



Lancaster County Office of Behavioral Health and Developmental Services

Basic Information Series Volume: MH-7

For Information Call:

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Mental Health Services for Children and Youth

Basic Information Series

Children and adolescents experiencing behavioral health symptoms have a variety of services available in Lancaster County. The system of services for children and adolescents differs from the system that provides services to adults. This fact sheet outlines the services that may be available to a child or youth in Lancaster County and how to access these services.

Services

Outpatient Therapy

There are therapy options provided for children in an outpatient setting. These include psychiatric and diagnostic evaluations, medication management, medication clinics, therapy, and clinical support. Outpatient therapy may be available for both the individual child and the family unit. There are various providers of outpatient treatment in Lancaster County.

School-based Outpatient Therapy

In addition to traditional outpatient therapy, school-aged children may be able to receive school-based outpatient therapy. This occurs during the school day within the school setting with a therapist.

Behavioral Health Rehabilitative Services

Behavioral Health Rehabilitative Services (BHRS) are services that allow for a less restrictive intervention with a child or adolescent that may need more intensive services by providing services in a setting outside of a traditional office such as in the child's home, school, or community. These services include Mobile Therapy (MT), Therapeutic Staff Support (TSS), and Behavior Specialist Consultant (BSC).

Juvenile Firesetter Assessment Consultation Treatment Services (JFACTS)

This program aims to address the needs of children and adolescents with mental health and behavioral issues that also engage in using fire inappropriately.

Family-Based Mental Health Services

These services are utilized to reduce the need for mental health treatment that takes a child out of the home by providing services in

the child's natural environment. These services encourage the family to successfully care for their child or adolescent in the home. Additionally, these services may be used when a child returns after a placement outside of the home.

Summer Therapeutic Activities Program (STAP)

This structured and therapeutic program runs in the summer for children with behavioral issues. It aims to help them maintain their progress from the school year throughout the summer months through five weeks of fun and therapeutic programming.

Therapeutic After School Program

The Therapeutic After School Program, often referred to as ASP, offers structured treatment in the afternoon and evening to improve children's ability to function in their environment. The programming provides therapeutic activities.

Acute Partial Hospitalization

This type of treatment is designed for individuals experiencing severe mental health symptoms that impair their daily functioning. This treatment level is more intensive than other types of outpatient therapy, but less restrictive than acute inpatient hospitalization.

Intensive Day Treatment Program

This type of treatment program is provided as a less restrictive alternative to treatment in a residential setting. Programs of this nature may provide individual counseling, group therapy, life skills, and family counseling five days per week.

Services for Children and Youth

Services

Multisystemic Therapy

Multi-systemic Therapy (MST) is a family and community-based treatment geared for at-risk youth who are involved with the criminal justice system and may be at-risk for out of home placement. MST is also used for re-unification after a child returns home from foster care, shelter, or other residential placement.

Respite

Respite services are intended to provide a temporary relief for caregivers from the physical and emotional challenges of caring for an individual with behavioral health challenges. Respite can be provided in the individual's home environment, in the community, or in the home of a qualified provider.

Residential Treatment Facility

A Residential Treatment Facility (RTF) is an intensive out-of-home treatment service for children and adolescents who are unable to be successful in their community due to their behavioral health needs. The individual resides at the RTF where they receive individual, group and family therapy and medication monitoring to address behavioral treatment goals. RTF's are self-contained; the child or adolescent is able to attend school and receive services in addition to behavioral health treatment.

Specialized In-Home Treatment Program

The Specialized In-Home Treatment Program (SPIN) is an intensive, family-based mental health program that provides individual therapy, family therapy, case management, and group therapy to youths who have sexual-behavior issues and/or are sexual perpetrators. This treatment also provides education and support to family members to increase the level of support the child or adolescent receives.

Community Residential Rehabilitation Host Homes

Community Residential Rehab (CRR) Host Homes are treatment programs for youth and are located in family dwellings. They provide 24-hour living arrangements with mental health treatment for children and adolescents that have behavioral health needs that cannot be treated effectively in their own home, but can benefit from a home-like environment.

Inpatient Hospitalization

This level of treatment occurs on an inpatient unit of a hospital, and it is used when a child or adolescent has displayed that they are unable to safely receive treatment for their behavioral health in a less restrictive environment such as at school, home, or a community setting.

How do I access these services?

Many of the services listed on this fact sheet can be accessed by an individual seeking services and reaching out to a community provider on their own. Additionally, the school that a youth is attending may make referrals to organizations that provide the above services to help the individuals get the services and treatment that they may need.

In some circumstances, a child and their family may need assistance in accessing services, navigating the mental health system, and advocating for themselves throughout their behavioral health services. In cases like these, case management services may be able to help make referrals and connect children and

families to the services they need. If this is the case, they access their behavioral health services through a case manager with Lancaster County BH/DS.

It is important to note that many of these services have specific requirements or referral sources. For example, some services require that a child has Medicaid as their insurance provider or that the referral come from their school or a specific department of the county. A case manager would be able to advise with the specific eligibility and referral requirements of each service and assist with the specific needs of the child and family.

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