

Children's Mental Health Service and Support Array

Prevention & Early Identification

- Public awareness and outreach services
- Regular mental health and substance abuse screening in wellness visits and schools (as we do for hearing & vision)
- First-line medical provider training and school training in screening and making referrals.
- Include age appropriate mental health and substance abuse information in health curriculum K-12.

Assessment & Evaluation

- Timely appointments for assessment and evaluation
- Moderate to Severe Diagnoses and Complex needs triggers appropriate level of care coordination service to family and school to facilitate timely and appropriate initial treatment and community support. Appropriate level of severity triggers ongoing case management and care coordination.

Mental Health and Substance Abuse Treatment

- Individual, group, and family therapies
 - E.g., Psychotherapy, Behavioral Health Intervention Supports (BHIS), Social Skills Groups, Occupational Therapy, Music and Art therapy, etc.
- Peer and Caregiver education and supports
- Medication prescription and management
- Integrated mental health and substance abuse disorder treatment, including intensive outpatient
- Assertive Community Treatment for Youth
- Day Programs and / or therapeutic school settings

Crisis Intervention and Stabilization

- Crisis line that is knowledgeable about and can make referrals to age appropriate crisis services for ages 0-17.
- Crisis screening and assessment
- First responder Crisis Intervention Training for children
- Crisis Intervention Mobile Units
- Access centers that serve children

Hospitalization and Residential Care

- Therapeutic Group Homes
- PMIC (Psychiatric Medical Institution for Children)
- Acute Inpatient

Community, Educational and Vocational Supports

- Access to trauma-informed trained childcare that is willing and able to serve children with mental illness.
- Trauma-informed school policies and practices, including restorative justice practices and local collaboration between the child's mental health providers, educators, and (when necessary) juvenile justice, to ensure academic, discipline, and disability accommodation practices are evidence-based and most effective to ensure the best mental health and academic results for the individual child.
- Therapeutic classrooms and therapeutic schools for severe conditions & complex needs, to serve as a step-down to help students reintegrate into community school after in-patient or residential care, or as a temporary service to prevent the need for hospitalization or residential care. These classrooms and schools shall be overseen by a clinical and educational collaboration to ensure *both* the child's health and academic needs are being met.
- Skill-building recreation that includes opportunities for social skills development, physical exercise, and personal development within the community.
- Juvenile Justice Diversion and Reentry services
- A full array of school mental health: from school-based prevention and universal interventions (e.g., Positive Behavioral Supports) to Intensive Intervention in collaboration with clinical community.
- Vocational training and rehabilitation.
- Life-skills training.