

You can inquire about mental health services for your child or youth by:

- Calling or walking into any Department of Mental Health (DMH) mental health clinic or DMH contracted mental health clinic
- During a Child and Family Team (CFT) Meeting
- Talking to Foster Family Agency (FFA) social worker
- Talking to current therapist
- Talking to Pediatrician or Physician
- Talking to teacher or school counselor
- Talking to DMH Co-located staff
- Talking to Children's Social Worker (CSW)
- Calling the DMH Helpline 1-800-854-7771 (Press 1 for the ACCESS Line for mental health information & referrals).



What is Intensive Care Coordination (ICC) and/or Intensive Home Based Services (IHBS)?

What is a Child and Family Team (CFT)?

A Child and Family Team (CFT) is a group of people working together through a variety of teaming activities, to identify the strengths and needs of the child/youth and family, and to help them achieve goals of safety, permanency, and well-being. A CFT consists of the child/youth, child's family, and the important people in the child's life, which may include, but is not limited to, the following individuals:

- Caregivers
- Natural supports (e.g. extended family, friends, coaches, faith-based connections, tribe members, etc.).
- Caseworker for the placing agency (e.g. Department of Children and Family Services Children's Social Worker)
- Mental health staff
- Representatives from other child-serving agencies (e.g. Foster Family Agency, Probation, Regional Center, Court-Appointed Special Advocate (CASA), school, etc).



Los Angeles County Department of Mental Health is dedicated to enriching the lives of children and their families experiencing mental health challenges.



<https://dmh.lacounty.gov/>



CFT meetings are held in the child's home or preferred location. Everyone on the team comes together to discuss and plan on how to best meet the child's needs to achieve positive outcomes and overall well-being.

Mental Health

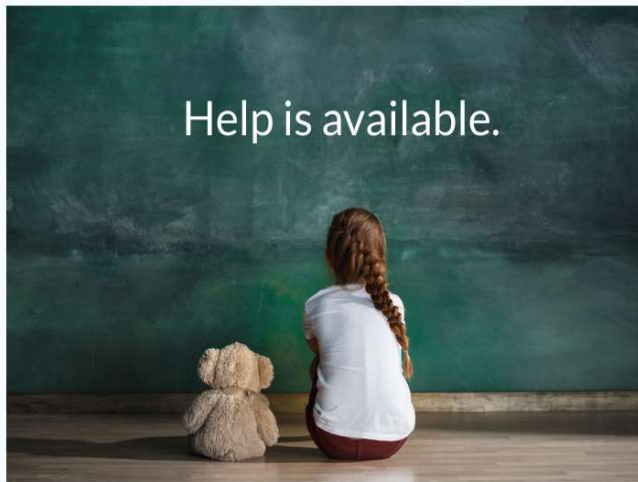
Mental health affects how we think, feel and act - making it an essential part of our overall health and well-being. It also helps determine how we handle stress, interact with others, and make choices.

Mental health is important at every stage of life. Mental health disorders in children and youth can cause distress and disruptions affecting their ability to get through the day at home, school and/or the community.

What are some signs to look for?

Noticeable changes in:

- Mood - such as increase in temper tantrums.
- Behavior - such as decline in school performance or not able to focus at school.
- Thoughts or Perception - such as negative thinking about themselves.
- Relationships - such as not wanting to see their friends.
- Sleep - such as not being able to fall asleep or stay asleep.
- Eating - such as beginning to overeat, under eat, or hide food.
- Personal Care - such as not wanting to shower, bathe, and/or get dressed.



Mental Health Services are available to all children who are:

- ✓ Eligible for full scope Medi-Cal
- ✓ Under the age of 21
- ✓ Meet medical necessity criteria

Intensive Care Coordination (ICC) and/or Intensive Home Based Services (IHBS) are mental health services available for children and youth experiencing emotional and behavioral difficulties at home, school and/or the community.

What is Intensive Care Coordination (ICC)?

An intensive form of targeted case management in which services for the child/youth are coordinated through the use of a Child & Family Team.

Benefits of ICC include:

- Linkage to services in the community.
- Coordinating mental health services and other services.
- Assistance with formation of a Child & Family Team to facilitate collaboration across child serving systems.
- Assistance in developing goals with the child/youth.

What is Intensive Home Based Services (IHBS)?

Intensive Home-Based Services (IHBS) are individualized, strengths-based intervention services to address mental health needs in children and youth.

Benefits of IHBS include:

- Services are delivered in your home, your child's school and in the community.
- Helps the child/youth build skills to be successful at home, school & community.
- Supports the child/youth in developing and practicing coping strategies.
- Provides the parent/caregiver with tools to support the child/youth to reach their goals.