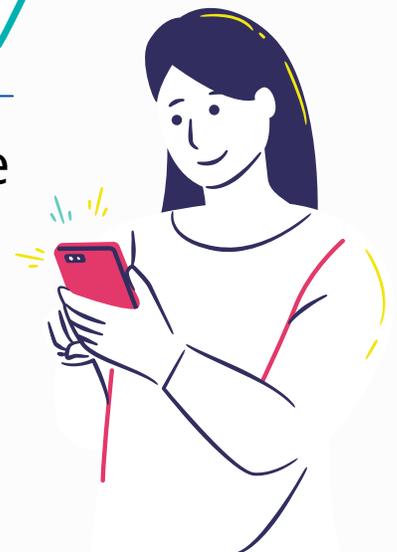
Services are available Monday - Friday, 3:00-7:00 PM.

Call:
855-852-TEEN
Text:
484-362-9515

For more information:

- accessservices.org/teen-talk-line

chester county
teent@kline
teens helping teens / no judging no pressure



Youth Peer Support

Available to Chester County youth aged 14-18 years.

Youth Peer Support is a non-clinical service for young people with a serious mental illness or emotional disorder.

The service is staffed by Certified Peer Specialists (CPS). A CPS is a well-trained, highly qualified individual who has their own lived experience with mental health challenges.

A Certified Peer Specialist offers the unique perspective of someone who knows that resilience is achievable and that recovery is possible.

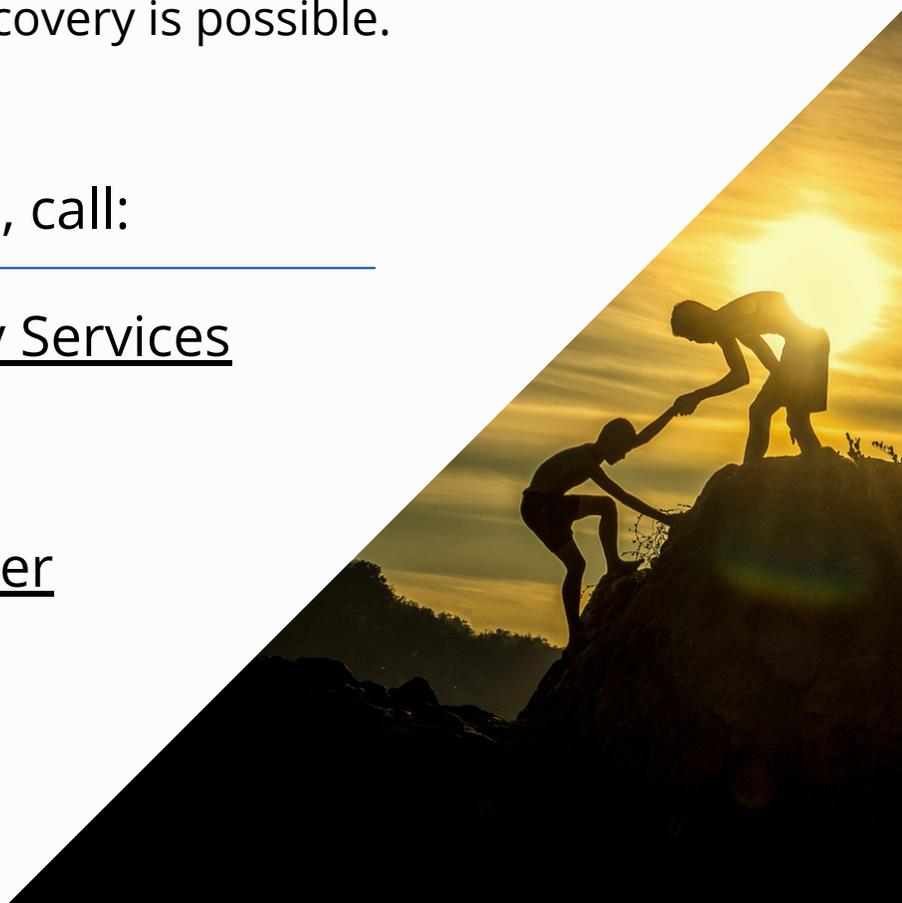
For more information, call:

Devereux Community Services

(610) 933-8110

Penn Psychiatric Center

(610) 917-2200



Chesco LIFE Program

Led by experienced parents and professionals, the Chesco LIFE Program provides family-to-family peer support.

Program staff support caregivers in navigating the mental health system and other child serving systems.

Caregivers have access to parenting resources, educational supports, and social connections.



For more information:

- Call (215) 429-8383
- Email chescolife@accessservices.org

Outpatient Services

Perhaps the most well-known mental health service.

Outpatient services can look like the following:

- Initial intake and evaluation
 - Presenting problems are discussed
 - An initial mental health diagnosis may be provided as well as a course for treatment
- Psychiatric evaluation
 - Presenting problems are discussed with a medical doctor or nurse practitioner
 - The provider may recommend medication
- Medication management
 - After an initial evaluation, the practitioner will see clients to monitor progress and effectiveness of medication
 - Most medication checks are about 15 minutes in length
- Talk therapy
 - The process of working through thoughts, beliefs, behaviors, and emotions
 - While mostly occurring individually between therapist and client, services may be provided as group or family therapy



Outpatient Services Continued

Service Providers may include:

Psychiatrists

Licensed Professional Counselors

Nurse Practitioners

Licensed Clinical Social Workers

Psychologists

Masters Level Therapists

It can take a few tries to find a service provider who meets your needs.

Don't give up!

Time spent in therapy can be life changing.

To get started:

- Call the number on the back of your insurance card to verify in-network providers
- Contact any of Chester County's Core Mental Health Providers

Blended Case Management (BCM)

BCM services typically include:

Support in connection to mental/behavioral health services.

Coordination of resources to help youth and families with:



- 👉 education
- 👉 social skills
- 👉 healthcare
- 👉 and more

Service Qualification:

- Resident of Chester County
- Up to 21 years of age, if in school
- Mental/behavioral health diagnosis
- Identifiable goals and demonstrated need for the service

To learn more:

- **Contact a Core Mental Health Provider**
 - Please note that Creative Health's BCM services are only available to residents of Montgomery County

Intensive Behavioral Health Services (IBHS)

As of January 2021, IBHS replaced the well-known Behavioral Health Rehabilitative Services or BHRS.

Intensive Behavioral Health Services offers children, youth, and young adults support with their mental, emotional, and behavioral wellbeing.

Services may take place in the youth's home, school, or community.

Services may be provided by:

- Behavior Consultant (BC)
- Mobile Therapist (MT)
- Behavioral Health Technician (BHT)

Services can include:

- Individual Services
- Group Services
- Applied Behavior Analysis (ABA)

To learn more about services:

-
- Contact any of Chester County's Core Providers

Respite Services

What is Respite?

Respite is short-term, temporary care designed to support families in caring for a child or adolescent with a mental/behavioral health diagnosis.

Respite care can foster family wellness by giving caregivers the opportunity for a break.

Caregivers are able to focus on themselves while their child receives care from a trained respite caregiver.

Our service provider:

Chester County partners with Child and Family Focus for this service. Reach out for more information.

- Child and Family Focus
 - (484) 732 - 8459



Child and Family Focus

- Additional Services

On My Way

"On My Way" is a program for young people (15-30) who have recently experienced their First Episode of Psychosis (FEP).

The FEP Team offers young people an array of services, including:

- low-dose medication management
- case management
- individual and group therapy
- peer support Services
- family education
- supported education and employment



**Anyone can make a referral
for "On My Way"**

**For more information,
call: (610) 732-8683**

Child and Family Focus

- Additional Services

Children's Review Team (CRT)

The Children's Review Team is a service for children and families that are residents of Chester County who are considering placing their child in an out-of-home placement. CRT's role is to work with other child-serving systems to ensure collaboration between providers and to advocate for the child and family's needs.

Anyone can make a
referral to CRT

For more information call
(610) 650 – 7750 ext. 285



Child Guidance Resource Centers - Additional Services

The Incredible Years

A therapeutic group for 6-8 year old children. The group teaches behavior strategies to both children and caregivers.

Multi Systemic Therapy

An evidence-based practice for youth aged 12-17 experiencing delinquent behaviors or severe emotional behaviors. Most referrals come from the court system.

Parent-Child Interaction Therapy

An evidenced-based program for children aged 2-7 years old who are experiencing disruptive behaviors. Caregivers are empowered to interact with their children promptly and appropriately.

For more
information, call:
(610) 383 – 5635

Creative Health Services

- Additional Services

Substance Abuse and Addiction Outpatient Services

Comprehensive addiction treatment services which include specialized treatment for co-occurring substance abuse and mental health disorders.

Sibling Support Workshops: Sibshop & Sibteen

Sibshop and Sibteen give opportunities for siblings of kids with special health needs the chance to connect with other kids in a similar situation. Participants learn more about how their sibling experiences the world, are able to make new friends, and have the opportunity to discuss their feelings in a safe and supportive environment.

SAFE for Children Stop Abuse, Foster Empowerment

A 12 week program for children who have been subject to or exposed to domestic violence. Children are given a safe space to explore their feelings while learning about conflict resolution and healthy self-esteem.



For more
information, call:
(610) 326 – 2767

Devereux Community Services

- Additional Services

Dialectical Behavioral Therapy (DBT)

DBT is an evidence-based behavioral therapy proven to support young people who have difficulty with powerful thoughts and emotions. Unlike traditional talk therapy, DBT is skills-based.

Those skills are measured systematically in order to track behavior change.

Trauma Focused Cognitive Behavioral Therapy (TF CBT)

TF CBT is a behavioral therapy that teaches young people who have experienced trauma skill development to assist with challenging emotions and behaviors. It also supports caregivers in effectively managing their own emotional distress in order to better support the child.

Parent-Child Interaction Therapy/Intensive Family Coaching

Parent-Child Interaction Therapy and Intensive Family Coaching are evidenced-based programs for children aged 2-7 years old who are experiencing disruptive behaviors. Caregivers are empowered to interact with their children promptly and appropriately.

**For more information on these services,
call: (610) 422 – 1481**

Student Assistance Program (SAP)

A state mandated program, SAP is a team-based approach to remove a student's barrier(s) to learning. Each school district in Chester County has a SAP team and access to SAP Liaisons. Devereux currently provides trained SAP Liaisons to Chester County school districts.

**For more information about the Student Assistance Program,
contact your child's school.**

Hospitalization

The majority of individuals with mental/behavioral health difficulties will not need to be hospitalized.

However, hospitalization is sometimes necessary for safety.

Chester County strives to ensure that children, youth, and their families receive continuity of care from the time of the initial crisis, through the services of Valley Creek Crisis, as well as aftercare support with our Core Mental Health Provider Agencies and collaboration with our county's school districts.

Always remember, **you are not alone** during a difficult time.

Partial Hospitalization

- A daytime program that provides individual therapy, group sessions, medication management, and educational support.

Acute Inpatient Hospitalization

- Short-term inpatient psychiatric hospitalization intended to support children, youth, and young adults in stabilization of behaviors and/or emotion.
- Individual therapy, group therapy, medication management, and family therapy are facilitated on site

**If you or someone you know are
having a mental health crisis,
call Valley Creek Crisis at
(610) 280 - 3270**

Are you looking for additional ways to support your child and your community?

Chester County offers several opportunities for education and training.

Mental Health First Aid Classes

- These full-day classes teach the skills needed to recognize risk factors and warning signs for mental health and addiction concerns, as well as strategies to offer support to someone, and help connect them with the appropriate care.
- Two types of Mental Health Training classes are offered – classes for adults to work with adults, and classes for adults to work with youth (age 12-18).

Question, Persuade, Refer Training (QPR)

- QPR is a nationally recognized suicide prevention training. Just as people trained in CPR and the Heimlich Maneuver help save thousands of lives each year, people trained in QPR (Question, Persuade, Refer) learn how to recognize the warning signs of a suicidal crisis and how to question, persuade, and refer someone to help.

Accessing the Systems Trainings

- Free half-day workshops that offer a basic overview of services for children and adults.
- Participants hear from various system partners including MH/IDD, the Department of Drug and Alcohol Services, Community Care Behavioral Health, and more...

To register or learn more about these trainings, please visit the "trainings" tab at chesco.org/mhidd

THE CHESTER COUNTY SYSTEM OF CARE PHILOSOPHY ENSURES THAT SERVICES ARE:

- COMMUNITY BASED
- YOUTH-DRIVEN
- FAMILY-LED
- CULTURALLY COMPETENT

WHILE PROMOTING RESILIENCE
FOR CHILDREN, YOUTH, AND THEIR FAMILIES

