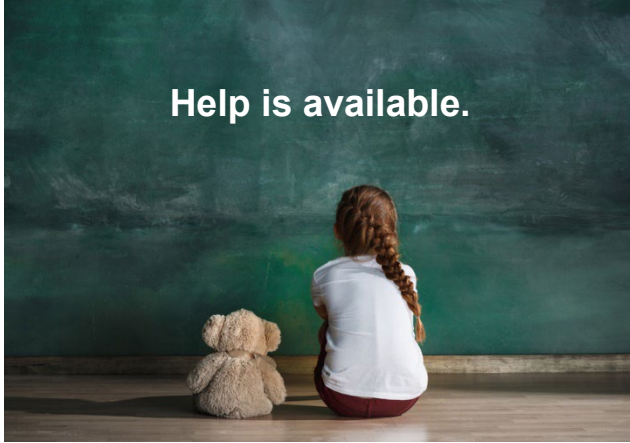


Help is available.



## Mental Health

Mental health affects how we think, feel and act – making it an essential part of our overall health and wellbeing. 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.

## 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.

## LACDMH Values

**Integrity.** We conduct ourselves professionally according to the highest ethical standards.

**Respect.** We recognize the uniqueness of every individual and treat all people in a way that affirms their personal worth and dignity.

**Accountability.** We take responsibility for our choices and their outcomes.

**Collaboration.** We work together toward common goals by partnering with the whole community, sharing knowledge, building strong consensus and sharing decision-making.

**Dedication.** We will do whatever it takes to improve the lives of our clients and communities.

**Transparency.** We openly convey our ideas, decisions and outcomes to ensure trust in our organization.

**Quality and Excellence.** We identify the highest personal, organizational, professional and clinical standards and commit ourselves to achieving those standards by continually improving every aspect of our performance.

**If you are in crisis and need help right away, call our 24/7 toll-free Help Line:**

**800.854.7771**

[dmh.lacounty.gov](http://dmh.lacounty.gov)



► **Intensive Care Coordination (ICC) and/or Intensive Home Based Services (IHBS)**



LOS ANGELES COUNTY  
**DEPARTMENT OF MENTAL HEALTH**  
hope. recovery. wellbeing.



## About

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 ICC?

It is an intensive form of targeted case management in which services for the child/youth are coordinated through the use of a Child and Family Team (CFT).

### Benefits of ICC include:

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

## What is IHBS?

They 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 the tools to support the child/youth to reach their goals.



## How Can I Access Services?

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

- Call or visit any Los Angeles County Department of Mental Health (LACDMH) clinic or LACDMH contracted mental health clinic.
- Ask during a CFT meeting.
- Talk to:
  - Foster Family Agency social worker
  - Current therapist
  - Pediatrician or Physician
  - Teacher or school counselor
  - LACDMH co-located staff
  - Children's Social Worker
- Call the 24/7 LACDMH Help Line at 800.854.7771. (Option 1 to reach the ACCESS line for mental health information and referrals).