Mental Health America of Dutchess County

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To: School Counselors, Psychologists, Social Workers, and Nurses
From: Lydia Edelhaus, PhD, Director of Family Support & Advocacy Services, MHA Dutchess
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Date: December 5, 2019

Hello! I am writing to let you know about new children's services coming to Mental Health America of Dutchess County. Some of these new services are for children who are eligible for Medicaid (but see below for services for non-Medicaid children).

There are three new kinds of Medicaid services for children who have mental health or physical health disabilities.

Health Homes Serving Children Care Management (HHSC-CM)

A Health Home is not a physical place; it is a group of health and community agencies that have agreed to work together to help Medicaid children who have serious and chronic health and mental health issues to get additional support services and stay healthy and safe within their communities. The HHSC Care Manager will help coordinate the various services that the child may need.

[Please refer to the attached Children's Health Home Care Management Information Sheet.]

Children and Family Treatment and Support Services (CFTSS)

These are State Plan Amendment services.

Psychosocial Rehabilitation Services (PSR) are beginning January 1, 2019. These are services designed to restore, rehabilitate, and support functioning as developmentally appropriate, through skill-building.

Family Peer Support and Services (FPSS), beginning July 1, 2019, are supports provided to families caring for a child experiencing social, emotional, medical, developmental, substance abuse, and/or behavioral challenges.

[Please refer to the attached Child, Youth, & Family Services Information Sheet.]

Home and Community Based Services (HCBS)

These are former Medicaid Waiver Services, beginning April 1, 2019.

Prevocational Services (for youth 14 and older) assist in developing general career skills

Caregiver/Family Supports and Services are similar to Family Peer Supports and Services (above). They provide education, advocacy, and support services for caregivers to care for their child.

Community Self-Advocacy Training and Support provides families with techniques and information to respond effectively to the needs of their child.

Planned Respite provides relief for the caregiver by taking the child out into the community for recreational, creative activities.

[Please refer to the attached Child, Youth, & Family Services Information Sheet.]

Non-Medicaid Services for Children and Families

For children who have mental health issues and the families who care for them, but who are not eligible for Medicaid, MHA Dutchess continues to provide Community Mental Health programming, free of charge. Services and programs include:

Respite Programs – providing a break from caregiving for families of children with social, emotional or behavioral issues

Family Support – providing support, advocacy, and information to caregivers of children who have these issues

Emerge (Parents With Psychiatric Disabilities) – provides parenting skills training, advocacy, and support to parents who themselves have mental health difficulties.

[Please refer to attached Family Support & Advocacy Services brochure.]

Funded in part by Dutchess County Government

CHILDREN'S HEALTH HOME CARE MANAGEMENT

Mental Health America of Dutchess County, Inc.

INFORMATION SHEET

WHAT IS A HEALTH HOME?

- A Health Home is not a physical space. It is a group of health and community agencies that have agreed to work together to help Medicaid participants with serious and chronic health issues get additional support services and stay healthy and safe within their communities. There are Adult Health Homes and Health Homes Serving Children (HHSC).
- Each Health Home member has a designated Care Manager to help them coordinate their care.

WHAT IS A CARE MANAGER?

- A Care Manager will help coordinate the various health services that you have, for both physical and behavioral health issues. A Care Manager can also provide referrals and linkages to other kinds of services in the community.

WHAT IS AN HHSC CARE MANAGER?

- Once a child is enrolled in an HHSC, a Children's Care Manager will be assigned to assist the parent, and/or the child if 18 or over, to coordinate physical and behavioral health care, provide linkages to children's and family services, answer questions, and more.

CHILDREN'S ELIGIBILITY FOR HEALTH HOMES

- Must be active Medicaid member
- Must have two serious chronic health conditions OR one single qualifying condition (Serious Emotional Disturbance, Complex Trauma, or HIV/AIDS)
- Age up to 21

WHO CAN MAKE A REFERRAL TO HHSC?

- Anyone can make a referral – a parent, teacher, counselor; in addition, a child can self-refer if aged 18 – 21. If the child is enrolled, the HHSC will assign a Care Manager, who will contact the parent or 18-21 child.

FOR MORE INFORMATION

Please call (845) 473-2500, ext. 1363

MHA
Mental Health America
of Dutchess County

NEW CHILD, YOUTH, & FAMILY SERVICES COMING TO MHA in 2019

INFORMATION SHEET

I. State Plan Amendment Services (aka Children and Family Treatment and Support)

- Psychosocial Rehabilitation Services – January 1, 2019
- Contact: Juliann Simpson jsimpson@mhadutchess.org)
  - Services designed to restore, rehabilitate, and support functioning as developmentally appropriate
  - Skill-building in areas of social/interpersonal skills, daily living skills, community integration

- Family Peer Support and Services – July 1, 2019
- Contact: Lynn Rogers, FPA lrogers@mhadutchess.org
  - Supports provided to families caring for a child experiencing social, emotional, medical, developmental, substance abuse, and/or behavioral challenges.
  - Provides a structured, strengths-based relationship between a credentialed Family Peer Advocate and the parent/caregiver, for the benefit of the child.
  - Components include assistance in self-advocacy, parent skill development, empowerment, community connections, and natural supports

Eligibility Criteria
Must be Medicaid-eligible
Must meet Medicaid Medical Necessity criteria
Must be recommended by a Licensed Practitioner of the Healing Arts

II. Home and Community Based Services (HCBS) Phased in beginning April 1, 2019

- Prevocational Services (for youth 14 and older)
- Contact: Juliann Simpson jsimpson@mhadutchess.org)
  - Develop and teach general career skills,
  - Possible volunteer work may be available
  - Coaching in resume writing, interviewing skills, job application completion, etc.
- Caregiver/Family Support and Services
- Contact: Lynn Rogers, FPA lrogers@mhadutchess.org
  - Provides education, advocacy, and support resources to care for their child
  - Provides information on resource availability
  - Provides education on child's condition or illness
- Community Self-Advocacy Training and Support
- Contact: Lynn Rogers, FPA lrogers@mhadutchess.org
  - Provides families with techniques and information to respond effectively to the needs of the child
  - Training/instruction in self-advocacy
- Planned Respite
- Contact: Juliann Simpson jsimpson@mhadutchess.org)
  - Supervision of child/youth by trained Respite worker for several hours, providing relief for the caregiver.
  - Activities are fun, engaging, and support the child's or youth's constructive interests and abilities.

Eligibility Criteria
Must be Medicaid-eligible
Access is through Children's Health Homes (HHSC) or State-Designated Independent Entity (IE)
HHSC Care Manager or IE will complete HCBS Level of Care Eligibility Determination

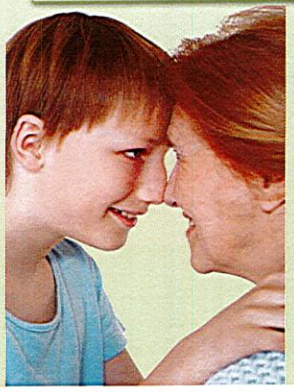
What is Family Peer Support?

Family Peer Support Services are an array of services and supports provided to families raising a child or young adult up to age 21 who is experiencing social, emotional, addiction, or behavioral health challenges in their home, school, community and/or placement.

Family Peer Support Services are provided by a trained and credentialed Family Peer Advocate (FPA) who is uniquely qualified to work with families based on his/her personal experience parenting a child with similar needs and the specialized training they receive. This service can be provided through individual, group or other settings that fits a families needs.

This service provides a structured, strength-based relationship between a credentialed Family Peer Advocate and the parent/caregiver for the benefit of the child/youth.

The purpose of this service is to support the parent/caregiver and enhance their skills so they can promote positive youth functioning and their child's ability to live successfully in their community.



"Family support means that I am not alone. Others have walked in my shoes, have learned a few things and are able to share that with me and for that I am thankful."
- A Parent

Families Together in New York State

Families Together in New York State

737 Madison Avenue
Albany, New York 12208
www.ftnys.org
(518) 432-0333

Establishing a unified voice for families of children and youth with social, emotional and behavioral health challenges with cross systems needs

Toll-free Information and Referral
1.888.326.8644
To locate Family Peer Support Services near you, please call
518.433.0333 x 18

MHA
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of Dutchess County

FAMILY PEER SUPPORT

at

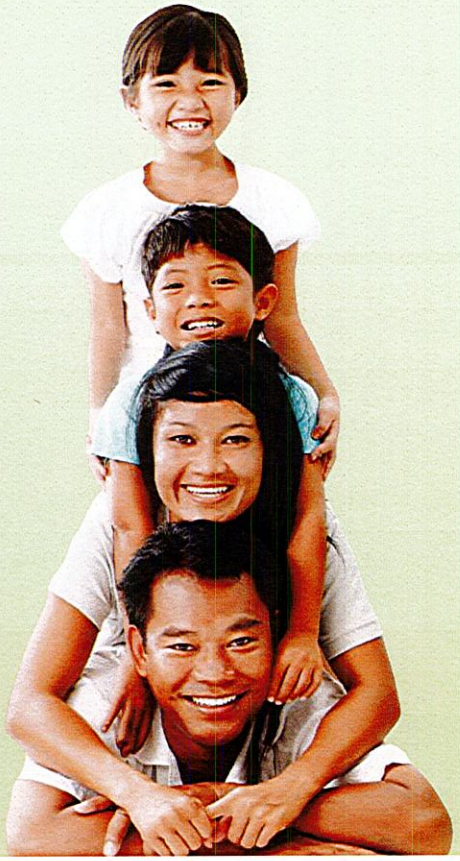
MENTAL HEALTH AMERICA
of Dutchess County

Credentialed Family Peer Advocates

Please call:
845-473-2500 x1343
Lynn Rogers, FPA

Family Peer Support

For Families, By Families



What are Family Peer Support Services?

There are ***six*** categories of Family Peer Support Services. A Family Peer Support Provider has the capacity to offer all six categories of services based on the individual needs and preferences of the family.

1. Outreach and Information
2. Engagement, Bridging and Transition Support
3. Self-Advocacy, Self-Belief and Empowerment
4. Community Connections and Natural Supports
5. Parent Skill Development
6. Promoting Effective Family-Driven Practice

"My Family Peer Advocate helped me help my children. She is a parent of a child who has challenges and she understood me in a way only someone who has been there could"
- A Parent

Principles of Family Peer Support Services

Is Individualized. Tailored to the specific needs of parents and families; demonstrates willingness to continuously assess and learn about families' needs, incorporating what is learned into working flexibly with them.

Makes Connections. Facilitates connections to services, agencies, activities, training and other families.

Is Respectful and Culturally Competent. Listens without judgment to families' ideas, preferences, and decisions and acknowledges families' struggles, efforts and successes; accepts and honors differences.

Builds Skills. Creates a safe environment that fosters growth and empowerment; develops competent mental health consumers through training, mentorship and activities.

Builds Knowledge. Provides current information, resources and appropriate interventions to help parents in their own decision-making.

Is Engaging. Invests in parent involvement and actively partners with families.

Solution Focused. Focuses on identifying needs and solutions; bridges successes of the past and options for continued success.

Focuses on Outcomes and Success. Goal-oriented, hopeful and encouraging; monitors outcomes in line with what families want.

Broadens Horizons. Expands possibilities for parental involvement at multiple levels and cultivates a community of peer support.

Promotes Advocacy. Informs policymakers and providers as part of a larger advocacy community.

Who Provides Family Peer Support Services?

A New York State Credentialed Family Peer Advocate (FPA) delivers Family Peer Support Services for families whose children have been involved in many systems including mental health, addiction, special education, juvenile justice, and child welfare. Family Peer Advocates have lived experience as a parent or primary caregiver who has navigated these multiple child serving systems on behalf of their child(ren).

"As an Family Peer Advocate I have learned that sharing my experiences as a parent who has been through similar circumstances creates an instant trust with the families I work with. "
- A Family Peer Advocate

The programming in MHA's Family Support & Advocacy Services division (FSAS) offers supportive services for families affected by mental illness in one or more of their family members. FSAS programming is strength-based, person-centered, trauma-informed, and family-driven, with interventions based on each individual family's needs. Most programs are flexible and are available during business hours as well as some evenings and weekends. Programs offer skill-building, individual and systems advocacy, peer/parent support groups, and opportunities for social interaction. Families of children, youth, young adults, and adults are welcome.

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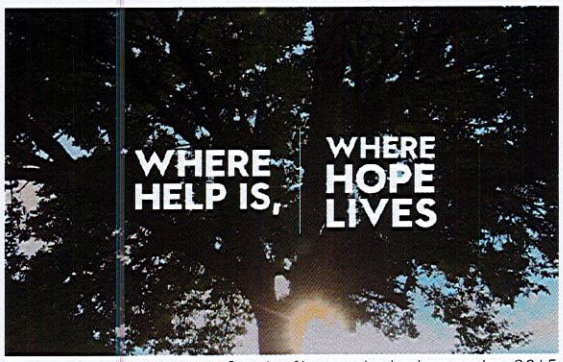

See the film at mhadutchess.org/psa2015.

MHA
Mental Health America
of Dutchess County

253 Mansion Street Suite 201
Poughkeepsie NY 12601
845-473-2500
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FAMILY SUPPORT AND ADVOCACY SERVICES

You Are Not Alone

MHA
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of Dutchess County

FAMILIES, CHILDREN, AND YOUTH

Children's Health Homes Care Management

Children eligible for services through Health Homes have a designated Care Manager, who is able to assist the parent/caregiver to coordinate the child's behavioral health and physical health services and provide linkages to other children's and family services. Eligibility criteria are: active Medicaid, two serious chronic health conditions OR one single qualifying condition (Serious Emotional Disturbance, Complex Trauma, or HIV/AIDS), age up to 21.

For more information: 845-473-2500 x1363

Family Support Programs are available for families with a child or youth who has Serious Emotional Disorder (SED). These families often find themselves struggling against misunderstanding from the community or schools, as well as dealing with intensified dynamics within the family as one child seems to get most of the attention. Family Support Programs offer peer-led parent support groups, an educational/support group for siblings, and advocacy by credentialed Family Peer Advocates.

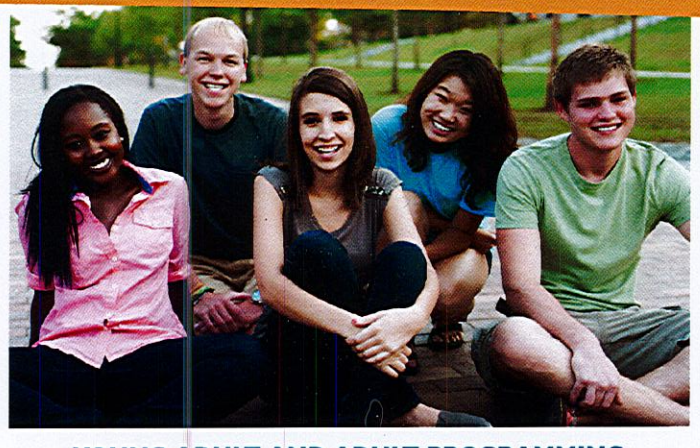
For more information: 845-473-2500 x1343

Respite Programs for children aged 4–18 give parents and caregivers an opportunity to take time for themselves while their child goes out for several hours with a trained respite worker for fun and educational activities. This provides a "respite" from the challenging task of caring for children and youth with special mental health needs. Services include planned individual hourly respite activities and group recreational respite. In addition, **Teen Challenge**, for ages 14-18, offers participants the opportunity to meet in dynamic weekly education groups to work through evidence-based life skills curricula; perform Community Service activities; and enjoy socialization in recreational events. Summer camp programs are available for enrolled members.

For more information: 845-473-2500 x1324

Emerge: Parents With Psychiatric Disabilities addresses the specialized needs of parents of school-aged children when the parents themselves have a psychiatric illness. This program uses several evidence-based curricula to assist parents in maintaining their children in the home and achieving recovery and wellness for themselves. Services include a monthly support group, home visits, support in Family Court, and systems advocacy by credentialed Family Peer Advocates.

For more information: 845-473-2500 x1321



YOUNG ADULT AND ADULT PROGRAMMING

Adult Advocacy Programs are for adults with mental illness and/or their families. This includes parents who are still caring for their adult children who have mental illness, as well as young adults with mental illness aged 18 and over. Programs and services include a weekly support group for depression and bipolar disorder; a monthly support group for parents of young adults who have mental illness; individual and systems advocacy; and information, resources, and referral for the community on a wide variety of topics, including mental health and physical health services, and benefits.

For more information: 845-473-2500 x1316

Compeer Program Trained Peer Volunteers (formerly: Community Friends) befriend persons who have mental illness, through weekly phone contact and/or activities that they both enjoy. Compeer is a model mental health community-based program, serving adults through supportive friendship and mentoring relationships, which occur in safe environments using natural supports.

For more information: 845-473-2500 x1323

Young Adult Transition Program Modeled on the Teen Challenge program, this is for young adults aged 18-26 who have mental illness and are preparing to enter the adult world of work or further education. Participants meet in weekly groups to learn evidence-based life-and-career skills, perform community service activities, and enjoy socialization and recreation.

For more information: 845-473-2500 x1358

Vet2Vet: Veterans' Peer Services Services are available to all veterans of Dutchess County and their families. We provide services to veterans of all eras, without restriction as to discharge date, type of discharge, or dependency status. Services include peer support groups, **CompeerCORPS**, socialization activities, referral and liaison to other community and veterans' services.

For more information: 845-473-2500 x1307

FOSTER CARE/COURT PROGRAMMING

CASA: Court Appointed Special Advocates

CASA of Dutchess County is part of a national network of citizen-advocates who provide Family Court judges with impartial information about the circumstances and progress of children in foster care, or at risk of placement, due to abuse or neglect. Their written reports become part of the court record. CASAs complete a 40-hour training about child abuse and neglect laws, court procedure, child development, and other pertinent topics. CASAs also complete 10 hours of Family Court observation before being sworn in by the Chief Judge of the Family Court. Referrals are through Family Court only.

For more information: 845-473-2500 x1323