

What to Expect:

Children's Therapeutic Services and Supports (CTSS) – In-Home Program for Kids

CTSS is a flexible package of mental health services for children who require varying therapeutic and rehabilitative levels of care. This program addresses the conditions of emotional disturbance that impair an individual's ability to function. For children with emotional disturbances, rehabilitation means that services are provided to restore the child to a level of functioning that they either had or would have achieved if normal development had not been impaired by a mental health disorder.

CHILDREN'S THERAPEUTIC SERVICES AND SUPPORTS (CTSS) PROGRAM DETAILS

CTSS services are time-limited interventions that are delivered using various treatment modalities and combinations of services designed to reach measurable treatment outcomes identified in an Individual Treatment Plan (ITP).

Who is eligible:

- ▶ Children under age 18 diagnosed with an Emotional Disturbance (ED) or that meet Severe Emotional Disturbance (SED) criteria
- ▶ Young adults ages 18 through 21 diagnosed with Mental Illness (MI) or meet Serious or Persistent Mental Illness (SPMI) criteria
- ▶ Most health insurance plans, including Medical Assistance and pre-paid Medical Assistance plans cover CTSS services

What can I expect?

- ▶ We have a team of providers that will work with your family while receiving services from us
- ▶ Our team will meet with your child and your family 3-5 hours per week in your home, child's school, or other community settings

What do CTSS services include?

- ▶ **Skills training-** individual, family, or group
 - Focuses on helping the client learn specific skills to alleviate or minimize the symptoms of their mental health diagnosis
 - Skills include; social skills, alleviating symptoms associated with depression or anxiety, anger management skills, cooperation, compliance, and skills to assist with symptoms of ADHD
- ▶ **Psychotherapy-** individual, family, or group
 - A planned, structured, face-to-face treatment of a recipient's mental illness
 - Provided using the psychological, psychiatric, or interpersonal method most appropriate to the needs of the patient according to current community standards of mental health practice
 - Directed to accomplish measurable goals and objectives specified in the recipient's ITP
- ▶ **Crisis assistance-** helps child, family, and all others who care for the child to:
 - Recognize factors precipitating a mental health crisis
 - Learn crisis-management skills
 - Identify behaviors related to the crisis
 - Be informed of available resources to resolve the crisis
- ▶ **Early childhood team-** works with children ages 2-5 who are having significant behavioral difficulties to:
 - Improve relationships
 - Implement structure and parenting skills
 - Develop regulation skills in order to improve overall function

MORE INFORMATION

Read about our full program at:
www.nystromcounseling.com

Cambridge **Minnetonka**
 763-325-0301 952-206-2041

Rochester **Bloomington**
 507-516-0030 952-854-5034

If you feel you would benefit from our CTSS program, please call the clinic nearest you for more information or to make an appointment:

Apple Valley **New Brighton** **Maple Grove** **Coon Rapids** **Woodbury**
 952-997-3020 651-628-9566 763-274-3120 763-767-3350 651-714-9646

Eden Prairie **Duluth** **Sartell/St. Cloud** **Otsego** **Baxter**
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