

# What to Expect:

## Children's Therapeutic Services & 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.

### 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) Disorder 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 family 2-5 hours per week in your home, child's school, or other community settings

#### What do CTSS/In-Home Therapy For Kids Programs Cover?

- ▶ 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
  - 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 2-6 who are having significant behavioral difficulties to:
  - Improve relationships
  - Implement structure and parenting skills
  - Develop regulation skills in order to improve overall function