



## FAMILY-BASED MENTAL HEALTH

Children and families with education, mental health and family support needs are searching for a better quality of life. Wesley Spectrum Services helps them to become independent, responsible and caring members of the community by providing an array of high quality special education, mental health and family services. These services give children and families the strength to learn, to live and to love, resulting in stronger families and stronger communities.

### Philosophy and Purpose

When children and their family members with mental health problems are not treated, they may find it difficult to cope with school and work, and to relate to others in the family and community. Effective treatment of mental health illness enhances our community in many ways and conserves society's resources. Wesley Spectrum's holistic treatment goes beyond managing symptoms. We focus on helping children and families successfully cope with life challenges by facilitating recovery and building resilience.

### Eligibility

The Family-Based Mental Health program is available to children ages 0 to 21 with serious emotional or behavioral difficulties, as well as children who are at risk for psychiatric hospitalization or out-of-home placement.

### Availability

The Family-Based Mental Health programs are available in client's homes in Allegheny, Beaver and Westmoreland counties. All eligible people are treated equitably without favoritism. If space is not available, clients are referred to other agencies or other Wesley Spectrum programs.

### Referral

Children are often referred to our family-based programs by psychiatrists and other mental health professions. Children at risk for out-of-home placement come to us from other agencies, hospitals, psychiatric hospitals, shelters, teachers, family or friends. Some have been previously treated through outpatient mental health counseling.

### Intake

Wesley Spectrum obtains a prescription for services from a psychiatrist. The program supervisor collects health history, demographic and insurance information and schedules an appointment with an intake counselor within 48 hours. During that appointment, we address any risk and safety issues, review each potential client as an individual and chart a course at the

best level of treatment for his or her needs. This may include a number of coordinated support or therapy services delivered through Wesley Spectrum or other agencies.

### Funding

Services are paid for through Medical Assistance or by county services. There are no direct fees to the family.

### Accreditation and Licensure

Wesley Spectrum is accredited through the Council on Accreditation. We are licensed by the Department of Public Welfare, Office of Mental Health/Substance Abuse services and are credentialed providers for Community Care and Value Behavioral Health managed care companies. All our therapists maintain current credentials through professional development and licensing. We have been approved by county courts and Children, Youth and Families agencies in various counties to provide services.

### Treatment Approach

When a child suffers from mental or behavioral problems, it affects the emotional balance of the family and impacts work, school and relationships. Wesley Spectrum offers in-home, family based treatment that considers mental health problems in a holistic way, as they affect the entire person and the entire family. Our experienced professionals represent diverse backgrounds, and draw upon their cultural competence to treat children and their families with dignity, forming relationships that lead to healing. We see each person – child, adolescent or adult – as an individual worthy of respect. We identify their strengths and talents, and help them draw on those strengths to acquire understanding and skills for real and sustainable change.

Client centered service planning and measurement are at the core of our service delivery process. Individual treatment plans are reviewed and updated periodically during the course of treatment. We measure each client's progress toward his or her individual goals, reevaluating goals when necessary. If progress is not occurring, we can then restructure the patient's program of services.



# *Strength to learn, to live, to love*

## Services

Most mental illnesses are treatable through medication (to help control the symptoms), therapy, supportive counseling and case management assistance. In Family-Based Mental Health, Wesley Spectrum provides family therapy in the home for children and adolescents, (up to age 21) who are experiencing serious emotional difficulties, and threatening family unity. Therapists work in teams and individually, working hard with families, about twice a week, for up to 32 weeks. They share expertise and experience, providing meaningful goals and solutions to parenting and child development concerns.

Wesley Spectrum also offers case management services, connecting families to needed resources, such as job training, education, food and housing. It all serves to make individuals stronger, help children thrive and keep families together.

## Outcomes

After successfully completing treatment, clients should have the skills they need to manage their family and daily life. At discharge, goal attainment, length of stay and changes in mental health functioning of the identified client (pre/post scores on the Child and Adolescent Functional Assessment Scale) are measured to determine the overall impact of the service. Child and family satisfaction with services is also measured. Wesley Spectrum Services also collects data on whether discharges were planned or unplanned and if the client was discharged to a more, the same or a less restrictive setting. This outcome data is then aggregated across clients and used to help us improve the quality and effectiveness of our services.

## Discharge

Our children and families have successfully completed treatment when they meet treatment goals, have improved family functioning, handle stress in a healthy manner, and demonstrate competence at school, work or in other daily life tasks.

## Aftercare and Follow Up

Prior to discharge an aftercare plan is developed with the family. The aftercare plan identifies any services that will be needed post discharge and how those services will be arranged for the family. We do not provide any formal follow-up services. However, clients are encouraged to contact Wesley Spectrum if services may be needed again in the future.

## Contact Information

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