

I'm concerned about my child's mental health or behavior. How can I get support for my child?

What kind of mental and behavioral health supports are available?

Most mental and behavioral supports for preschool children fall into three categories:

1. **Outpatient Services** e.g. child-led talk therapy, play therapy, or medication. Outpatient services provide intervention for issues like trauma, grief or other mental distress, usually in weekly or biweekly sessions.
2. **Intensive Behavioral Health Services (IBHS)** including Applied Behavioral Analysis (ABA) services. See ABA services flyer for more information. IBHS provides intensive services by mobile therapists, behavioral consultants and behavioral health technicians in one-on-one and group settings.
3. **Family Services** e.g. Parent Child Interaction Therapy (PCIT). Family services work with both parent and child to promote healthy emotional attachment.

How do I get my child evaluated for behavioral health services?

1. **Contact member services for your child's behavioral health insurance.**
 - **For medical assistance (Medicaid)**, call Community Behavioral Health (CBH) at 888-545-2600.
 - **For private insurance**, call the behavioral health services number on the back of your child's insurance card.
2. **Contact an in-network service provider directly.**
 - **For medical assistance (Medicaid)**, find in-network providers in the directory: <https://cbhphilly.org/members/provider-directory>.
 - **For private insurance**, go to the provider directory on your child's insurance website.



What do I do if someone in my family is in crisis?

- **Call 988** for any mental health emergency for both children and adults.
- **Go your nearest emergency room or crisis center.**
 - Philadelphia Children's CRC (3300 Henry Ave, East Falls)
 - Children's Hospital of Philadelphia CRC (501 S 54th St, Cobbs Creek)

Parenting is challenging. Where can I find support?

How can I connect to other parents of children with special needs?

- **Get matched with a parent** on a similar journey through Parent to Parent of Pennsylvania. 888-727-2706 www.parenttoparent.org
- **Connect with caregivers** through the Vision for Equality: Trauma-Informed Care Project. www.visionforequality.org/programs/family-support-projects

Where can I get help with parenting challenges at home?

- **Request a Family Support Partner** through the Gemma Services Family Support Program www.gemmaservices.org/community/prevention
- **Request Parent Caregiver Services** at Children's Crisis Treatment Center (CCTC). www.cctckids.org/programs-services/center/parent-caregiver-services
- **Find a support group at Project FAM!**, a program of Turning Points for Children. turningpointsforchildren.phmc.org/programs/project-fam
- **Review the video library at Families First** in the Temple University Institute on Disabilities. disabilities.temple.edu/families-first

Where can I get help accessing additional resources for my family?

- **Vision for Equality: Birth-Five Project**, 215-923-3349 x203 www.visionforequality.org/programs/family-support-projects
- **CORA Services Family Navigation Center**, 215-342-7660 www.coraservices.org/family-navigation-center
- **Elwyn Family Resource Center**. If your child has an Individual Education Program (IEP) through Elwyn, ask your child's LEA representative to connect you with the Family Resource Center for help accessing additional resources.

Who can help to advocate for the support my family needs?

- **PEAL Center**, 215-567-6143, www.pealcenter.org
- **HUNE**, 215-425-6203, www.huneinc.org
- **Disability Rights PA**, 800-692-7443, www.disabilityrightspa.org