

The Road to Children's Mental Health Services

"Families Helping Families
Navigate the System and
Find their Way"

You are here



Where Do You Want to Go?

- » Summarize current situation.
- » What are your biggest needs or priorities?
- » Find your map that will get you there.
- » Will one of the following avenues get you there?

Community Services Boards (CSB's)

- » Provider of public MH services
- » 40 in Virginia, some cover one locality, while others cover multiple localities
- » May provide child and family therapy
- » May provide Intensive Care Coordination (ICC)
- » Case management
- » Other supports and services

Comprehensive Services Act (CSA)

- » May have heard it called FAPT or CPMT
- » Every locality has a CSA office
- » Mandatory service population and non mandatory service population
- » Services might include:
 - » Counseling
 - » Respite care
 - » Foster care
 - » Home-based services and supports

Schools

- » Special education services that are mandated by federal law, ie Individualized Education Plans (IEP) and 504 Plans
 - » Contact your local Parent Resource Center
 - » Visit the website for Parent Educational Advocacy Center, <http://www.peatc.org/>
- » School based mental health programs that may include connecting you with outside referrals or in-school counseling services

Private Providers

- » Agencies that are privately funded and provide mental health services
- » Range region by region and quality can vary
- » Services can include:
 - » Intensive In Home
 - » Outpatient Therapy
 - » Residential Services
 - » Psychiatry

Medicaid/FAMIS

- » Publically funded health insurance
- » Federal entitlement program, but in Virginia it is known as the Department of Medical Assistance Services (DMAS)
- » As of December 1, 2014, behavioral health benefits are managed by Magellan of Virginia
- » Can cover a variety of services

Affordable Care Act

- » As of January 1, 2014, Health Care Exchanges are available for anyone to shop for an affordable health insurance plan, and purchasers can not be denied coverage based on pre-existing conditions.
- » A child can stay on their parents' plan until they are 26 years of age.
- » No lifetime caps
- » Visit www.healthcare.gov or www.vaconsumervoices.org

Supplemental Security Income

- » Federal benefit offered through the Social Security Administration
- » Income eligibility criteria is very strict
- » Entitles your child to a monthly payment and Medicaid

Other systems that might be involved

- Social Services (including child welfare and public assistance programs)
- Health (Public Health programs, Primary Care/Pediatricians)
- Juvenile Justice



What Tools Do You
Need?

Know What Questions to Ask

- » What services do you provide?
- » Is there a waiting list?
- » Do you accept my insurance?
- » How can we best work with you to make a plan that is effective?
- » What do we do if we aren't happy with the services we are getting?

Waiting Lists, Insurance, and Other Obstacles

- » What is available while we wait?
 - » NAMI
 - » Education
 - » Pediatrician
- » What can you do if it seems endless?
 - » NAMI
 - » Support Groups

Build On Your Family's Strengths

- » Be prepared to share what makes your family unique
- » Be sure that the action plan builds on the things that your family does well
- » Help create a plan that is culturally responsive

Plan for a Crisis

Just in Case

- » What are the triggers? How do you know when you are in crisis? What does it look like when you are out of crisis?
- » Consider siblings, other family members, neighbors, coworkers, school personnel...
- » Involve the youth in the planning
- » Have the plan readily available

Plan for a Crisis

Just in Case

- » Practice, practice, practice!
- » Make adjustments as needed.
- » A great resource on crisis planning for families can be found at <http://ppal.net/wp-content/uploads/2011/01/Crisis-Book-English.pdf>

Know What Helps

- » What has helped in the past?
- » Who is on your informal support team?
- » Who are your first responders?

Take Care of Yourself!

- » Create a list of self-care strategies
- » How long has it been since you did them?
- » What can you do to take better care of yourself?

Find Someone Who Knows These Roads

- » Providers
- » Formal and informal supports
- » Other families

Family2Family Peer Support

- » They've been on a similar road
- » They may have a map
- » They may even know a shortcut

Virginia Family Network

- » **A program of NAMI Virginia**
- » A grassroots network of families committed to providing opportunities that support, educate, and empower other families with children and youth with mental health needs while also promoting family driven and youth guided policy throughout the child serving systems
- » Designed to “meet the family where they are” through activities such as providing support groups, training, resources, and mentorship from other families with children and youth with mental health needs
- » Supported through a grant from DBHDS and SAMHSA

Troubleshooting

Tips for Navigating

- » Keep expectations and assumptions under check
- » Try to see or understand the other's perspective
- » Understand that detours will happen and plan accordingly
- » "Collaborative advocate"

Troubleshooting

Tips for Navigating

- » Be aware of professional roles
- » Prepare, prepare, prepare
- » Keep good documentation
- » Knowledge is power
- » Bring the right people along

A large green highway sign with a white border and white text. The sign is mounted on a metal structure against a blue sky with light clouds. The text on the sign reads "More Tools to Bring Along...".

More Tools to Bring
Along...

State Resources

- » Virginia Family Network – www.namivirginia.org/programs/Virginia-family-network
- » Campaign for Children's Mental Health – www.1in5kids.org
- » FAVY (family organization for families involved with DJJ) - <http://www.favyouth.org/>
- » FACES (family organization for foster and adoptive families) – www.facesofvirginia.org

State Resources


- » Children's Mental Health Resource Center
– www.mentalhealth4kids.org
- » Formed Families Forward (family organization in Northern VA for foster and adoptive families)–
www.formedfamiliesforward.org
- » PEATC (special ed) - <http://www.peatc.org/>
- » Center for Family Involvement (support for families with children with special needs) <http://www.centerforfamilyinvolvement.org/>

National Resources

- » NAMI Child and Adolescent Action Center
http://www.nami.org/Template.cfm?Section=Child_and_Teen_Support&Template=/TaggedPage/TaggedPageDisplay.cfm&TPLID=72&ContentID=38391
- » Federation of Families for Children's Mental Health – www.ffcmh.org
- » Youth Move National (Youth Resources) – www.youthmovenational.org
- » Child Mind Institute – www.childmind.org
- » Children's Mental Health Network – www.cmhnetwork.org

Have a Safe Journey

- » Keep asking for help
- » Remember to care for yourself and your family
- » Build your community

A large green highway sign with a white border, mounted on a metal post. The sign is set against a blue sky with light clouds. The text on the sign is white and reads: "To know the road ahead, ask those coming back." Below the main text, it says "Chinese Proverb".

To know the road
ahead, ask those
coming back.

Chinese Proverb

We Are Here to Help!!

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