

What is the Community and School Based Behavioral Health Team (CSBBH Team)?

The Community and School Based Behavioral Health Team (CSBBH Team) is a service that is being provided to Union City School District Students by the Sarah A. Reed Children's Center. This service is a voluntary mental health service for children and youth (up to age 21) with a severe emotional and/or behavioral health problem that interferes with their ability to function in the school, home, or community. Treatment is focused on the needs and strengths of the family and the child, and promotes overall wellness and health. Services are provided in the school, home and community settings and can occur during the school day, the evening, or on the weekend.

The goal of the CSBBH Team is to teach your child new ways to better manage their behaviors and feelings, so that they can learn and get along better with others. As a parent, you will have an important role in helping your child to learn these new skills. The services available to your child may include individual, group, and family therapy sessions, as well as behavior management planning, crisis intervention, and referrals for other services that may be helpful for your child and family. The services provided for your child build on their strengths and those that exist in your family.

How is the Sarah Reed Children's Center CSBBH Team different from other services?

The Sarah Reed CSBBH Team will adhere to the Sanctuary © Principles of trauma-informed care as developed by Dr. Sandra Bloom. In order to create a child-centered, family focused team, we are committed to modeling the Seven Commitments of the Sanctuary Model: a commitment to Nonviolence, Emotional Intelligence, Social Learning, Shared Governance, Open Communication, Social Responsibility, and Growth and Change. Using these principles as well as the S.E.L.F. model (Safety, Emotions, Loss and Future), the CSBBH Team will work in concert with your child and family to support the successful attainment of identified goals and objectives as a path towards improved functioning and a greater sense of resiliency, recovery, and competence. The CSBBH Team will work to ensure that the client's history of adversity is recognized in the delivery of their services, as well as provide direct interventions to address social, emotional, physical, and behavioral functioning.

How is the CSBBH Team different from Behavioral Health Rehabilitation Services (BHRS)?

The CSBBH Team provides services which are different from BHRS or other services your child may have received in the past. Your child's unique needs determine when and how services are provided. Unlike other services, your child may work one-on-one with the clinician, in group settings, or with your family. On a regular basis, the CSBBH Team will review

your child's treatment plan and level of progress with you and the school. At that time, any necessary changes will be made to improve the plan and ensure that your child's needs are being appropriately addressed.

How long do services last?

CSBBH Team services are usually authorized for up to a six-month period or a school semester. Additional time may be authorized based on the level of progress your child has made. A child needs to be eligible for Medical Assistance to qualify for CSBBH services.

What does the CSBBH Team look like?

The Sarah Reed CSBBH Team is composed of two Mental Health Professionals (MHP), three Behavioral Health Workers (BHW), and a Licensed Psychologist, as well as members of the educational staff at your child's school. The MHP has a master's degree and a professional license. The MHP works with you, the school, and other professionals to develop a treatment plan to meet your child's needs. The MHP will also help you to make a plan to deal with any behavioral health crises which may arise. The MHP provides individual, group, and family therapy as needed, and will coordinate the care of your child with other providers. The BHW has a four-year college degree and works under the supervision of the MHP. The BHW works with your child in school and, if necessary in the home or community. The BHW implements the treatment plan which was

developed specifically for your child. A licensed psychologist provides consultation and additional supervision to the CSBBH Team.

How do CSBBH Team Services get started?

Your school counselor may contact you and suggest that your child may benefit from CSBBH services. If you agree, the school staff will help you to make a request for an evaluation from the CSBBH Team. You may also request this service directly from Sarah Reed or from your insurance carrier, Community Care. An MHP will complete an evaluation to determine whether your child is in need of CSBBH services. The MHP will review the results with you, your child, and the school staff to determine whether CSBBH services are the best fit for your child's needs.

An Interagency Service Planning Team (ISPT) meeting will be held and include anyone you wish to participate. If CSBBH services are needed, the Team will develop a treatment plan. You may also discuss any other services that you feel may be helpful to meet your child/family's needs.

CSBBH Team Responsibilities:

- Treat your child and family with respect.

- Work with you to develop a treatment plan that is right for your child and family.
- Work with you and the school to provide services that are flexible and meet your family's unique needs.
- Talk with you about your child's progress regularly and involve you in every part of treatment.
- Continue working with you and your child to meet treatment goals.

Child and Family Responsibilities:

- Join the CSBBH Team as a partner in planning and providing your child's treatment.
- Help the CSBBH Team understand your child and family's strengths and needs.
- Attend and participate in your child's treatment sessions, interagency team meetings, and assessments.
- Follow the suggestions and plans to which you and the CSBBH Team agree.
- Let the Team know about any challenges to you participating in your child's treatment, including transportation or scheduling issues.
- Tell the CSBBH Team if you think the CSBBH services are not helping so that changes can be made to your child's treatment.
- Follow your child's Safety Plan and Self-Care Plan in the event of a crisis.
- Inform the CSBBH Team, if you are not satisfied with the Team or contact CCBHO.

Sarah Reed Children's Center Community and School Based Behavioral Health Team Services in the Union City School District



**Sarah A. Reed Children's Center
1611 Peach Street, Suite 185
Erie, Pennsylvania 16501**

**Community Care Behavioral Health
Organization (CCBHO)
1601 Sassafras Street
Erie, PA 16502**