



## **INFORMATION FOR SERVICE PROVIDERS**

### **Mental Health Services Offered by Children's Bureau**

Mental health services are provided to children, ages 0-21, and their families to alleviate (treat) mental health issues. We offer a variety of treatment options that range from preventative to intensive mental health services that are funded through the Department of Mental Health. We serve Medi-cal beneficiaries with a full scope of services that include individual and family therapy, collateral services, targeted case management, and psychiatric support services. Services may be provided in the clients' home, community, school or our offices.

#### **EVIDENCED BASED PROGRAMS**

##### **Incredible Years**

##### **Parenting Program for School Aged Children**

This group-based parent program focuses on strengthening parent-child interactions and attachment, reducing harsh discipline and fostering parents' ability to promote children's social, emotional, and language development. The program is intended for children with disruptive behaviors. Outcomes of the program include increased emotional regulation, conduct and social skills, and improved parenting interactions.

##### **CPP**

Child Parent Psychotherapy is a therapeutic program for children ages 0-5 and their caregiver who have experienced at least one traumatic event and/or are experiencing mental health, attachment, and/or behavioral problems, including posttraumatic stress disorder. The primary goal of CPP is to support and strengthen the relationship between a child and his or her caregiver as a vehicle for restoring the child's cognitive, behavioral, and social functioning.

##### **IPT**

Interpersonal psychotherapy is an individual psychotherapy program for adolescents ages 12-18 who are suffering from depression. The focus is on how relationship issues are related to the onset or ongoing occurrence of depressive symptoms. The goals of IPT are to: help adolescents to recognize their feelings and think about how interpersonal events or conflicts might affect their mood; improve communication and problem-solving skills; enhance social functioning and lessen stress experienced in relationships; and decrease depressive symptoms.

##### **TF-CBT**

Trauma-Focused Cognitive Behavioral Therapy (TF-CBT) is a therapeutic Intervention design to help children, adolescents, and their parents overcome the impact of traumatic events. It is designed to assist with traumas related to sexual abuse, physical abuse, domestic violence, community violence, an unexpected death of a loved one, natural disasters and war. The focus of treatment is to help the child or adolescent to develop coping skills for trauma reactions and lessen symptoms of depression, anxiety and acting out behavior which are common in children exposed to trauma.

##### **MAP**

The Managing and Adapting Practice (MAP) treatment model is a powerful collection of resources that organize and coordinate care, focusing on a wide diversity of treatment targets and ages. MAP can help identify and select best fitting evidence-based treatments. Therapists, youth, and families can select, build, organize, and implement treatment based

on the most up-to-date research evidence and can personalize care by incorporating real-time evidence of practice history and youth outcomes.

MAP's collection of information resources, detailed guides, and decision and process models help address such key questions as what practices to use, when to use them, how to know they are being done with integrity, and of course, how to know whether they are achieving the desired outcomes

## **INTENSIVE SERVICES PROGRAMS**

### **FSP/IFCCS**

Funded through the state's Mental Health Services Act, FSP and IFCCS offers intensive, field-based therapeutic and case management services for clients and their families. Clients with advanced difficulties in school, are experiencing suicidal or homicidal ideation, who are at risk of losing their home or school placement or who are transitioning from a placement, may qualify for this program. The treatment team provides individual and family psychotherapy, parent partner support in navigating the mental health systems, 1:1 behavior support to decrease client's negative behavior, psychiatric evaluation and medication management, and 24/7 crisis services.

### **THERAPEUTIC BEHAVIORAL SERVICES (TBS)**

By providing short-term behavior modification service, we assist children who are in jeopardy of losing their home or school placements or who are transitioning to a lower level of care. Children in this program are being considered for placement in a higher level of care, psychiatric facility, and/or have had at least one psychiatric hospitalization in the previous 24 months. After being evaluated, each client participates in developing a plan to improve behaviors and functioning with a TBS coach. Caregivers actively participate in developing new strategies and interventions to assist the client with stabilizing and maintaining current placements. TBS services are provided in the home, school, and or community and works in collaboration with existing mental health services.

### **WRAPAROUND**

Wraparound is a family-driven process that utilizes the strengths of the child and family to create an individualized plan to meet the family's needs and reach their desired outcomes. The Wraparound team consist of a facilitator who facilitates the Wraparound process; a Child and Family Specialist who works 1:1 with the child to address behavior interventions, a Parent Partner that works as a support to the parent(s), helping to understand their needs and assisting them in advocating for themselves and their children; and the Wraparound Therapist who meets weekly to provide individual, family and collateral therapy to the child and caregiver. The team works closely and collaboratively with the child system of DCFS or Probation in assisting the family to meet their goals and achieve permanency in their home and supported by normal community services and informal supports.

### **MEDICATION SUPPORT**

We offer an on-site child psychiatrist who carefully evaluates each client and works directly with the family to determine any medication needs. Monthly sessions address usage, side effects, and progress in medication treatment planning.