EXPLANATION OF SERVICES OFFERED THROUGH PERFORMCARE

CSOC CONTRACTED ORGANIZATIONS

🤝🏠 **Care Management Organization (CMO):** The CMO designs, implements, and manages youth-guided and family-driven, Care Plans for children and adolescents whose needs are complex and require intensive care management techniques that may cross multiple service systems. **(CMO Services designed to last 6 to 9 months).**

- **Child Family Team Meetings (CFTM):** are held every 60 to 90 days when a family participates in CMO services. Below we have collected our commonly used services. The CFTM is where you will have the opportunity to discuss these services with your team. **(Everything is based on the needs of the youth and family).**

👯🤎 **Family Support Organizations (FSOs)** are nonprofit, county-based organizations run by families of children with emotional and behavioral challenges. FSOs work together with the CMO, Mobile Response and Stabilization Services, Performcare, state agencies, and provider organizations to make sure the system is open and responsive to the needs of families and youth. FSO provides peer support, education, and advocacy to families. The family can attend their events and use their resources without CMO involvement**. (FSO remains open until the family's needs are met or CMO services transition. The family can continue to attend FSO events and access their resources once services have closed.)**

COMMONLY USED SUPPORT SERVICES

🎓 **Formal Supports** include the services provided by professional trained employees typically paid for their work.

🎓 **Informal Supports** include the support provided by a social network and community, such as family, friends, pastors, coaches etc. **(The CMO believes it takes a village to support our youth and encourages families to invite as many informal supports as they can to support the process).**

🧠 **Intensive in-Community Therapy (IIC)**: IIC services are counseling and therapy services delivered in the community. They help restore a youth's level of functioning after a decline related to a behavioral health event. These services are also appropriate after a major life stress or trauma. IIC services are provided by licensed practitioners and may include individual and/or

family therapy. **(IIC services are available as a part of a behavioral health plan for children enrolled in CMO – Typically a family receives 2 hours of therapy per week for 6 months before transitioning to outpatient services. The times frames can increase or decrease based on the needs of the youth).**

📝**Behavioral Assistant (BA):** Behavioral Assistance is comprised of specific, outcome-oriented interventions that are components of an approved, written, detailed plan of care prepared by a licensed clinical behavioral healthcare practitioner. Behavioral Assistance providers address specific target behaviors. **(BA services are available as a part of a behavioral health plan for children enrolled in CMO or MRSS – Typically a family receives 2 hours of BA assistance per week. The hours can increase or decrease based on the needs of the youth).**

🏕️🍔 **Mentoring Services** Mentors help address specific non-clinical goals that lead to growth. These might coincide with clinical goals the youth has working with the IIC. For example, the youth might have a goal to visit more public places to build social skills. The mentor might take them to a coffee shop for coffee or tea. **(Mentoring Services are considered after informal and community-based services are explored. Mentoring Services are time limited, typically 6 months)**

📝 **Needs Assessments (Biopsychosocial or BPS):** A comprehensive evaluation that assesses a person's biological, psychological, and social factors to understand how they affect their thoughts, feelings, and behavior. It's often used at the beginning of mental health treatment and can help identify strengths and needs related to behavioral health, substance use, and intellectual/developmental disabilities. **(Needs assessments are provided through CMO authorizations).**

🤎 **Parent Mentors:** Mentors provide non-clinical, parent-to-parent support. The mentor will spend time with the guardian of the youth and provide feedback, resources, and suggestions that will improve the probability of positive outcomes.

📄📕 **Parent Coaching:** Offer clinical services with a licensed provider. Coaches educate & collaborate with parents in developing strategies to help them address their child's unique needs. Coaches help parents/caregivers to use specific skills to address the child's behavioral challenges and/or developmental needs.

SPECIALIZED INTERVENTONS

🧑‍⚕️🩺 **Substance Use Treatment Services (SU):** SU services are designed to help people stop alcohol or drug use and remain sober and drug free. Recovery is a lifelong process. Staying in recovery is a challenging task, so your family will need to learn new ways of thinking, feeling, and acting to maintain sobriety.

📝🩺 **Intensive Outpatient Services (IOP):** in New Jersey there is a structured treatment program for people with mental health challenges or substance use struggles. IOPs are designed

for people who need more support than traditional outpatient care but do not need 24-hour supervision. **(IOP's function 3 to 5 times per week during after school hours, with 3 hours per session).**

🏥🚑 **Partial Hospitalization (PHP):** Partial hospitalization is an intensive, nonresidential, therapeutic treatment program that may or may not be hospital-based. Partial hospitalization is used as a time limited response to stabilize acute symptoms. It can be used as a step-down from inpatient services or out-of-home treatment, or to stabilize a deteriorating condition and avert hospitalization. Lastly, PHP's incorporate school in their daily program (2 hours per day). (**Services may vary from 2 to 5 days per week, for up to 5 hours a day, and should be coordinated with the youth's School counselor or IEP case manager).**

🏛️👩🏿‍⚖️ **Court Support:** Performcare has specialized processes for care coordination and utilization management (UM) for youth with serious behavioral health issues involved with the Courts, Probation, and the Youth Justice Commission (YJC). These processes should foster intersystem communication and timely exchange of relevant information, including comprehensive assessments, to ensure access to specialized services and effective service planning.

🧠🚑 **Children's Crisis Intervention Services (CCIS)** is a group of local short-term psychiatric hospital inpatient treatment units. CCIS serves youth ages 5 to 17 who have an immediate risk of harming themselves or others. **(CCIS services typically last 7 to 10 days. Their primary goal is to stabilize the youth and return them to long term services such as CMO).**

Family Crisis Intervention Unit (FCIU) A free service available in all counties in NJ, serves children (under age 18) and families who are in crisis as a result of any or all of the following: Youth-family conflicts, serious threat to the well-being and physical safety of a youth, runaway behavior, youth involved in human trafficking, or youth who are truant from school. Crisis Response (24 hours a day, 7 days a week), crisis intervention and stabilization, assessment, short-term family therapy, case management, linkage to community resources, collaboration with school and other community agencies, facilitate court involvement and/or placement if child remains at risk.

Commonly Used System Approaches

👯‍♀️ **Functional Family Therapy (FFT):** Functional Family Therapy is a family-focused, community-based treatment service for youth who are exhibiting severely impulsive and non-compliant behaviors, which appear consistent with an Impulse Control Disorder or a Disruptive Behavioral Disorder.

👨‍👩‍👧‍👦 **Multisystemic Therapy (MST):** Multisystemic therapy (MST) is an intensive family and community-based treatment that addresses multiple aspects of serious antisocial behavior in adolescents. MST typically targets youth who exhibit a pattern of aggression, which places him/her at substantial risk for out-of-home treatment. The multisystemic approach views the youth's behavior as being influenced by the surrounding "systems" – family, peer, school, and neighborhood – as well as by the youth's thoughts and feelings about those systems.

Commonly Used DD-ID Services

📝 **Applied Behavior Analysis (ABA):** ABA therapy applies our understanding of how behavior works in real situations. The goal is to increase behaviors that are helpful and decrease behaviors that are harmful or affect learning. Most families can access ABA services through their private insurance or Medicaid HMO. Care Managers can support families with contacting their insurance provider for coverage details and obtain a list of providers. NJ Insurance companies are required to provide ABA services.

👨🏽‍⚕️ 👩🏽‍⚕️ **Intensive In Home-Clinical (IIH-C):** services offer rehabilitative services to DD eligible youth with mental health and behavioral challenges. IIH Clinicians are trained to work specifically with DD/ID youth. (They work with the youth up to 4 hours per week with times varying based on the youth's needs).

👩🏽‍💻 **Individual Support Services (ISS):** aim to assist youth with acquiring, retaining, improving, and generalizing the behavioral, self-help, socialization, and adaptive skills necessary to function successfully in the home and community. The family receives two support technicians. The first tech provides supervision while the other provides direct support.

🧑‍🤝‍🧑 **Family Support Services (FSS):** are available to youth who are eligible for developmental disability services and meet the requirements needed to receive FSS. These services include assistive technology, educational advocacy, and respite. The services are provided based on availability and the needs of your child and family.