

Youth/Adolescent Behavioral Health Services in Potter County

Beacon Light

Bradford, Pa
(814) 817-1400

- Multi-Systemic Therapy (MST)

CenClear Child Services

Coudersport, Pa
800-525-5437

- Family Based Mental Health (FBMH)
- Intensive Behavioral Health Services (IBHS)
- Maintaining Strengths Program (MSP)
- Peer Support - Youth

Concern Behavioral Health Services

(serves the eastern half of Potter County).

Wellsboro: (570) 724-7142
Mansfield (570) 662-7600

- Crisis Services
- Family Based Mental Health (FBMH)
- Intensive Behavioral Health Services (IBHS)
- Mental Health Crisis Services After Hours: 1-877-724-7142
- Outpatient Services
- Partial Hospitalization Program (PHP) - adolescent site location is Elkland, Pa.
 - Child site location is Mansfield, Pa
- Psychiatric and Telepsychiatry Services/Medication Management - This is offered in Mansfield, Pa office.

Diakon Family Life Services

Williamsport Pa

877-342-5667

- Specialized In Home Treatment Services (SPIN)

Dickinson Center, Inc.

Coudersport Pa 814-274-8651

- Crisis Services
- Family Based Mental Health
- Intensive Outpatient Program (IOP)
- Mental Health Specialists each school district
- Outpatient Therapy/Trauma Therapy
- Student Assistance Program (SAP)
- TelePsychiatric Services/Medication Management

Merakey

814-371-3763

- Dual Diagnosis Treatment Team - (DDTT)
- Therapeutic Foster Care

Potter County Human Services Department of Children and Youth Services

- Family Support
- Case Management

Potter County Human Services Department of Mental Health
Roulette Pa 814-544-7315

- Blended Case Management (BCM)
- Child and Adolescent Service Systems Program (CASSP)

Sagewood, Inc.
Port Allegany, Pa 814-642-7045

- Intensive Behavioral Health Services (IBHS)
- Outpatient
- Psychological Evaluations for Children

The Guidance Center
Coudersport Pa 814-274-7011
Bradford Pa 814-362-6535

- Family Based Mental Health Services - Western half of Potter County
- Outpatient Therapy/Trauma Therapy
- Parents As Teachers (PAT)
- Psychiatric Services/Medication Management
- Project RAPPORT

UPMC - Cole
Coudersport Pa 814-274-9300

- Outpatient Therapy - in rural health centers and at the hospital
- TelePsychiatric Services/Medication Management

Definitions

Blended Case Management (BCM)- Linking clients to appropriate Mental Health services (outpatient counseling, psych rehab programming, inpatient treatment, family based services and IBHRS services). Assisting consumers to obtain and maintain the necessary supports to remain in the community. Treatment planning, with the direct participation of the consumer and designed to meet their specific needs. BCM is on call for twenty-four hour mental health crisis intervention.

Child and Adolescent Service System Program (CASSP)- a comprehensive system of care for children and adolescents with or at risk of developing serious emotional disturbance and/or substance use disorders and their families. The gateway for kids to obtain Mental Health services.

Dual Diagnosis Treatment Team (DDTT) - is comprised of a specialized mobile team of professionals including a Psychiatrist, a Behavioral Specialist, Recovery Coordinators, a Nurse, and a Pharmacist, providing treatment, support, and education for individuals in the community age 16 and over with a mental illness and co-morbidity development disability. Individuals referred to DDTT are in crisis, at risk of losing community tenure, and/or transitioning from acute care hospitalization.

Family Based Mental Health Services- an intensive, non-traditional therapeutic program, that meets the needs of the family system. Services are provided for 32 weeks (an 8-month) treatment period, which can be lengthened or shortened depending on the needs of the family. The main goals of Family-Based Services is to empower parents to care for their children at home, to strengthen and maintain the family, improve coping skills, teach positive parenting, provide the family with case management, and to act as an advocate for the child.

Intensive Behavioral Health Services (IBHS)- for children in who have serious emotional or behavioral problems and are between 2 and 21 years of age. It is used by many families whose children have Autism Spectrum Disorder (ASD). This service is implemented in the home and community.

Intensive Outpatient Program (IOP)- group, individual, and family therapy along with psychiatric services. We partner with the Seneca Highlands Intermediate Unit to provide an emotional/learning support classroom where children and adolescents can attend to get their schooling and mental health needs met.

Maintaining Strengths Program (MSP) - The Maintaining Strengths Program works to strengthen and maintain the family, improve coping skills, teach family members to care for their child/adolescent and to serve as an advocate for their

child/adolescent. This treatment model involves family therapy services. The main focus of this treatment is with the child/adolescent and family strengths. The service can take place in the home, school or a community setting.

Multi-Systemic Therapy (MST)- this is multi-faceted, short-term, home and community-based intervention for families of youth with severe behavioral problems. Services are delivered by a single therapist, with team support. Treatment duration is limited to four to six months and targets children between the ages of 12-17 years with disruptive behavior disorders.

Outpatient- Children present for outpatient services for a wide range of mental health concerns (e.g. ADHD, adjustment issues, depression, anxiety, etc.) Therapy with children is typically different than therapy experienced by adult clients. Younger children may engage in play therapy (e.g. playing with toys or games) or art therapy (e.g., painting or drawing) during sessions. Older children and adolescents may engage in more traditional talk therapy to address their mental health issues. When serious underlying emotional problems are determined, the child may be referred to a psychiatrist for consideration of medications to support the child with his/her recovery.

Parents As Teachers (PAT) - Parents as Teachers is an early childhood program for families with children pre-natal through kindergarten entry, offering home visits, developmental screenings, resource connections, and group activities.

Partial Hospital Program- a non-residential form of intensive treatment provided in a free-standing or special school-based program for three to six hours per day. Structured treatment and support services include group and individual therapy, continuation of education, medication management, social interaction, pre-vocational instruction and crisis counseling. As their mental health improves, the goal is to return the child to his/her regular school and to more stable functioning within the family.

Project RAPPORT- offers pregnancy testing, childbirth and pre-natal education, and case management services for pregnant women and teens. Additional services for pregnant/parenting teens promote school attendance, self-esteem, healthy choices and future planning.

Psychiatric Services/Medication Management - Clients are able to sit down with a psychiatrist and review their symptoms for assistance with medication management.

Specialized In Home Treatment Services (SPIN) - The Specialized In-Home Treatment Program—or SPIN—is an intensive, family-based mental health program that provides individual counseling, individual therapy, family therapy, case

management, and group therapy to youths between 8 and 18 (with occasional age exceptions made on an individual basis) who have sexual-behavior issues that meet “medical-necessity” criteria for this services.

Student Assistance Program (SAP)- provides prevention services to students who are experiencing any type of difficulty, concern, or behavior that is interfering with school success. The Student Assistance Program offers screenings to referred students to gather background information in a variety of areas along with the student’s own impressions about what their situation is currently. Following the screening, recommendations are made. Possible recommendations include referral back to SAP team for monitoring, three to five supportive counseling sessions in school with the mental health liaison, or for an outside referral.

TelePsychiatric Services/Medication Management - Clients see a Psychiatrist through the internet to receive medication to assist with mental illness.

Community/School Services:

Multi-Systemic Therapy (MST)
Family Based Mental Health (FBMH)
Intensive Behavioral Health Services (IBHS)
Partial Hospitalization Program (PHP)
Intensive Outpatient Program (IOP)
Student Assistance Program (SAP)
Dual Diagnosis Treatment Team (DDTT)
Blended Case Management (BCM)
Child and Adolescent Service Systems Program (CASSP)
Maintaining Strengths Program (MSP)
Parents as Teachers (PAT)
Project RAPPOR
Specialized in Home Treatment Services (SPIN)

Outpatient:

Psychiatric Services/Medication Management
Outpatient Therapy
Trauma Therapy
Tele-Psychiatric Services