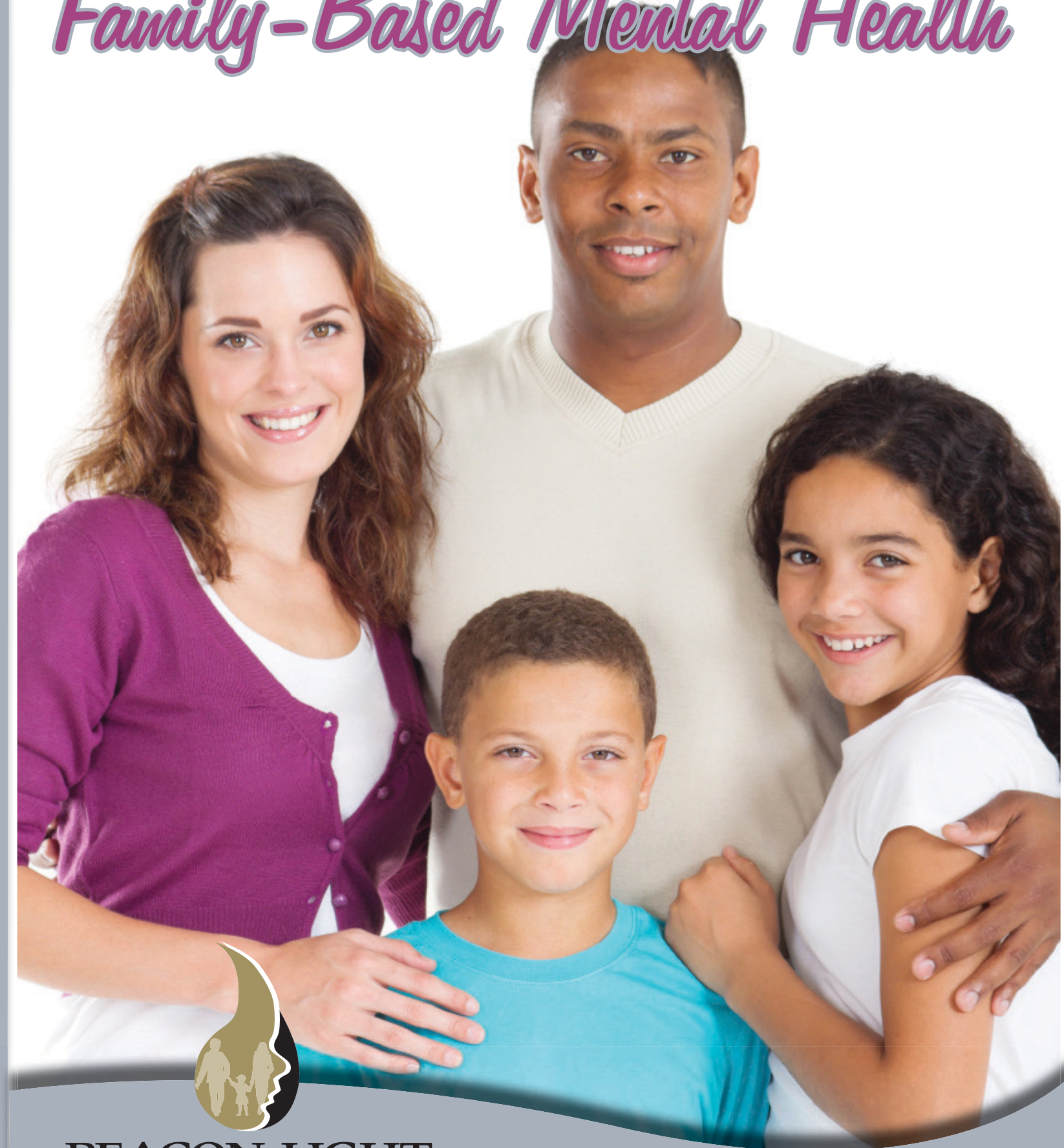


# Family-Based Mental Health



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[www.beacon-light.org](http://www.beacon-light.org)



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BEHAVIORAL HEALTH SYSTEM

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## Admission Criteria

The identified child must have documented mental health diagnosis. Treatment History - At risk for out of home placement, in need of services after placement such as RTF or psychiatric hospitalization, lack of progress in a lower level of care such as IBHS.

Psychiatric or psychological best practice evaluation calling out for FBMH services within 60 days OR if the evaluation is up to 6 months old the original prescriber can sign a prescription letter outlining the need for FBMH services

Typically cannot be combined with similar levels of care such as Multi-systemic Therapy, Mobile Therapy, Behavior Specialist Consultation or Residential Treatment although services may be provided in conjunction with another level of care 15-30 days to provide adequate transition.

## What is Family-Based Mental Health

It is a “whatever it takes approach to treatment.” The purpose is to keep kids safe and living at home while helping parents/caregivers develop skills to help their children manage moods and behaviors.

## Mental Health Counseling

Provide individual and family counseling to the identified client. If on-going individual counseling for a family member is necessary an appropriate referral will be made.

## Crisis Management

24-hour, 7-day-a-week on call crisis services. Develop a safety plan with the family focusing on natural supports.

## Case Management

Assist families to advocate for their children and access other available resources.

Use of community resources in assisting the client and family to identify, access, and learn to use community services available to them in their area.

Authorization/Payment for Services  
CCBH pays for services with proper authorization. If the client has MA only, a coordination meeting must be held with Forest/Warren Department of Human Services.

## Length of Stay

Families can receive FBMH services for up to 32 weeks. Upon discharge from the program, the family can receive a 2-week booster if it is within one year of closing and there are specific behavioral needs that require assessment and stabilization. A booster is only eligible for those children not already linked to a different level of care such as IBHS.

## Referrals

Please contact our FBMH Director at 814-331-1172. The director will be able to assist individuals through the referral process and provide linkage to a mental health provider to receive a psychiatric/psychological evaluation (if one is not currently available) to determine eligibility.



## Program Highlights

- CCBH (some instances the county will pay additional monies for HIPP children).
- Must be AT RISK for out of home placement, or lesser interventions have failed (such as wrap around or outpatient) .
- Step-down from RTF, psychiatric admission, Shelter, or diversion from RTF.
- 32-week program.
- Two mental health professionals working as a team unlimited hours per week-as needed by the family—treatment plan is family driven. Each team can have up to eight families on their caseload.
- 24-hour on-call crisis service.
- Can bill for case management services.
- High-level of clinical supervision, teams meet weekly for three hours with a qualified and experienced clinician.
- In very rare instances TSS in the school could be discussed and recommended by the team however CCBH does not welcome approval for this service.
- We can provide assistance in the school setting however the main focus is on the family unit.
- Provide counseling -both individual and with the family---to the identified client and family members through thorough assessments and following a structural family therapy model. At least one parent (grandparents/foster parent, etc.), preferably both must be involved. The focus is on roles and rules, boundaries, relationships, and hierarchy.
- Typically FBMH occurs one time for children however a second round of FBMH can be prescribed and approved depending on circumstances.
- We can overlap 30 days with RTF depending on the client’s and family’s needs.
- We can overlap 14 days with IBHS services.
- We can remain open with diversionary programs or short term RTF programs such as Beacon Light’s STAR program for 30 days depending on circumstances.
- MH diagnosis, must have a call out by a prescribing professional (CRNP, psychologist, psychiatrist).
- Evaluation good for up to six months---if evaluation is over 60 days old a signed prescription letter calling out for the service or an updated evaluation needs to occur.
- FBMH is a higher level of care than wrap around services.
- Discharge planning is a main objective.
- Step-down services are in place upon discharge.