



## **Behavioral Health and Developmental Resource Guide**

*This document is intended to support CHW/FPs in navigating patients to appropriate services and resources post-diagnosis.*

*In this glossary, you will find a variety of information, including: descriptions of the services, eligibility, and links to more information.*

Updated: August 2021

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## Clinical Services

### Applied Behavioral Analysis (ABA)

Description: ABA builds new skills and removes difficult behaviors by breaking complex tasks into smaller steps. ABA can be performed in any setting with an ABA-trained professional. ABA also helps by making a detailed behavioral plan that the child can use every day to learn new behaviors. This approach is helpful to increase a child's attention to adult-directed tasks.

Eligibility: Children with autism spectrum disorder, Down's syndrome, or other several behavioral issues.

More Information: <https://rsaffran.tripod.com/whatisaba.html>

### Autism Waiver Program

According to DDS, The Autism Waiver Program (AWP) allows children to receive Expanded Habilitation, Education, in-home services and supports, such as Applied Behavioral Analysis (ABA) and Floor Time, for a total of up to 3 years.

More information: <https://www.mass.gov/dds-autism-waiver-service-program-overview>

### Floortime

Description: Floortime is a relationship-based therapy that encourages caregivers get down on the floor and interact with the child at their level. The caregiver is directed to follow the child's lead in play and start by engaging in what is interesting to the child. The goal is to teach caregivers to encourage their children to engage in more complex interactions around activities of interest.

Eligibility: Children with autism spectrum disorder.

More Information: <https://www.autismspeaks.org/floortime-0>

### Occupational Therapy

Description: This therapy focuses on a child's fine motor skills, including hand and finger skills, and is led by an Occupational Therapist.

Eligibility: Children with a variety of conditions, such as: Children with challenges related to fine motor skills (can include children with autism spectrum disorder or developmental delays)

More Information: <https://kidshealth.org/en/parents/occupational-therapy.html>

### Outpatient Therapy

Description: The child/family meets with a trained behavioral health clinician in a clinic or office space to understand and resolve problems, modify behavior, and make positive changes.

Outpatient therapy is usually where families first look since this therapy can help with several behavioral health and developmental challenges. Therapists can have a variety of training backgrounds, and can be psychologists, social workers, or mental health clinicians.

### Parent Support Groups

Description: These groups are led by trained professionals and help parents with children that have behavioral or developmental health conditions to develop confidence, knowledge, and skills to be great parents.

### Patient Care Assistant (PCA)

A Personal Care Assistant (PCA) provides a family with in-home assistance. They come to your home to assist your child with daily life activities, such as bathing and grooming, dressing, physical activity, eating, and toileting.

Eligibility: Some children with ASD who have MassHealth may be eligible

More information: <https://guides.exceptionallives.org/hc/en-us/articles/360025659213-Get-in-home-care-for-autistic-child-PCA->

### Physical Therapy

Description: This therapy focuses on a child's gross motor skills, including large muscles, and is led by a Physical Therapist (PT). PTs utilize a variety of strategies to improve movement and strengthen skills needed to complete daily activities.

Eligibility: Children with a variety of conditions that impact gross motor skills such as: developmental delays, cerebral palsy, and birth defects

More Information: <https://kidshealth.org/en/parents/phys-therapy.html>

### Psychiatrist

Description: A psychiatrist is a medical doctor who specializes in mental health disorders. After an initial comprehensive evaluation with the child and family, the psychiatrist will arrive at a

diagnosis and recommend a treatment plan specific for the child, which sometimes includes medications.

### Social Skills Training

Description: Usually held in small groups and led by an adult (such as a school psychologist or speech therapist), social skills training teaches children how to interact appropriately with other children their age. Social skills learned include problem-solving and conversational skills.

Eligibility: Children with a variety of conditions that impact social skills such as: ASD, ADHD, nonverbal learning disability, social communication challenges

More Information: <https://www.understood.org/articles/en/faqs-about-social-skills-groups>

### Speech-Language Therapy

Description: This therapy helps a child learn to understand and express themselves through language, and is usually led by a Speech-Language Pathologist (Speech Therapist).

Eligibility: Children with a speech and/or language disorder/delays.

More Information: <https://kidshealth.org/en/parents/speech-therapy.html>

## [Massachusetts Behavioral Health Access \(MABHA\) – Mental Health Services](#)

### Boston Emergency Services Team (BEST)

Description: The Boston Emergency Services Team provides 24 -hour response to youth in need of crisis intervention for mental health and substance use concerns.

More information: <https://www.bmc.org/emergency-services-program/brochures>

### Inpatient Mental Health Services

Description: This is the most intense level of psychiatric care for individuals who may be a significant danger to themselves or others. Services are provided in a 24-hour secure hospital setting, and treatment includes group and individual therapy and educational activities.

Individuals will have their medication reviewed and be watched for safety.

### Intensive Community-Based Acute Treatment (ICBAT) and Community-Based Acute Treatment (CBAT)

Description: ICABT is an intensive service for youth having a behavioral health crisis. CBAT is similar to ICBAT, and includes medication monitoring, psychiatric assessment, case management, therapy, and discharge planning.

### Mobile Crisis Intervention (MCI)

Description: MCI is a behavioral health emergency service for youth 21 year old and younger who are having a crisis and need help right away. A trained team will come to a home, school, or other place in the community and provide short-term, on-site response.

### Outpatient Walk-In/Open Access (OA)

Description: OA is an outpatient program where an individual can be seen for intake, psychiatry appointments, group meetings, or individual therapy.

### Partial Hospitalization Program (PHP)

Description: PHP is a short-term outpatient program that provides diagnostic and clinical treatment and includes group and individual treatment.

### Structured Outpatient Addiction Program (SOAP)/Intensive Outpatient Program (IOP)

Description: SOAP/IOP is a short-term intensive substance use disorder treatment service. The program helps with withdrawal management, and provides case management, education, and counseling.

Eligibility: The youth must have a substance use disorder diagnosis and be at least 13 years old.

### Youth Stabilization Services (YSS)

Description: YSS is a substance use disorder service for adolescents and transitional age youth up to age 21, and includes help with withdrawal and intensive substance use disorder treatment.

Eligibility: The youth must have a substance use disorder diagnosis and be at least 13 years old.

*\*You can find openings for most of these services listed under MABHA at the following link:*

<https://www.mabhaccess.com/Search.aspx>

### Children's Behavioral Health Initiative (CBHI) Services

*\*Only available to children with MassHealth insurance, but some services may be available on a small scale for children with other insurances not through CBHI*

#### Family Partners

Description: Family Partners are trained parents whose goal is to ensure the caregiver's voice is heard regarding the service plan and goals for the child.

#### In-Home Behavioral Services

Description: A clinician will work with the child and family to create a behavior plan that will help change behaviors that interfere with everyday life, especially behaviors that potentially cause harm to the child or others. Children can get in-home behavioral services through CBHI, as well as through other insurance plans.

#### In-Home Therapy

Description: In-home therapy occurs in the home and can help support the child and strengthen relationships within the whole family. This form of therapy can help the child and family resolve conflicts, set limits, create helpful routines, find community resources, and learn how to better talk to and understand each other.

#### Intensive Care Coordination (ICC)

Description: ICC is best for children that have serious emotional or behavioral needs or if the caregivers need help coordinating all of the service providers in the child's life to work together. The care coordinator will work with all of the service providers in a child's life to create a unified plan and ensure everyone is working towards common goals.

#### Therapeutic Mentors (TM)

Description: A therapeutic mentor offers structured, one-on-one support to help children learn social and communication skills, so they can improve their connections with people. A therapeutic mentor often takes the child out into the community to help practice skills in real-world situations.

*\*You can find information regarding CBHI services at the following link:*

<https://www.mass.gov/doc/masshealth-behavioral-health-services-for-children-and-youth-aged-20-and-younger-a-guide-for/download>

### Entitlement Programs

#### Department of Developmental Services (DDS)

Description: DDS offers services and supports for children with developmental disabilities, including autism spectrum disorder. Services include: residential supports, services for families, respite care, and transportation services

Eligibility: DDS supports children/youth between ages 0-22, the child's parent or legal guardian must live in Massachusetts, and emancipated youth may also apply

- For children ages 0-4: child must have a serious developmental delay or condition that will cause a development disability if child does not receive services (such as Fragile X syndrome)
- For children ages 5-22: child must have a severe, chronic disability, such as: intellectual disability, autism spectrum disorder, Smith-Magenis syndrome, Prader-Willi syndrome
- Children that have an intellectual disability that results in substantial functional limitations may also apply to DDS, including children with: Williams syndrome, down syndrome, cerebral palsy, spine bifida, fetal alcohol syndrome

#### Application Process:

- There are DDS services that require an application, and others that don't require an application (such as Family Support Centers and Autism Support Centers)
- To apply for DDS services, the parent/legal guardian must fill out an application form (there is a form for children under 5, and another for children 5-22 years old)
  - o DDS requires copies of several documents, including the child's birth certificate and social security card
  - o Applications should be submitted to the family's DDS regional office
- All information on applying to DDS can be found [here](#)

#### More Information:

- DDS: <https://www.mass.gov/service-details/department-of-developmental-services-dds>
- Eligibility: <https://ddsmass.github.io/eligibility-guide/>



### Department of Mental Health (DMH)

Description: DMH provides supplemental services to children and youth with serious mental health needs; services include: case management, day services, and parent/family support services.

Eligibility: A child or adolescent under 19 years old at time of application must have a serious emotional disturbance that:

- Has lasted, or is expected to last 1 year
- Has resulted in functional impairment that substantially interferes with or limits the child's role or function
- Meets diagnostic criteria specified within the *Diagnosis and Statistical Manual of Mental Disorders*, including: developmental, cognitive, mental, and substance-related disorders

Application Process:

- The parent/legal guardian must fill out the Application for DMH Mental Health Services, which can be found [here](#)
- The form must be submitted to the email address of the office that covers the child's town – info on offices and submitting can be found [here](#)

More Information:

- DMH Overview and Services: <https://www.mass.gov/service-details/dmh-child-youth-and-family-services-overview>
- Eligibility: <https://www.mass.gov/service-details/am-i-eligible-for-dmh-services>

### Supplemental Security Income (SSI)

Description: SSI provides monthly payments to help meet the basic needs of children who are blind or have a physical or mental disability

Eligibility: A child must be either blind, disabled (defined as a medically determinable physical or mental impairment(s) which result in marked and severe functional limitations), or have ASD or severe ADHD. There is also an income eligibility requirement.

Application Process:

- Step 1: Fill out the online [Child Disability Report](#)
- Step 2: Social Security Administration will contact family within 3-5 business days to review submitted report and start SSI application process if eligible

More Information: <https://www.ssa.gov/benefits/disability/apply-child.html>

- [Fact Sheet on Applying for SSI](#)