



CHILD AND ADOLESCENT BEHAVIORAL HEALTH ISSUES

**SAP K-12 Bridge Training
Module for Standard 4
Section 4: Continuum of Care/Aftercare**

MODULE 4: SECTION 4

4.h. Outline a continuum of care for behavioral health issues, including resources for aftercare and continuing care.

WHAT IS BEHAVIORAL HEALTH TREATMENT?

- Refers to treatment of mental health, chemical dependency, and co-occurring (both mental health and substance abuse) disorders
- Examples include mental health, psychiatric, family counseling, and addictions treatment

THE CONTINUUM OF CARE FOR CHILDREN/ADOLESCENTS IN PENNSYLVANIA

Behavioral health services are provided in the least restrictive setting that will meet the child/adolescent's needs. This is true for both mental health and drug and alcohol services.

Least Restrictive/Least Intensive: the child/adolescent is able to remain living at home with parents/caregivers and can attend his or home school. The disruption to the child/adolescent's daily life is kept to a minimum.



Most Restrictive/Most Intensive: the child/adolescent is placed in an out-of-home setting such as residential treatment or rehabilitation facility for intensive treatment along with educational services.

THE CONTINUUM OF CARE FOR CHILDREN/ADOLESCENTS (CONT.)

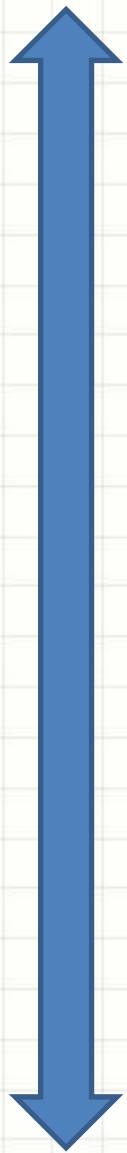
A child/adolescent may . . .

- benefit from more than one service at a time for example participating in a in-school support group while receiving outpatient therapy.
- move up and down the continuum according to his/her needs.

Some services require . . .

- approval from managed care or insurance.
- a multi-disciplinary team meeting, a psychiatrist's or psychologist's prescription, and approval from the PA Department of Public Welfare or Department of Drug and Alcohol Programs or the Single County Authority (county Drug and Alcohol Office).

Least Restrictive/Least Intensive Services-Mental Health

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- **In-School Supports:** i.e. support groups, clubs, academic and emotional supports, SAP team interventions/monitoring
 - **Community Supports:** clubs i.e. Scouts, Big Brothers/Big Sisters, Faith-based organizations
 - **Outpatient Therapy:** takes place in agency or school-based clinic , usually weekly or bi weekly basis
 - **Wrap Around Services (BHRS):** may include Mobile Therapist. Behavioral Specialist Consultant and/or Therapeutic Staff Support (TSS) that can take place in school/ home/community
 - **Family-Based Mental Health Services:** provided in-home by team of therapists, designed to prevent out-of-home placement and stabilize family/home environment
 - **Partial Hospitalization:** day programs that provide acute care for child/adolescent whose behavior /emotional needs impair functioning at home and school. Education is provided, but focus is behavioral and emotional. Length of stay varies
 - **Inpatient Hospitalization:** 24-hour care in hospital setting with goal of stabilizing the individual
 - **Residential Treatment Facility (RTF):** a mental health placement that takes place in a 24 hour-care in a structured residential setting in which the school district pays for the educational services. Not indicated unless child is unable to be successful in less restrictive settings

Most Restrictive/Most Intensive Services –Mental Health

Least Restrictive/Least Intensive Services-Drug and Alcohol

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- **In-School Supports:** SAP team interventions/monitoring, educational group
 - **Community Supports:** AA Teen group, Tobacco Cessation groups , etc.
 - **Outpatient Therapy:** takes place in agency usually weekly or bi weekly basis
 - **Intensive Outpatient:** combination of individual and group sessions on a weekly basis
 - **Hospital/Non-hospital based detoxification:** variable length of stay based upon drugs used
 - **Short-term residential rehabilitation:** usually up to 45 days
 - **Moderate term residential rehabilitation:** 45-90 days
 - **Long-term residential rehabilitation:** More than 90 days

MOST RESTRICTIVE/MOST INTENSIVE SERVICES –DRUG AND ALCOHOL

WHAT IS THE SAP TEAM'S ROLE IN RELATION TO THE CONTINUUM OF CARE?

- **Least Restrictive/Least Intensive Services**--The SAP Team will provide In-School Supports such as SAP team interventions/monitoring, educational groups, etc.
- **Most Restrictive/Most Intensive Services**--When the student's problem lies beyond the scope of the school, the SAP team, which includes the MH/D&A or behavioral health liaison(s), will assist the parent and student so they may access services within the community.
- **Remember**--The SAP team does not diagnose, treat or refer to treatment, but they may refer for a screening or an assessment for treatment.

WHAT IS AFTER-CARE ?

A strong plan of services that focuses on the transition of a student from out of home or school placement/treatment back to home and school.

School-based services such as:

- SAP Case management
- Support groups
- Natural supports (i.e. friends, school activities)

Community-based services such as:

- Outpatient counseling
- Medication management
- Case management
- Support groups
- Natural supports (i.e. friends, community groups/activities)

AFTERCARE

What a SAP Team Can Do to Support a Student Returning to School:

- Collaborate with the out of school placement provider to discuss aftercare plans.
- Connect the student with an aftercare support group.
- Identify and connect the student with other supports.
- Assist the student in reconnecting with his/her teachers.
- Provide mentoring as appropriate.
- Individualize the plan based on the student's needs.