

# How to Access Mental Health Services in Franklin and Fulton Counties for your Child/Adolescent



## Where should I start if I'm concerned about my child's mental health?

If you have concerns about your child's mental health you should try to talk with the people that they come in contact with on a regular basis such as family members, teachers, and friend's parents to see if they are noticing any of the same concerns you might be seeing or any other behaviors they might be noticing.

Schedule an appointment with your child's health care provider such as their pediatrician to talk about your child's behaviors and what you and others have observed. Your healthcare provider may complete a referral to a mental health professional to provide services to help support your child.

*Please note this guide is not meant to be an all- inclusive list but to provide you with a starting point to help you access services for your child.*

## Insurance

If your child has commercial insurance through your employer you could start with looking at the back of the card and contacting member services to determine how to access mental health services.

If your child has Medical Assistance Benefits (Medicaid) through the Department of Human Services they will most likely be enrolled in the managed care plan, PerformCare. You can contact PerformCare at 1-866-773-7917. PerformCare can assist you with finding a provider that you can take your child to for an evaluation and/or treatment.

If your child does not have insurance you can apply for Medical Assistance (MA) or CHIP through the Department of Human Services at the Franklin County office at 620 Norland Avenue, Chambersburg, PA 17201 or at the Fulton County Office at 539 Fulton Drive, McConnellsburg, PA 17233 or by applying online at <https://www.compass.dhs.pa.gov/home/#/>

If you are a Franklin County resident and need assistance with applying for Medical Assistance (MA) you can contact Service Access and Management (SAM). An intake worker can assist you with the application process for Medical Assistance (MA) if your child is experiencing an emotional

disturbance. Service Access and Management (SAM) can be reached by calling 717-709-4321 and asking to speak to an intake worker.

If you are a Fulton County resident and need assistance with applying for Medical Assistance (MA) you can contact TrueNorth Wellness Services. An intake worker can assist you with the application for Medical Assistance (MA) if your child is experiencing an emotional disturbance. TrueNorth Wellness Services can be reached by calling 717-632-4900.

## Accessing Services for your Child

Your insurance carrier will help you locate a provider that can complete an assessment and determine what type of treatment your child is in need of. Below is a description of the various services that are available to children and families in Franklin County.

- **Student Assistance Program**

Student Assistance Program (SAP) is a team process used to mobilize school resources to remove barriers to learning. SAP is designed to identify academic, social, attendance, substance use, mental health, and other concerns which pose a barrier to student success. The primary goal of SAP is to help students overcome these barriers so that they may achieve, advance, and remain in school.

- **Outpatient Behavioral Health Services**

These services include outpatient therapy or counseling, psychiatric evaluations, and medication management.

- **School Based Therapy**

School-Based Mental Health Outpatient Therapy is a community-based alternative to traditional office-based therapy that allows for students to receive mental health services in the school setting.

- **Case Management Services**

Mental Health Case Management is a service provided to children and adolescents with a diagnosis of a serious emotional disturbance. The goal of the service is to provide linkage

and referral, service monitoring, coordination of care, and advocacy for the individual receiving the service, as well as, family and support.

- **Peer Support Services**

Peer Support Services provide one-to-one support for recovery from mental illness and co-occurring disorders through working with a Certified Peer Specialist (CPS). CPS's are people who are successfully progressing in their own recovery, have received specialized training, and are certified by the PA Certification Board to provide support to others working on their recovery. Peer Support Services are available to those 14 years of age and older.

- **Intensive Behavioral Health Services (IBHS)**

IBHS support children, youth, and young adults with mental, emotional, and behavioral health needs. IBHS offers a wide array of services that meet the needs of individuals in their homes, schools, and communities. IBHS includes the following:

- Individual Behavioral Health Services: Mobile Therapy (MT), Behavior Consultation (BC) and Behavioral Health Technician (BHT)
- Applied Behavior Analysis (ABA): Behavior Analytic (BA), Behavior Consultation-ABA (BC-ABA), Assistant Behavior Consultation-ABA (Assist BC-ABA), and Behavioral Health Technician-ABA (BHT-ABA)

- **Family Based Mental Health Services (FBMHS)**

FBMHS are geared toward youth who are at risk for out-of-home treatment due to behavioral/emotional issues. Services are provided to youth and caregivers in the home and community setting by a two-person team, offering 24/7 crisis intervention support and case management services.

- **Multisystemic Therapy**

MST is an evidence-based intensive family and community-based treatment model for youth with serious behavioral problems, including delinquency, aggression, truancy, and other difficult-to-treat behaviors. MST includes training for parents to sustain change.

- **Crisis Intervention**

This program provides a 24 hours a day, seven (7) days a week telephone, walk-in or mobile crisis intervention service. The crisis staff provides intervention, assessment, brief

counseling and disposition/referral services to individuals presenting themselves in a mental health or substance abuse crisis situation.

- **Suicide and Crisis Lifeline - 988**

988 is a 24/7 free and confidential mental health hotline that connects individuals in need of support with counselors across the United States and its territories. People do not have to be suicidal to call. Reasons to call include: substance use disorder, economic worries, relationships, culture and identity, illness, intimate partner violence, depression, mental and physical illness, and loneliness. Call or text 988; or chat at [988lifeline.org](https://www.988lifeline.org).

- **Community Rehabilitation Residential (CRR Host Home)**

CRR host homes are family dwellings that provide 24-hour living arrangements and mental health treatment for children and adolescents who's psychiatric and/or behavioral health needs are such that they cannot be treated effectively within their own home, but can benefit from treatment in a natural home like environment.

- **Residential Treatment Facilities (RTF)**

RTF is the highest level of care for a child/adolescent excluding inpatient hospitalization. A child should have exhausted all other services (excluding a CRR). An evaluation making this recommendation needs to come from a psychiatrist.

- **Inpatient Hospitalization**

Treatment provided at a mental health facility is provided when youth are struggling with severe and acute mental health symptoms and may be a risk to themselves or others. The focus of treatment is to address the crisis or behaviors which led up to the hospitalization. Attention is given to diagnosis, assessment and the selection of treatment interventions that will help to effectively stabilize the individual's behavior or condition quickly.

## For More Information and Resources

988 Suicide and Crisis Hotline - <https://988lifeline.org/>

Franklin/Fulton Child and Adolescent Service System Program Coordinator 717-709-2307  
[https://franklincountypa.gov/index.php?section=human-services\\_children-adolescent-program](https://franklincountypa.gov/index.php?section=human-services_children-adolescent-program)

Service Access and Management (SAM) 717-709-4321  
<https://sam-inc.org/services/mental-health>

TrueNorth Wellness Services 717-485-3264  
<https://truenorthwellness.org/>

PerformCare 1-866-773-7917  
<https://pa.performcare.org/index.aspx>

National Institute of Mental Health website  
[www.nimh.nih.gov/health](http://www.nimh.nih.gov/health)

ASERT (Autism Services, Education, Resources and Training)  
<https://paautism.org/>

Behavioral Health Providers of Franklin County, PA  
<https://fcgis.franklincountypa.gov/behavioralhealth/>

*This guide was developed by Franklin/Fulton's Child & Adolescent Service System Program (CASSP) Coordinator with information provided by PerformCare, Pennsylvania Network for Student Assistance and the National Institutes of Mental Health.*