



# Mental Health Resources

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# Overview:

Here is what we will be speaking about tonight:

1. How do you know if your child may require mental health services?
2. How do you find services for your child?
3. What is the difference between services in the home and community setting and school setting?
4. What support services are available to the caregivers and how do you access them?
5. How to collaborate with the school?

## **How do you know if your student/child needs mental health services?**



**Speak to your primary care physician about your concerns or the concerns of others.**

Look at the developmental guidelines for the age of the child.

Look for information about the areas you feel concerned with.

Trust your gut. If you are questioning or unsure trust yourself and seek our help and support.

## **Where to do find providers?**

Depending on your insurance provider.

## **Private/Commercial Insurance**

Call the toll free number on the back of the insurance card and ask what the steps are to get mental health treatment for your child.

## **Medical Assistance/Medicaid**

Contact Community Care Behavioral Health (CCBH)  
866-292-7886

## **Private/Commercial Insurance and Medical**

### **Assistance/Medicaid**

You must seek services through your private insurance first. MA might cover services or costs that the private insurance do not.

### **No Insurance**

Children with disabilities may be eligible for Medical Assistance based on medical need, not family income.



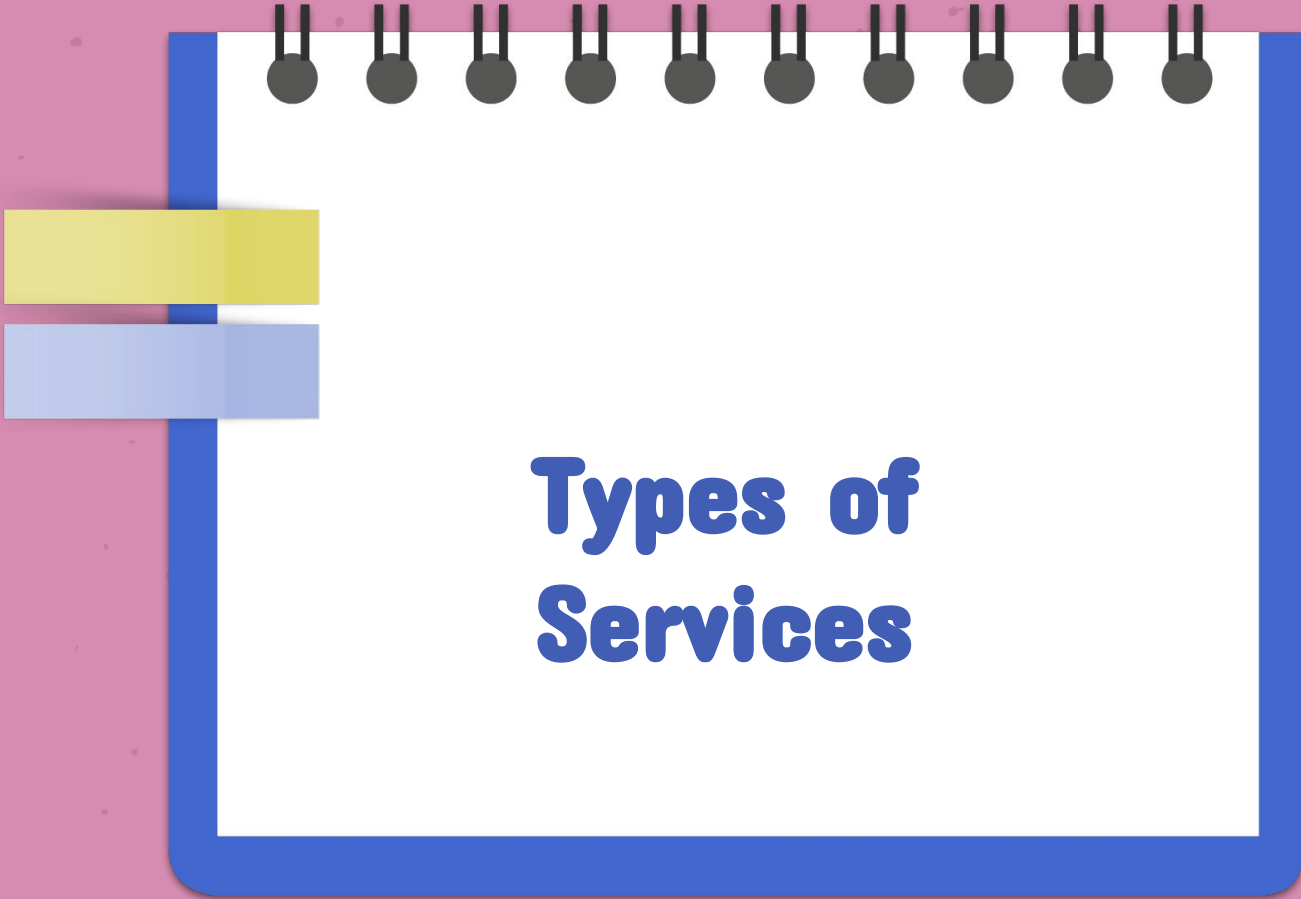
## **Applying to Medical Assistance**

Apply online through COMPASS  
[www.compass.state.pa.us](http://www.compass.state.pa.us)

## **Department of Human Services**

Monroe County PA  
1972 W Main St #101, Stroudsburg, PA 18360  
(570) 424-3030

Pike County  
10 Buist Rd #101, Milford, PA 18337  
(570) 296-6114



# **Types of Services**

# There are many services in the county

Psychiatrist- Medical doctor who focuses on mental health and often will prescribe medication.

Outpatient- Licensed Social Worker, Licensed Clinical Social Work, Licensed Professional Counselor and Licensed Clinical Psychologist. All can provide a diagnosis and provide intervention through therapy.



**Case Management-** Professional that can help you locate and coordinate the necessary services for your child and family. This is provided through MH/DS 800-338-6467

**Parent Child Interaction Therapy(PCIT)** - ages 2-7 with externalizing behavior concerns. Involves coaching parents as they interact with their young child.

**Intensive Behavioral Health Services (IBHS)-** Mental health services provided in the home and community setting including the school setting.

## **Intensive Behavioral Health Services (IBHS)**

Behavioral Consultant (BC)-  
Develops a special behavior  
management plan

Mobile Therapist- Provides  
individual and family therapy  
in home or community setting

Behavioral Health Technician  
(BHT) -Provides one-to-one  
interventions with the child  
along with a child's  
caregivers.

## **Intensive Behavioral Health Services (IBHS) Groups**

Groups that provide  
therapeutic interventions  
through structured  
activities including Applied  
Behavioral Analysis (ABA)

# Waitlist



## Call your insurance

Call your insurance company to let them know.

## Check in

Call the places you are waitlisted to check in

## Reach out to the school

Reach out to the school if they are not school age ask your PCP

## Waitlist ... what else can I do

- Look on Youtube or look for Podcasts that discuss the concerns you may be having.
  - Example- Dr. Daniel Siegel and Dr. Ross Greene has written several books, videos and podcasts available.
- Reach out to the principal and school counselor as the school may have services available.
  - Student Assistance Program (SAP)
  - Small group counseling (led by either the school counselor or mental health professional)
  - Individual counseling by school counselor (short term 3-4 times)
  - Individual therapy lead by the mental health professional

## Parent Support Groups

IU-20 Parent Support Team-  
Facebook group that meetings  
monthly. (Caterina Campbell-  
[ciu20parenteam@gmail.com](mailto:ciu20parenteam@gmail.com) or Nikki  
Huggan- [Nikkihuggan@yahoo.com](mailto:Nikkihuggan@yahoo.com))

Pike Autism Support Services  
[info@passnepa.org](mailto:info@passnepa.org)

Parent Support Groups

## Social Media

Social Media can be  
powerful but also  
dangerous.

Look for accredited  
individuals.

# **Student Assistance Program (SAP)**

## **SAP**

Tier 2 intervention which is referral based. Parent permission is required for a student to be in SAP

SAP is designed to reduce and overcome barriers.

# SAP

The SAP team will speak about the reason for referral.

Looks at interventions that are least restrictive to support the student

Provide a linkage to community supports through case management and the SAP lesiasion

# MENTAL HEALTH PROFESSIONALS (MHP)

MHP'S are Licensed Social Workers(LSW), Licensed Clinical Social Worker or Licensed Professional Counselors.

MHP- Provide individual therapy typically for 8 weeks but can be longer and run therapy groups. (parent permission required for all)

# Additional Interventions

- Check-in/Check-out
  - Tier 2 intervention through the MTSS framework
  - Students have a point sheet that have specific goals for them to work on.
  - Student meets with their mentor each morning and afternoon prior to the day starting to review their goals.
  - Point sheet is sent home for parents to review and sign.
- Walk and talk-
  - Tier 2 intervention similar to CICO but does not have a point sheet and meant for students to connect to an adult in thier building. Conversations are about interests of the student.

# Additional Interventions

- Renew- Secondary only
  - Rehabilitation, Empowerment, Natural Supports, Education, and Work) program, designed to provide highly individualized interventions for transition-aged youth with significant emotional and behavioral challenges, typically focusing on improving school engagement, employment prospects, and post-secondary education pathways
- Check and Connect
  - Tier 3 intervention where the student meets with a trained mentor for 40 minutes per week.
  - The mentor and student look at patterns and barriers that reduces the students engagement.
  - This is an evidence based program to create connections to school and reduce the dropout rate.

## Home and School Connection

One of the most important things is the connection between home and school.

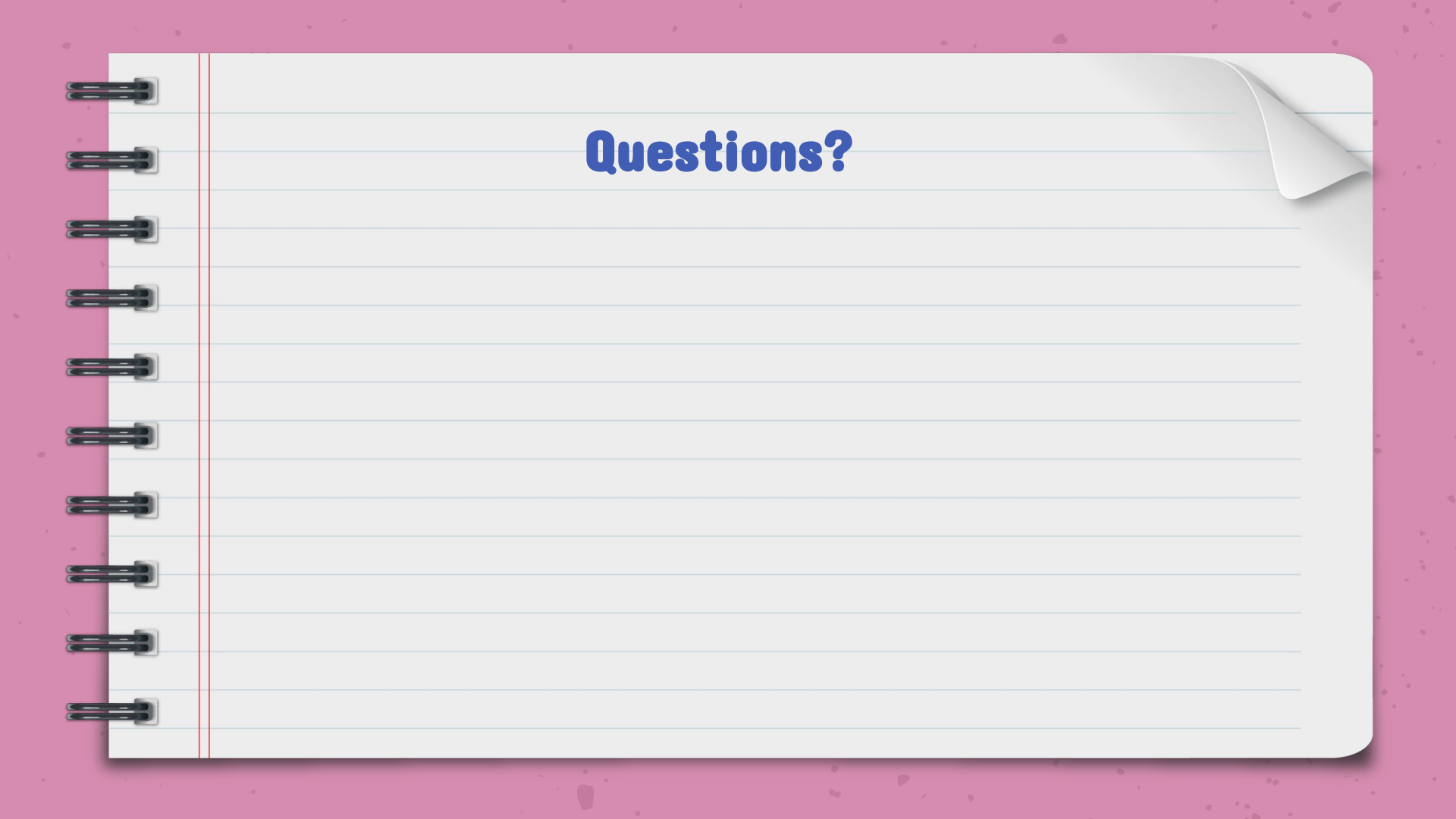
Communication with your child's teacher, principal and/or school counselor will allow the school to support your student best.

## Community Services

Services like IBHS should be occurring both at home and school.

Home services are beneficial to supporting the student and interventions at home may be beneficial at school.

Outpatient services may also be beneficial as the therapist can address more than the MHP



**Questions?**

**Thank you for attending  
and please feel free to  
reach out at any time.**

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