

**CHILDREN'S MENTAL HEALTH SYSTEM:  
NEW YORK CITY MENTAL HEALTH  
SERVICES FOR CHILDREN AND YOUTH  
TELECONFERENCE**

**JULY 9, 2009  
1:30-3:30**

**SLIDE PRESENTATION  
and  
QUESTIONS I HAVE FORM**

**Core Values in  
Children's Mental Health**

- Services must be child and family-centered
- Services must be strength-based, trauma sensitive & culturally & linguistically competent
- The Family (defined in broadest sense) is the most desirable setting in which to raise the youth
- Services are voluntary and families do not have to relinquish custody in order to obtain services for the youth

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**Core Values in  
Children's Mental Health**

- Services should be provided in the least restrictive environment within or near the youth's community
- Future directions will be shaped by research and evidence

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**Children's Mental Health System**

OMH has crafted a comprehensive children's strategic plan, including:

- Early identification and intervention
- Restructuring outpatient and community services
- Improving and expanding alternatives to inpatient and residential services
- Assisting young adults transitioning into adulthood with gaining skills for successful independence

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**Children's Mental Health System**

OMH has crafted a comprehensive children's strategic plan, including:

- Integrating systems of care in a manner sensitive and responsive to children and their families
- This lead the way to appropriate treatment and supports that are oriented toward recovery and resiliency

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**The Children's Plan**

Nine Child Serving State Agency Commissioners Commit to the Children's Plan:

- Council of Children and Families
- Office of Mental Health
- Office of Children and Family Services
- Office of Alcoholism and Substance Abuse
- Office of Mental Retardation and Developmental Disabilities
- State Education Department

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**The Children's Plan**

- Commission of Quality of Care and Advocacy for Persons with Disabilities
- Department of Health
- Division of Probation and Correctional Alternatives

This builds on the strong collaboration from all agencies and leadership from the Council of Children and Families!

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**Serious and Emotional Disturbance (SED)**

Serious and emotional disturbance is defined to include children under the age of 18, who have been diagnosed with an Axis 1 diagnosis and where there are one or more of the following symptoms:

- Serious suicidal attempts or other life threatening, self destructive behavior
- Significant psychotic symptoms (hallucinations, delusions, bizarre behavior)

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**Serious and Emotional Disturbance (SED)**

- Behavior caused by emotional disturbance that placed the child at risk of causing personal injury or significant property damage (risk to self or other)
- Behavior caused by emotional disturbance places the child at risk of removal from the household

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**Children's Mental Health Today:  
Current Picture**

- The mental health service system similar to the adult system is organized into a coordinated network to meet the multiple and changing needs of children and their families
- The children's mental health service system is organized into categories.

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**The Mental Health Service System:  
Overview**

- Emergency/Crisis Services
- Inpatient Services
- Outpatient Services
- Community Supports Residential
- Community Supports Non-Residential
- Other Mental Health Services & Resources

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**Emergency/ Crisis Services:**

- Emergency Rooms (Medical or Psychiatric); CPEPs
- Extended Observation Beds (EOB)
- Walk-In Clinics
- Mobile Crisis
- Home Based Crisis Intervention (HBCI)
- ICST-Brooklyn and Bronx

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**Mobile Crisis**

- Multi-disciplinary team through a hospital or agency
- Provide evaluation (risk assessment) and short-term mental health services (3-4 sessions) to clients that either refuse, or cannot go to, ERs for assessment
- Have the ability to facilitate hospitalization for individuals in acute crisis (involuntary hospitalization through a court order)
- Will see a client in crisis within 24-48 hours of request and make up to 4 follow up visits

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**Mobile Crisis**

- There are 24 teams citywide, 17 teams have child serving capacity
- Referrals can be made directly to Mobile Crisis Teams or through 1-800-LIFENET

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**Home-Based Crisis Intervention (HBCI)**

- Provides in-home crisis intervention and stabilization services for families with a youth at imminent risk of psychiatric hospitalization. Families enrolled have access to a Counselor 24/7
- There are 12 HBCI Programs citywide
- Intervention is provided for 4-6 weeks; the family must be willing to accept multiple weekly visits

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**Home-Based Crisis Intervention (HBCI)**

- A youth with a primary diagnosis of MRDD or substance use is not eligible
- Referrals are made directly to HBCI Directors through emergency rooms, mobile crisis, and certified programs (clinics, day treatment, etc.)

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**Intensive Crisis  
Stabilization & Treatment Program**

- 12 week crisis program designed to address the needs of SED youth when risk of hospitalization is imminent
- ICST combines individual and family treatment with case management services
- Clinical treatment and case management services up to 3x weekly for 12 weeks

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**Intensive Crisis  
Stabilization & Treatment Program**

- KCH ICST : contact Lana Krichmar  
347-834-5457
- Steinway ICST BX-contact: Gail Hart  
781-585-2153

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**In-Patient Services**

- Inpatient
- Acute
- Intermediate Care
- Residential

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**Inpatient**

- Acute care hospitals (<30 days)
  - ❖ 1 800 LIFENET
- Intermediate care hospitals (>30 days)
  - ❖ State operated programs for intensive hospitalization
  - ❖ Referrals made by acute care hospitals through Central Intake:
  - ❖ Contact :Ellen Jaffe 718-264-4675
- 11 acute care units and 3 state hospitals specifically for children and adolescents in NYC

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**Residential Treatment Facility ( RTF)**

- A residential psychiatric facility that provides comprehensive mental health treatment and education services to children and adolescents 5-17.9 years old who are in need of longer term treatment (>180 days) in a residential setting
- Considered after community based alternatives have been tried
- Referrals can come from anyone in the community and must be approved by the pre-admission verification ( PACC) committee (Cathy Moran 212-614-6306)

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**Outpatient Services**

- Clinic Treatment and Clinic Plus
- School-Based programs
- Day Treatment

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**Outpatient**

- Clinic Treatment-assessment, individual, group, family treatment, case management and medication management
- School Based Programs-on-site clinic treatment
- Day Treatment-clinical intervention and special education for children who cannot be maintained in regular education classrooms

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**New: Child and Family Clinic-Plus**

- Child and Family Clinic-Plus will provide the following:
  - ❖ Broad-based screening in natural environments
  - ❖ Comprehensive assessment
  - ❖ Expanded clinic capacity
  - ❖ In-home services
  - ❖ Evidence Based Treatment
- These services will be provided through a combination of 100% state aid and Medicaid rate enhancements

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**Children's Single Point of Access (CSPOA)**

CSPOA is designed to improve access to intensive mental health services by creating a single point of entry to refer, link, and coordinate services for families and youth needing high end services. These include:

- ❖ **Case Management (Intensive, Blended and Supportive)**
- ❖ **Home and Community Based Waiver**
- ❖ **Children's ACT Team**
- ❖ **Community Residence**
- ❖ **Family Based Treatment**

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To refer to the  
CSPOA, please call:

1-888-277-6258

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**Community Support -  
Residential**

- Family Based Treatment (FBT)
- Children's Community Residence (CCR)

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**Family-Based Treatment (FBT)**

Provide special homes with surrogate families (resource parents) trained to work with youth who are seriously emotionally challenged between the ages of 5-18. Additional clinical supports are arranged for the youth in the community

- Similar to therapeutic foster care
- Families do not relinquish custody in order to access services
- Referrals should be made directly to CSPOA 1-888-277-6258

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**Children's Community Residences (CCR)**

- Therapeutic residential program for 8 children or adolescents between the ages of 5-18 with additional clinical supports provided in the community
- The family is an active partner in treatment and does not relinquish custody to get services
- Referrals should be made directly to CSPOA 1-888-277-6258

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**Community Support - Nonresidential**

- Case Management
  - ❖ Intensive Case Management
  - ❖ Supportive Case Management
  - ❖ Blended Case Management
- Home and Community Based Waiver
- Children's ACT Team
- Family Support / Parent Resource Centers
- CCSI Family Network

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**Case Management Services:  
SCM, ICM, BCM**

- Case managers provide linkages, support, and advocacy for a youth with SED and his/her family
- Referrals should be made directly to the CSPOA at 1-888-277-6258

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Home and Community Based  
Services Waiver

- This is the most intensive in-home service for children with SED. This program keeps youth who would otherwise require long-term hospitalization or residential care in the community
- Services include Individualized Care Coordination, Crisis Response, Family Support Services, Skill Building, Intensive In-Home, and Respite
- Referrals should be made directly to the CSPOA 1-888-277-6258

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Family Support

- Provide an array of support services for families/ caregivers of a youth who is emotionally or behaviorally challenged in the youth's community (note: the youth does not need to be SED)
- Available to families, caregivers, foster & pre-adoptive parents & youth
- There are 5 Family Support Programs throughout NYC, soon expanding to 9 Parent Resource Centers (PRC)
- Referrals are made directly to the programs

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Families On The Move, Inc (FOTM)

For Families of Children and Youth with Emotional, Behavioral or Mental Health Challenges

- A Voice for the Special Needs of Families
- Up-To-Date Information on State-Of-The-Art Care and Treatment
- Support to Children and Youth with Emotional, Behavioral or Mental Health Challenges and Their Families

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**Families On The Move, Inc (FOTM)**

- Advocacy in the Public Forum for Comprehensive, Coordinated, Community-Based, Culturally Competent and Family-Driven Services.
- Training and Educational Forums to Increase Awareness and Skills.

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**Families On The Move, Inc (FOTM)**

*For Agencies:*

- Representation on Boards and in Meetings to Ensure Family Voice Is Heard
- Assistance in Developing Family Partnerships, Policies and Procedures
- Training in All Aspects of Family Partnership
- Family Advocate Pre-Service and In-Service Training
- Consultancy in Developing a Family-Run Organization
- Presentations at State, Federal and International Conferences and Forums

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**Family Network**

- Strengths-based intervention that seeks to coordinate services for youth and families who are involved with multiple child serving systems and there seems to be a lack of coordination
- The Family Network meeting- a process coordinated by stake holder/service providers/ important people in the youth's life to develop a strength-based plan

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**Specialized Mental Health Services**

- Adolescent Skill Centers
- Intensive Psychiatric Rehabilitation Treatment (IPRT) ages 17 plus

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**Adolescent Skill Centers**

- Provide adolescents (ages 15-21) with emotional and behavioral disorders educational remediation, GED prep, and vocational training, coaching, and placement
- Provide internships and opportunities for paid employment
- Also teach adolescent "life-management" skills such as budgeting, socialization, etc
- Referrals are made directly to the Skills Centers

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**Adolescent Skill Centers**

- **BRONX**
  - ❖ Mental Health Association of NYC (MHA)
    - Career Development Center ~ (718) 742 – 6181 (14 – 18 years)
    - Adolescent Skills Center South ~ (718) 292 – 7880 (16 – 21 years)
    - Adolescent Skills Center West ~ (718) 329 - 8796 (16 – 21 years)

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**Adolescent Skill Centers**

• **BRONX**

- ❖ Riverdale Mental Health Association ~ (718) 432 – 8099
  - Bronx WAVE (Work, Achievement, Values & Education) (17 – 24 years)
  - Handle It! Career Program (17 – 21 years)

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**Adolescent Skill Centers**

• **BROOKLYN**

- ❖ Brooklyn Bureau Of Community Services (718) 566 – 0305
  - Adolescent Employment & Education Program (16 – 21 years)

• **MANHATTAN**

- ❖ International Center for the Disabled (ICD) (212) 585 – 6043
  - Youth Employment Services (Y.E.S.)

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**Adolescent Skill Centers**

• **QUEENS**

- ❖ The Child Center of New York ~ (718) 206 – 9670
  - JobNet Youth Vocational Program (16 – 21 years)
- ❖ PSCH, INC ~ (718) 762 – 3834
  - Adolescent Skills Center (16 – 21 years)

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**Adolescent Skill Centers**

• **STATEN ISLAND**

❖ Staten Island Mental Health Society ~  
(718) 984 – 6218

○ SafeTY.net 9Youth Achieving  
Independence)

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**Intensive Psychiatric  
Rehabilitation Treatment (IPRT)**

- IPRT assists persons aged 17 and older to form and achieve mutually agreed upon goals in one's living, learning, working and social environments

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**Intensive Psychiatric  
Rehabilitation Treatment (IPRT)**

• Admission criteria:

- 1) at least 17 years of age
- 2) meet SED criteria
- 3) severe problems in family relationships, peer/social interaction, school and work performance.

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**Intensive Psychiatric  
Rehabilitation Treatment (IPRT)**

- Contact: Federation Employment and Guidance Services.
  - ❖ Manhattan FOCUS  
(212) 366-8171
  - ❖ Bronx FOCUS  
(718) 881-7600 Ext. 377

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**Single Point of Access Case  
Management/ACT-over 18**

- Access to vacancies without having to contact each provider
- SPOA Cover Sheet with Consent
- Complete Universal Referral Form (URF)
- Psychosocial within 90 days
- Psychiatric within 90 for community referrals, 30 days from inpatient
- Physical exam and TB test within 1 year from inpatient

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**Assertive Community  
Treatment (ACT)**

- SPMI adult
- Needs more than traditional service (i.e case management)
- A mobile team based approach for delivering comprehensive and flexible treatment, rehabilitation, case management and support services
- Meet with consumer as often as necessary but a minimum of 6/month

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**Assertive Community Treatment (ACT)**

- Team includes: MD, RN.SW. Employment specialist. Substance abuse specialist, Family Psycho-Educ specialist, Peer specialist

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**Case Management/ Adult**

- Intensive
- Supportive
- Blended

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**Accessing CM/ ACT-Adult**

- Complete URF
- CUCS enters URF into data base
- If eligible CUCS will provide up to two referrals
- Referral source and consumer will choose a provider
- CM/ACT provider informs CUCS of enrollment

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**SPOA Application Referral  
Process - Adult**

- Transmit the HRA 2010E and required documentation
- Receive HRA determination Letter
- Check to Ensure Client is Eligible for Supportive Housing
- Online application training: 212-495-2900  
pactweb@hra.nyc.gov
- CUCS:  
212-801-3333 ( Housing)  
212-801-3343 (CM/ACT)

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**NYNY Housing and  
SPOA Housing - Adult**

- Key features of SPOA Housing Program:
  - Guaranteed Interviews
  - Case Planning Meeting
  - Enhanced services Funds

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**The SPOA Housing Program**

- Must meet OMH's SPMI Criteria
- Must be NY/NY1 And 11 ineligible
- May be NY/NY11 Eligible: in a state psychiatric Center or Transitional residence and at Risk of becoming Homeless

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**LIFENET**

- Toll-Free and confidential mental health information and referral line with access to Mobile Crisis Teams.
- Operates 24/7 365 days Staffed by trained Social Workers:
  - ❖ 1-800 LIFENET
  - ❖ 1-877 AYUDESE
  - ❖ Asian LIFENET (1-877-990-8585)
  - ❖ Deaf/Hearing Impaired (TTY): 1-212-982-5284

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**Bridges to Health (B2H)**

Three separate waivers for children in foster care\* who are diagnosed with :

- Serious Emotional Disturbance (SED)
- Developmental Disability (DD)
- Medical Fragility (MedF)\*\*

\* Since DJJOY youth are in the custody of Commissioner Carrion, they are considered to be youth in foster care for this purpose.

\*\*NOTE: there are no MedF slots specifically for DJJOY youth – only SED and DD.

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**Bridges to Health (B2H)**

- Designed to prevent, eliminate and/or reduce youth from institutional care, as well as live safely in their communities
- Youth are eligible until 21 yrs old, even after they leave OCFS custody
- B2H offers 14 services to young people and is additive to traditional state Medicaid Plan services
- DJJOY youth with an SED or DD diagnosis should be considered for B2H waiver slots first

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For more information on  
Bridges to Health (B2H)

- Check out the Bridges to Health website:  
[www.ocfs.state.ny.us/main/b2h/](http://www.ocfs.state.ny.us/main/b2h/)  
-or-  
Call the DJJOY B2H Coordinator @:  
(518) 486-6300

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Contact Information

- Elyse Hart, LCSW - CSPOA Supervisor, St. Luke's - Roosevelt Hospital Center, Child and Family Institute  
212 – 636-1628 ~ ehart@chpnet.org
- James Morrissey; Assistant Clinical Director, St. Luke's Roosevelt Hospital Center, Child & Family Institute  
212-636-1475 - JMorrissey@chpnet.org

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Contact Information

- Susan Thaler LCSW-Director Children's Services ,NYS Office of Mental Health, NYC Field Office  
212-330-1668 - oncsct@omh.state.ny.us
- Madeline Zivian, MA-Children's Services, Project Director, NYS Office of Mental Health, NYC Field Office  
212-330-1673 - oncymxz@omh.state.ny.us

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**Contact Information**

- Bernadine Meeks, FDC – City-wide Family Advisor, NYS Office of Mental Health, Division of Children and Families , NYC Field Office & Families Together of NYS  
212-330-1678 - oncybcm@omh.state.ny.us
- Anita Appel, LCSW – Director, NYC Field Office, NYS Office of Mental Health  
212-330-1670 ~ oncyasa@omh.state.ny.us

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**Contact Information**

- Myla Harrison, MD, MPH – Assistant Commissioner, Office of Child and Adolescent Services, Department of Health and Mental Hygiene, Division of Mental Hygiene  
212-219-5389 - mharriso@health.nyc.gov
- Jeff Rosen MA NYC DOHMH  
212-226-2127 - JRosen@health.gov

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**Contact Information**

- Adult SPOA/CUCS Case management/ ACT:  
212- 801- 3343
- Housing:  
212- 801- 3333

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