

## Out-of-Home Programs

If staying at home is not the best way to meet your child's needs, we'd encourage you to consider a community-based residential program in Suffolk County.

The **Community Residence Program** is an intensive community-based residential service available through CSPOA. Separate residences are available for children and youth in Suffolk County. As with all residential placements, the goal is to promote family reunification and/or independent living.

- The Community Residence provides the most structure, including 24-hour awake supervision by professional staff. Daily living skills training, counseling, family support, medication education and support; coordination of education and health services are provided;
- This is a voluntary program. Each youth must agree to participate in their treatment and to follow program guidelines;
- Important to each youth's experience is integration within the community through organized sports and work. The Community Residences have well-established relationships with educational, social and recreational resources within the community;
- Services continue based on the youth's needs; the average is about 12 months.



## Out-of-Home Programs (cont.)

**Residential Treatment Facilities (RTF)** are available for children who require a level of services not available in a community setting. RTFs provide fully integrated mental health treatment and special education services under the direction of a psychiatrist in a highly structured campus setting.

Eligibility for RTF level of care is determined by a Pre-admission Certification Committee which includes representatives of the Office of Mental Health, Department of Social Services, State Education Department, as well as a physician. There is one RTF program on Long Island but some youngsters may be served in programs in other regions of New York.

Family involvement is strongly encouraged. The average length of stay is between nine months and one year.

SPOA will coordinate in-home services, whenever reunification is possible, in order to provide continued support. If your child no longer needs the intensity of services that SPOA provides, assistance will be provided to link you and your child to ongoing community services and supports. If you choose, you can always continue to participate in the parent support network. Your commitment, advocacy and attention are your child's greatest resources.

**For additional information, contact  
CSPOA at (631) 853-8513**

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## Suffolk County

### Children's Single Point Of Access (CSPOA) for

### Enhanced Mental Health Services



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## How CSPOA Can Help

If your child needs more intensive mental health services than outpatient therapy alone, CSPOA can help. We assist you in coordinating your child's care through a network of agencies in Suffolk County. To participate your child must be between the ages of five and eighteen, unless otherwise indicated, and have a serious emotional disturbance or be at high risk of SED.

CSPOA is for the whole family. The process starts with your child's referral. A representative of CSPOA reviews information about your child on a Universal Referral Form. Information on this form permits the staff to guide you to the best available service for your child. It also provides much of the information that CSPOA programs require.

You may choose to form a relationship with a Family Peer Support Specialist, someone who can relate to what you are going through. Family Peer Support Specialists are parents of children with mental health needs who understand through their own personal experiences, the challenges that families often face. They provide useful community resources, training programs, and support groups.

CSPOA walks you and your child through different programs over time. It's not uncommon for children in CSPOA to transition between services, sometimes more intensive and sometimes less. If your child does not require the level of care CSPOA offers, you will be referred to other services. For all that CSPOA can do, you are and will continue to be the most important part of your child's ongoing progress.

If your child is appropriate for CSPOA, there are a number of options. Be prepared that some options have waiting lists.

You will likely hear CSPOA staff describe a continuum of care. Services range from a worker coming to your home a couple of times a month through your child being cared for in a professionally staffed therapeutic home. Services are classified as In-Home and Out-of-Home programs.

## In-Home Programs

The least intensive option available through CSPOA is **Family Connect** which provides short-term crisis intervention services to youth and families to avoid the need for additional in-home services.

- The program includes an assessment of immediate needs and development of a short-term crisis intervention plan focusing on advocacy, education and community services linkages;
- Length of service is 3 months.

The **Youth and Family Integration (Y-FI)** program provides integrated mental health coordination, family support, and youth peer advocacy for youth at risk of developing SED and their families.

- The Y-FI team consists of a care coordinator, family peer support worker, and youth peer advocate who work together to support the youth and their family;
- Each family will have access to integrated care coordination, skill development, support, advocacy, and education while enrolled in the program

Youth who have or are at risk of developing SED would benefit from the **Services, Supports, Transitions, Advocacy, and Access for Youth (SSTAAY)** program.

- SSTAAY enhances the ability of youth, ages five to twenty one, to maintain emotional and behavioral stability, strengthen their support systems and prevent the need for higher levels of care;
- Provides advocacy, service linkage, skill building, independent living skills, and crisis prevention;
- Length of service is 6-9 months.

**Children's Care Coordination** and **Health Home Care Management\*** are available if additional support is needed.

- All develop service plans based on the specific needs and desires of the child and the family;
- Programs provide care coordination services, including service linkage, coordination and monitoring and crisis intervention to maintain the youth in their home and community;
- After-hour crisis hotline assistance is available;
- Children in the program have access to educational advocacy;
- Length of service varies; visit frequency ranges from twice to four times per month.
- \*In order for a child to receive **Health Home Care Management** services the youth must meet the eligibility criteria, which includes being a Medicaid recipient. These youth may also be eligible for linkage to Children and Family Treatment and Support Services (CFTSS).

Families who require even more individual care because their child is at risk of being placed outside their home may benefit from the **Coordinated Children's Services Initiative (Home Base I)**.

- Home Base workers provide weekly visits serving the parent and child;

## In-Home Programs (cont.)

- Services are family focused and provide one on one support to the parent helping them to develop strategies to better assist their child. Each family will receive Parenting Skills Enhancement;
- Anger management for youth and/or parents can be offered if selected by referral source or requested during involvement with the program. Skill building is available for youth with identified needs;
- Length of service is 6 months.

**High Fidelity Wraparound (HFW)** is a nationally recognized model that empowers youth and families to advocate for and manage their needs as well as strengthen social supports.

- Each family will work with a care coordinator, family support partner, and youth support partner to identify and work toward agreed upon goals;
- The team will assist the youth and their family in navigating various systems to obtain services to meet their needs

The **Mobile Early Intervention Program (MEIP)** supports youth in returning to their homes and communities sooner from Out of Home Placement as well as potentially diverts Out of Home Placement for youth and their families.

- MEIP utilizes a team approach comprised of mental health professionals and caregiver/family support partners.
- Youth and their families will receive wraparound support from the team including parent education/training, service linkage, monitoring, crisis prevention;
- Length of services varies.

Children who are at imminent risk of out of home placement, including psychiatric hospitalization, may be eligible for **Home and Community Based Services (HCBS Waiver)**. These services are accessible through Children's Health Home Care Management programs or the Children and Youth Evaluation Service. Children may be eligible for an array of intensive in-home services including but not limited to respite, caregiver/family support, and prevocational services.