

**Bucks County Guide to Behavioral Health
Services for Children, Adolescents and
Young Adults
2021**



Introduction

This guide has been developed by Bucks County Department of Behavioral Health & Developmental Programs to assist families in navigating and connecting to Behavioral Health Services for any child or adolescent, birth to 21 years. This guide also includes specific services and supports for transition age youth up to age 26, which varies by service.

A Behavioral Health Service refers to a type of support or clinical intervention designed to meet the specific mental health and/or substance use needs of a youth and his or her family, with a focus on building on their strengths. These services may be provided in an office setting, the child's home, school and/or the community, and should include not only the behavioral health professionals, but other community and natural supports.

Needed supports and services are explored through Interagency Service Planning Meetings (ITM or ISPTM), or CASSP (Child & Adolescent Services System Program) Meetings. CASSP is based on a set of principles, including Child-Centered, Family-Focused, Least Restrictive, Culturally Competent, Community-Based and Multi-System Focused. It is a strengths-based approach driven by the concept of resiliency to empower youth and families, building competencies and connections toward positive life outcomes.

Toddler Referral Line at 215-444-2828. Information about Preschool Early Intervention serving children ages three to five, is available by contacting the Bucks County Intermediate Unit (IU) at 800-770-4822, Ext. 1716. Statewide information/referral is available through the CONNECT Helpline at 1-800-692-7288.

Bucks County Drug & Alcohol Commission (D&A)

The first step in accessing treatment for a drug or alcohol problem is to get a professional assessment to determine the extent of the problem and the type of treatment and recovery plan needed. Adult and adolescent services are available throughout Bucks County. For more information, please call our Approval of Care Department at 215-444-2730.

To access treatment for those who have private health insurance, call the number on the back of the insurance card listed under Mental Health/Substance Abuse.

To access treatment for those with Medical Assistance, call Magellan Health Services at 877-769-9784 and they will give information as to the nearest treatment agency for an assessment or go to one of the Bucks County assessment sites.

To access information regarding Veteran's Benefits, call 877-222-8387 to find out eligibility for services. Individuals who are Veterans are eligible for county funding.

For individuals with no insurance, there may be county funded treatment available as well as other supportive services. The individual can walk into one of the Bucks County assessments sites. The individual will need to bring proof of Bucks County residency, and complete a Medical Assistance application.

Individuals that are considered a priority population, such as pregnant injection substance users, pregnant substance users, injection substance users, overdose survivors, veterans and adolescents are exempt from any limitations. Preferential treatment is given to pregnant females.

ACT 53

ACT 53 is a law in the Commonwealth of Pennsylvania that allows a parent/guardian to obtain a drug and alcohol assessment for their child, and, if warranted, to compel the child to enter treatment. The child must be a resident of Bucks County between the ages of 12 and 17, be unwilling to participate in a treatment program, and the parent/legal guardian must have evidence that their child has had a drug or alcohol problem within the past 30 days. Bucks County Drug & Alcohol Commission will guide the parent/legal guardian through the Act 53 process.

For questions, please contact Bucks County Drug & Alcohol Commission 215-444-2730, M-F 8:30-4:30

Systems Partners

Bucks County Developmental Programs (DP) Unit

Intellectual Disabilities/Autism

The DP unit of the Bucks County Department of Behavioral Health/Developmental Programs (BH/DP) supports individuals who have been determined eligible for services with an Intellectual Disability, Autism only or Intellectual Disability and Autism.

To determine a diagnosis of Intellectual Disability an individual must have an IQ of 70 or below that is accompanied by significant limitations in adaptive functioning in at three or more of the following areas of major life activity: self-care, receptive and expressive language, learning, mobility, self-direction, and capacity for independent living.

The diagnosis of Autism must be made based upon either the Vineland Adaptive Behavior Scales (Vineland) of Adaptive Behavior Assessment System (ABAS) scores and indicate substantial functional limitation in 3 of 6 major life activities: self-care, receptive and expressive language, learning, mobility, self-direction, capacity for independent living.

In either case **the onset must have been before the age of 22** and be made by any of the following: a licensed psychologist, certified school psychologist, or licensed physician, including a developmental pediatrician or psychiatrist.

A Supports Coordinator works with the individual and his/her family to develop an Individual Support Plan (ISP), and determining the need for services by completing the Prioritization of Need for Services, (PUNS). Decisions and services are based on a person-centered team process.

Early Intervention (EI)

The DP unit of the Bucks County Department BH/DP also administers the Infant Toddler Early Intervention program. BH/DP contracts with community agencies to provide supports and service to children eligible for Early Intervention. There is no direct cost for services. EI service providers work closely with families /caregivers to promote development and learning within daily routines and activities. Services may be provided during the child's activities at home or in the community, at child care centers, play groups, and other natural environments.

Children are eligible for Early Intervention Services if they are between the ages of birth and three years; and have a developmental delay of 25% or greater. Information about Infant/Toddler Early Intervention program serving children birth to age 3 is available by contacting the Bucks County Infant Toddler Referral Line at 215- 444 - 2828. Information about Pre-

Accessing the Behavioral Health System through Medical Assistance (MA) & Coordination of Benefits

Youth and families are often connected to the system through referral from schools, child-care providers, health care providers and family members. If not eligible through income, a child/adolescent may meet the eligibility requirements for Medical Assistance/Medicaid (MA) through documentation of a disability. The Pennsylvania Medical Assistance model is referred to as HealthChoices, with Magellan Behavioral Health as the Bucks County contracted Behavioral Health Managed Care Organization (BH-MCO). If MA eligible, the member/family may contact Magellan or visit their website for provider information to schedule an intake for assessment of services. If a member also has another commercial insurance policy, depending on the service, the member may be referred to their primary insurance. It is common for MA beneficiaries to have one or more additional sources of coverage for health care services, and the primary insurance plan is always the first payer.

Coordination of Benefits (COB) refers to the activities involved with determining Medicaid benefits when an enrollee has coverage through an individual, entity, insurance, or program that is responsible to pay for health care services. An insurance plan's member services or benefits coordinator should be contacted to ensure that services are covered and providers are contracted. Medicaid is the payer of the last resort and it is recommended that services are accessed with this in mind. Certain services may not be covered by the primary insurance plan and may be covered through MA. For some children's services, eligibility criteria must be established and services deemed medically necessary for approval through Magellan.

For details regarding Magellan and how to access provider information, please visit the Magellan member website:

https://www.magellanofpa.com/media/5195/202001-pa-member-handbook_508.pdf

<https://www.magellanofpa.com/for-members/find-a-provider/provider-search-start/>

Complaint & Grievance Processes

A complaint may be filed if a member is dissatisfied with a service that is funded through Magellan Behavioral Health; a grievance may be filed if a member is not in agreement with a denial of service. To file, contact Magellan's member services at 1 (877) 769-9784.

<https://www.magellanofpa.com/for-members/services-programs/complaints-grievances/>

If your service is not funded through Magellan, please speak with the program supervisor at the provider agency.

ACT 62

Autism-related services may be covered by private health insurance, Medical Assistance (MA) and the Children's Health Insurance Program (CHIP). Act 62 is a Pennsylvania mandate that requires certain private insurance companies to pay up to a designated amount annually for diagnostic assessments and treatment for covered individuals under the age of 21 who are diagnosed with Autism Spectrum Disorder.

A child is covered by Act 62 if: (a) the child has an Autism Spectrum Disorder and is covered by a group health insurance, but only if the policy covers 51 or more employees and is not self-funded; or (b) the child has autism and is enrolled in Pennsylvania's CHIP Program.



Residential Treatment Facility (RTF)

Intensive Residential Treatment Facility (IRTF)

A service explored when other treatment services have not been able to meet the needs, some youth may benefit from more intensive treatment within a Residential Treatment Facility that provides 24-hour therapeutic care and supervision. The primary goals are short-term individual and family treatment with ongoing planning for discharge home to the family. Treatment includes medication management; individual, family and group therapy, with various types of therapeutic and skill building activities, and structured home visits. Family engagement and participation is critical for youth's successful transition back into their homes and communities. RTF treatment services are authorized based on medical necessity, must be recommended by a psychiatrist or a licensed clinical psychologist, and supported by an interagency team meeting. Progress, continued stay and medical necessity are routinely reviewed by an interagency planning team. Participation from family and education partners is needed for effective interagency planning, as discharge to the family's home and to the home school district program is an integral part of the discussion.

Site-Based Clinical Services

Outpatient Services (OP)

Outpatient therapy is available to children and adults of all ages to help address mental health and/or substance abuse needs through individual, family and group therapy in an office-based setting. Outpatient therapy is delivered by Master's or Doctorate level clinicians who provide treatment using techniques and evidence-based approaches, including but not limited to: Cognitive Behavioral Therapy (CBT), Trauma-Focused CBT (TF-CBT), Parent Child-Interaction Therapy PCIT). Psychiatric services may also be available as an outpatient service when needed. Telehealth services may also be available.

Partial Hospitalization Program (PHP)

PHP is a short-term, intensive behavioral health service for children and adolescents who need a higher level of support and stabilization. Mental Health clinicians and staff deliver individual, family and group therapy, which typically occurs during school day hours, Monday through Friday. There is also a psychiatrist onsite for treatment support and oversight. PHP services are provided for a time frame based on clinical needs of the youth.

Acute Inpatient Program (AIP)

AIP is the highest level of care for youth who have been evaluated based on inpatient criteria, including an assessment of danger to self or others, and recommended for short-term mental health stabilization. There is primary consideration given to alternative ways to support youth in their communities with resources and services to avoid the need for inpatient hospitalization. Mobile crisis services are intended to be the primary crisis support resource when the youth is not connected to treatment services that can assist during the crisis event. Site-based crisis services are available to assess and refer youth to needed services, including AIP when medically necessary.

Community Mental Health Base Service Units

(For additional providers offering children's services, please refer to page 3 on navigating Magellan's website)

Penn del Mental Health Center

919 Durham Road
Penn del, PA 19047
215-752-1541

Lenape Valley Foundation

500 North West Street
Doylestown, PA 18901
215-345-5300

499 Bath Road
Bristol, PA 19007
215-458-4200

Penn Foundation/St. Luke's Health Network

807 Lawn Avenue
Sellersville, PA 18960-0032
215-257-6551

Crisis Services

Lenape Valley Foundation—Walk-in Centers and Mobile Services

Lenape Valley Foundation's Adult & Children's Mobile Crisis Intervention Services are available to all residents of Bucks County for individuals of all ages experiencing acute issues with disturbed thought, behavior, mood or social relationships that require urgent intervention.

Mobile Crisis Services Include:

- 24/7 referral access 1-800-499-7455
- Telephone counseling
- Mobile intervention to be assessed on a case-by-case basis
- Level of Care assessment
- Family engagement
- Offers information and referral to behavioral health treatment and support services
- Crisis counseling, resolution, and follow-up
- May assess for inpatient level of care based on intensity and acuity

Models of Support

Children’s Administrative Case Management (ACM)

ACM is available to individuals and family members seeking information about services, referrals and/or support with accessing benefits and resources. Through Administrative Case Management services, the ACM can link the child and family to systems and resources, in areas such as: education, crisis services, financial supports, insurance benefits, and more. ACM is a short-term support that is offered at no cost to Bucks County families.

At Bucks County LIFE Program, the Administrative Case Manager (ACM) acts as an initial point of contact for Bucks County youth, young adults, and parents/caregivers who have a child up to age 26 who is struggling with emotional, social, behavioral, and learning challenges. The Bucks County LIFE ACM assists families in navigating systems and becoming connected with mental health services, supports and resources within their communities.

Family Support Specialists

Additionally, Bucks County LIFE provides family support to parents/caregivers of youth and young adults, including direct outreach, engagement and support with community resources, interagency and school meetings. Support is provided by staff with personal experience and can assist family members in navigating the behavioral health system for their child.

<http://lifeinbucks.org/>



Blended Case Management (BCM)

BCM is a community-based service that assists children, adolescents and young adults and their families to connect to appropriate supports that are determined to be beneficial in promoting resiliency and well-being.

A case manager works with individuals to gain access to needed resources including educational, health, vocational, transportation, respite care, social and recreational connections, and specialized mental health services. The BCM ensures that the changing needs of the child and family are addressed and considers natural supports and community resources, as well as formal behavioral health services and supports. To access BCM services, a psychiatric/psychological evaluation is required to support the diagnostic need.

Community-Based Clinical Services:

Intensive Behavioral Health Services (IBHS) (formerly BHRS, or known as “Wrap-Around”)

Intensive Behavioral Health Services (IBHS) support children, youth, and young adults with mental, emotional, and behavioral health needs. This model is designed to include the parent/caregiver with the goal of gaining proficiency in implementing a support plan to build skills and decrease challenging behaviors. IBHS is a flexible treatment model designed to meet the needs of youth in their homes, schools, and communities with different levels of staff who have specific roles in the treatment delivery.

IBHS requires a written order and is approved based on medical necessity by Magellan Behavioral Health. There are 3 categories of services: 1) Individual services providing services to one child; 2) Applied Behavior Analysis (ABA) which is a specific behavioral approach; and 3) Group services which are most often provided to multiple children at a specific place.

Family Based Mental Health Services (FBS)

Family Based is a research based, intensive home and community based, 32 week service for children/adolescents up to age 21 and their families. The service is delivered by a team with at least one Master’s level staff, who provide individual and family therapy, family support, casework and crisis management to youth with serious mental health concerns and who may be at risk for out of home placement. Frequency and intensity of services are based on the needs of the family, and includes any needed crisis support and case management.

Multi-Systemic Therapy (MST)

An evidence-based, time limited treatment model targeting youth involved with or at risk for involvement with the Juvenile Justice System, MST addresses the multidimensional nature of behavioral problems. The MST “client” is the entire ecology of the youth - family, peers, school, and neighborhood. The target population to receive MST services are youth, 12 to 17 years old, at risk of out-of-home placement due to antisocial or delinquent behaviors. The primary goals of MST are to decrease antisocial behavior and other clinical problems, improve functioning (e.g., family relations, school performance), and reduce the use of placements, such as incarceration, residential treatment, foster care, and hospitalization. The ultimate goal of MST is to empower families toward building a healthier environment through the mobilization of existing child, family, and community resources.

Supports for Youth and Young Adults:

Certified Peer Specialist Services for Transition Age Youth Ages 14-26

Certified Peer Specialists (CPS) are individuals with lived experience who are trained to share their own personal stories of recovery and resiliency. The Transition Age Youth (TAY) model seeks to hire staff over 18 years old with relatability to young people. They engage and inspire TAY to identify goals and plan for what is important in lives. Through the key concepts of hope, personal responsibility, education, self-advocacy and support, the CPS will work with the young person to develop their his/her own Individualized Support Plan and Crisis-Prevention Plan. The model, funded through MA, is appropriate for young people who have the presence of a serious emotional need or mental health diagnosis that impacts the person's functioning at school, home and/or the community. Additionally, there is a County-funded position through Bucks LIFE.

Transition to Independence Process Model (TIP)

Ages 16—26

TIP is an empirically supported model developed to work with young adults experiencing emotional and/or behavioral difficulties. TIP facilitators works to engage and support young adults in their own futures planning process across five transition domains: Educational, Living Situation, Employment and Career, Community Life Functioning, and Personal Effectiveness and Wellbeing. TIP, which is funded through MA, provides a great deal of flexibility and works to engage young adults through relationship development, person-centered planning, and a focus on the young adult's future. TIP will work to ensure that a safety net of support to include informal and formal key players in the young adult's life will be in place. TIP will maintain an outcomes focus and will involve young adults, parents, and community partners at the practice, program, and community levels.

High Fidelity Family Teams (HiFi)

HiFi is a structured, team-based planning process that uses an evidence-supported, nationally-recognized model to partner with families to use their voice and strengths to develop a family-driven plan that promotes self-advocacy. HiFi can be provided alongside clinical services, and anyone can make a referral for HiFi through Child & Family Focus, for youth and young adults up to age 25.

The goals of the HiFi process include: Creating plans to help meet the needs prioritized by the youth and family; Improving the family's ability to manage their own services and supports; Strengthening the family's natural social support system over time; Integrating the work of all child-serving systems into an effective plan.

Systems Integration Facilitation Services, similar to HiFi in philosophy, can also support youth and family teams with short-term meeting leadership,



Respite

Respite is a short-term support that provides a temporary break for parents/caregivers of a child with a mental health diagnosis. Trained respite staff provide care of the child for a brief period to give families relief from some of the stressors associated with caring for the child. This service can be provided in the family's home or with a host family (H.E.R.O. program). Respite Services are coordinated through Child and Family Focus, with funds approved through the County.

<https://www.childandfamilyfocus.org/>

Student Assistance Program (SAP)

<https://www.councilsepa.org/>

Pennsylvania Student Assistance Program (SAP) is a systematic team process used to mobilize school resources to remove barriers to learning. SAP is designed to assist in identifying issues, including mental health, alcohol, tobacco, and other drugs, which pose a barrier to a student's success. The primary goal of the Student Assistance Program is to help students overcome these barriers so that they may achieve, advance, and remain in school. Since SAP is a mandate through the educational system and each district follows their own team process, parents should contact their local school district. The Council of Southeast PA offers Behavioral Health Liaisons as part of SAP team process to support the assessment of mental health and substance use needs, and any subsequent referrals to needed supports.