



Blair County Office * Carol Dotts, Site Director
3010 7th Avenue * Altoona, PA 16602 * (814) 942-9425



Programs & Services

PSYCHIATRIC OUTPATIENT CLINIC

The Psychiatric Outpatient Clinic provides psychiatric interventions that will challenge consumers to attain their goals in a nurturing and supportive environment. Interventions include individual, family & group therapy, psychiatric & psychological evaluations and assessments, therapy and medication management. Interventions will challenge consumers to attain their goals in a nurturing and supportive environment.

BEHAVIORAL HEALTH REHABILITATIVE SERVICES (BHRS)

Also called Wraparound, BHRS is a process designed to improve the lives of children and adolescents with complex emotional or behavioral needs. Services are available 7 days a week and become part of the child's daily routine. The process starts by building a team of trained mental health professionals, support agencies & the family to develop an individualized treatment plan to provide services in school, home, and/or the community, as medically necessary to the client. The team includes highly-trained mental health professionals (Mobile Therapist and Behavioral Specialist Consultant), support staff (TSS), family members, and the child. Their goals include assessing the child's needs and strengths, setting goals for the child, setting goals for the family, and evaluating treatment on an on-going basis. Services are available to any child or adolescent under the age of 21 who has a mental health diagnosis and recommendation by a psychiatrist, licensed psychologist, or primary care physician and who are eligible for Medical Assistance.

SCHOOL BASED THERAPEUTIC SERVICES FOR CHILDREN, ADOLESCENTS, & FAMILIES

This program was developed as an alternative to out-of-school placement for those children in kindergarten through 6th grade who are diagnosed with issues that limit the child's participation in school academics, activities, and programming, but do not meet the criteria for other placement programs. All behavioral approaches and treatment interventions will be child-centered and focus on the development of skills that will allow the child to function at maximum capabilities and be reintegrated into the natural classroom setting or other specialized classroom within the district. The purpose of these service is to provide a safe, positive, therapeutic, in home-school behavior based collaborative treatment program. This program will create an environment conducive to helping children increase their level of functioning in efforts to return them back to their natural classroom environment and involve the parents in the treatment as necessary.

BLENDED CASE MANAGEMENT (BCM)

Blended Case Management (BCM) links services and resources to adults and children who suffer from a serious mental illness or emotional disturbance. The primary goal of BCM services is to ensure that the individual remains linked to the necessary community resources in order for them to live in the least restrictive and most normal setting. BCM promotes independence for individuals as it encourages people to understand and meet their mental health care needs and improve their overall well-being. The focus of ACRP's Blended Case Management services is recovery oriented. BCM services are consumer-led, and the consumer determines their own path of recovery by maximizing self-sufficiency. Blended Case Management is a service to assist eligible individuals with mental illness, including children with a serious mental illness or emotional disorder, in getting access to needed medical, social, educational, and other services. Blended Case Management attempts to resolve the "other" problems in an individual's life that may affect their mental health. The Blended Case Management staff will provide access to multiple pathways that could assist the individual to find the cause and provide information to empower the consumer.

www.acrpkids.org * www.facebook.com/acrpkids





Blair Family Solutions, LLC.

1226 Pleasant Valley Blvd.
Altoona, PA 16602
(814) 201-2109
FAX (814) 201-2583

Blair Family Solutions, LLC, is focused on providing high-quality service and client satisfaction. We offer a variety of Behavioral Health Services to clients of Blair County and surrounding areas. We continue to grow within our agency to enhance the needs of the community and clients.

Behavioral Health Rehabilitation Services

Behavioral Health Rehabilitation Services (BHRS), also known as Wraparound, are individualized, child-centered, and family-focused services provided within the home, school, and community settings with the goal to build child and family competencies that will enhance functioning in all domains. Each child will have a psychological evaluation to determine the best combination and level of service to best meet their needs. These services consist of Behavior Specialist Consultant, Mobile Therapist and Therapeutic Staff Support (TSS). The brief treatment model is now available in Blair County as well, allowing for a Behavior Specialist Consultant or Mobile Therapist to get started more quickly to do some additional assessment of the child's needs and consultation to the child's natural supports.

For Information on BHRS services please call Christina Long @ 944-9970 Ext 206

Community and School Based Behavioral Health

CSBBH, formerly known as The Clinical Home Program, is currently available in Altoona at the AAJHS and Penn Lincoln Elementary and in Tyrone at the elementary and middle school. The CSBBH Team is based in the school but delivers services to the youth and family in the school, home, and community settings as needed. Each team is comprised of a number of licensed, master's prepared clinicians and bachelor's prepared staff who work together to serve a flexibly sized caseload of youth and families. As compared to other community-based behavioral health services, the CSBBH Team delivers services to the youth in a more flexible manner at times of clinical need.

For Information on CSBBH services please call Brett Miller @ 944-9970 Ext 202

Outpatient Clinic

Outpatient therapy is in-office therapy provided only by licensed professionals, masters and bachelors level therapists. Sessions are typically an hour long and are provided weekly or as according to medical necessity. Most insurances are accepted even in our school offices; so there is no cost to the school. Services are provided in our Altoona and Bedford office as well as the following schools:

In Altoona: AAHS, AAJHS, Kimmel Alternative, All Elementary Schools, Head Start Greenwood and W&J

In Tyrone: Tyrone Elementary, Middle and High School, Head Start

In addition: Bellwood Middle and High School, Martinsburg Elementary, Spring Cove Elementary and Middle

The Clinic is now offering Psychiatric services for people 14 years of age and up and Telepsychiatry services for people of all ages.

For Information on Outpatient Services please call our main office at 944-9970 Fax 944-9974

Family Based Mental Health Services

Family Based is a more intensive family therapy program comprised of a team that works closely with families to develop and implement change. This service works collaboratively with other systems and providers to prevent higher levels of care such as out of home placement or hospitalization or to transition youth back to their traditional home environment. Family Based teams receive intensive training in family therapy issues and techniques. Ongoing, intensive supervision is provided to teams to keep treatment focused. Family Based provides on call 24/7 crisis services with one of the Family Based staff members.

For information on FBMH services please call Jennifer O at 944-9970 Ext 220



CHILDREN'S BEHAVIORAL HEALTH, INC.

Children's Behavioral Health, Inc. (CBH) specializes in providing outpatient behavioral health services to children and adolescents in the school, home, and community settings.

We will work collaboratively with other individuals currently involved in the treatment of your son or daughter. This includes school staff, doctors, pediatricians, MH/MR staff and others working to ensure that your child is receiving the best level of care.

Behavioral Health Rehabilitation (BHRS) are available for children and/or adolescents (up to the age of 21) who present with social, emotional and/or behavioral issues that result in impairment that substantially interferes with or limits the child's role or functioning in family, school or community activities.

BHRS are services that will or are reasonably expected to improve or stabilize certain behavioral symptoms exhibited by children/adolescents. CBH offers the following services throughout the state of PA and in Blair County. Brief treatment services are also offered at CBH. This service, if recommended, can start much sooner than traditional BHRS.

Behavioral Specialist Consultant/Brief Treatment Behavioral Specialist Consultant

A Master's level position who develops an individualized treatment plan and also provides appropriate behavior modifications for each child to successfully meet the goals set by the team.

Mobile Therapist/Brief Treatment Mobile Therapist

A Master's level position who provides intense therapeutic services to the child and family in the home or community setting instead of the office setting.

Therapeutic Staff Support

Provides one on one mental health interventions to children with emotional, social and behavioral disturbances. Interventions include positive reinforcement, emotional support, time-out strategies or other rehabilitative activities.

Case Management

Coordinates families in gaining access to medically necessary services and facilitates access to care while monitoring your family members' services to ensure your child's needs are met to the best of our ability.

Please contact one of our Case Managers for more information or with any questions that you may have regarding BHRS services.

Amanda Pierannunzio Amanda.Pierannunzio@pathways.com 942-8168 ext. 224

Holly Eichenlaub Holly.Eichenlaub@pathways.com 942-8168 ext. 225

Ryan Herr Ryan.Herr@pathways.com 942-8168 ext. 223



Since 1980

Mental Health and Drug and Alcohol Blair County Office



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Roaring Spring, PA 16673
(814) 224-1380
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www.cenclear.org

For referrals or intake call (814) 224-1380 or visit our website at cenclear.org

Mental Health Outpatient Services: Individual, Collateral, Family, Group, Psychiatric/Psychological Services

CenClear offers a variety of confidential, outpatient clinic-based services for all ages. Services are tailored to meet specific mental health needs and concerns of the consumer.

Drug & Alcohol Outpatient Services: Group, Individual, and Family

CenClear provides a multi-faceted approach to the tasks of recovery for individuals and families that struggle with substance abuse. The goal is to provide a framework in which people can reclaim their lives. All services are designed to enhance personal strengths, improve coping skills and to assist our consumers in their recovery.

Behavioral Health Rehabilitative Services (BHRS): The primary purpose of this program is to help the child/adolescent learn skills to become independent in their daily environments and to reduce or replace a problem behavior with a positive, social appropriate behavior. These services can be provided in the home, school, and community. CenClear offers: Behavior Specialist Consultant (BSC), Licensed Behavior Specialist Consultant (LBS), Mobile Therapist (MT), Therapeutic Staff Support (TSS), Brief Treatment BSC, Brief Treatment MT. LBS/MT/TSS with applied behavior analysis for clients diagnosed with an autism spectrum disorder.

Family Based Mental Health (FBMH): This program assists children and families with emotional or behavioral problems through home-based therapy. Services are delivered in the home, school and community by two highly-trained therapists. Services include: crisis intervention and stabilization services 24 hours a day/7 days a week.

Maintaining Strengths Program (MSP): The objective of this program is to strengthen and maintain the family, improve coping skills, teach family members to care for their children or adolescent and serve as an advocate for the child/adolescent. This service can be used as a step-up from OP/BHRS or a step-down from FBMH or other higher level of care.

Certified Peer Support Services: A Peer Specialist is a supportive advocate to help individuals to stay on their recovery path. They are adults who are living their own mental health recovery journey who willingly and openly share their experience, strength, and hope with others.

Blended Case Management (BCM): CenClear offers case management services to adults, children, and adolescents that are affected by mental health, emotional, developmental and behavior issues including co-occurring disorders. The goal is to maintain the consumer in their own community. An assigned case manager works with the consumer to access, link, coordinate and monitor needs of services as well as provided support and advocacy.



Behavioral Health Rehabilitation Services (BHRS)

BHRS focuses on skill development to support emotional and behavioral issues for children birth to 21 years of age through a child-centered, strengths based approach. Services are provided in the home, school, and/ or community setting as deemed necessary by the child's treatment team. There are three levels of services offered within BHRS; **Behavioral Specialist Consultant (BSC)**, **Mobile Therapist (MT)**, and **Therapeutic Support Staff (TSS)**.

FBR also provides Brief Treatment to consumers', where sessions are short-term and focused on helping an individual find a solution to or effectively manage a specific problem or challenge, or to make a desired change.

Each **BHRS** consumer is assigned a lead clinician as prescribed within the most recent Best Practice Psychological Evaluation. Initial treatment plans are developed by the lead clinician with input from the consumer, family and other members of the treatment team.

Family Behavioral Resources

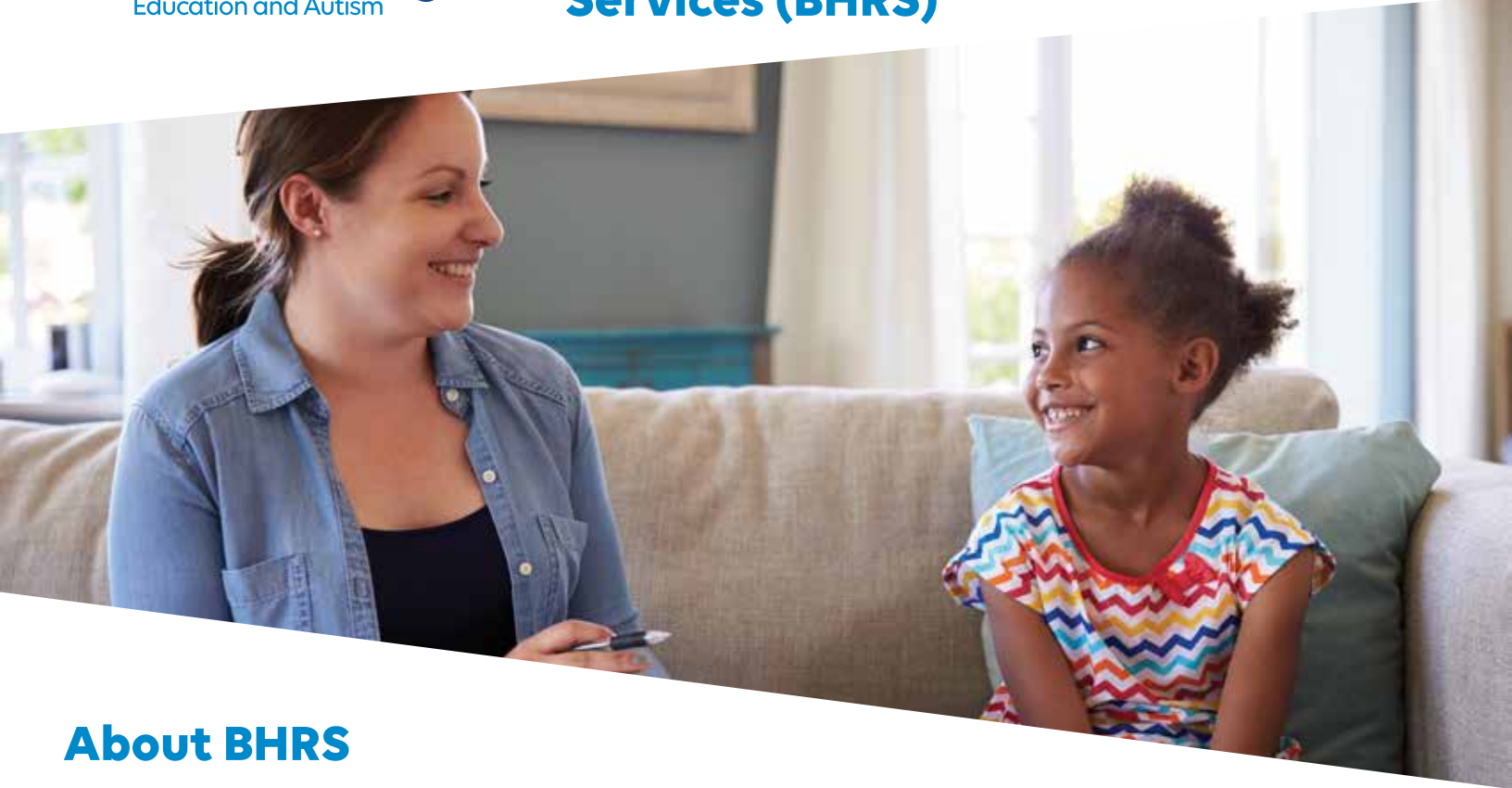
Blair County BHRS

Ebensburg

325 Industrial Park Road, Suite B

Ebensburg, PA 15931

For more information, please visit our website or contact our Ebensburg Office at 814-419-8046.



About BHRS


Merakey provides Behavioral Health and Rehabilitation Services (BHRS) for individuals under the age of 21 diagnosed with Autism Spectrum Disorder and other related disorders. Treatment takes place in the home, community, or educational settings to provide transfer of skills to the individual's natural supports. Individualized care and program supports work to replace problem behaviors with socially appropriate behaviors in addition to developing social, communicative, and adaptive functioning skills.

Services Include:

- Individualized strengths - based evaluations
- Collaborative care between caretakers and BHRS team members
- Transference of skills to natural supports
- Progress monitoring through real time data collection and analysis
- Behavior Specialist Consultant (BSC)
- Mobile Therapist (MT)
- Therapeutic Support Staff (TSS)
- Oversight by a Board Certified Behavior Analyst (BCBA)

Eligibility Requirements

- Ages 0 – 21
- ASD or Mental Health Diagnosis
- Deemed medically necessary by a psychologist

 724-532-2302



Merakey is a leading developmental, behavioral health and education non-profit provider offering a breadth of integrated services to individuals and communities across the country. We leverage our size and expertise to develop innovative solutions and new models of care to meet the needs of individuals, their families, public and private healthcare funders and community partner organizations. We recognize that complex needs require a holistic approach. With our experience, expertise and compassion, we empower everyone within our communities to reach their fullest potential.

www.merakey.org

Children do not come with an instruction manual. Sometimes they need more help than we can provide ourselves. **Let us help.** We are committed to providing health and wellness services to children and families through remarkable care, hand delivered.

BEHAVIORAL HEALTH REHABILITATION SERVICES (BHRS) BRIEF TREATMENT MODEL

A team comprised of a Therapeutic Staff Support (TSS), Behavior Specialists Consultant (BSC), and/or a Mobile Therapist (MT) works with your child and family in your home, school and community to reach goals established by a treatment team of caring individuals including your family, school personnel, and behavioral health professionals.

Contacts: Curtis Melton, Clinical Services Manager 941-8039. Email: meltonwc@upmc.edu

Mandy Holby, Admissions Coordinator 941-8028. Email: holbyml@upmc.edu

BRIEF TREATMENT MODEL

Includes Mobile Therapist or Behavioral Specialist Consultation only, is intended to provide members with one of these services in a more expedient manner than traditional BHRS services.

Contacts: Curtis Melton, Clinical Services Manager 941-8039. Email: meltonwc@upmc.edu

Mandy Holby, Admissions Coordinator 941-8028. Email: holbyml@upmc.edu

OUTPATIENT THERAPY AND SCHOOL BASED COUNSELING

Counseling is provided by seasoned clinicians for a broad range of behavioral health concerns for children and adolescents in an outpatient clinic or school setting. We have years of experience treating children and adolescents suffering from trauma, grief and loss, anxiety, depression, mood swings, attention deficits and impulsivity, family conflict, school difficulties, and bullying, just to name a few.

Contacts: Curtis Melton, Clinical Services Manager 941-8039. Email: meltonwc@upmc.edu. Renee Swogger, Coordinator/Therapist 941-8019. Email: swoggerra@upmc.edu (Hollidaysburg, Tyrone, Bellwood, Williamsburg School Districts). Jason Gardner, Coordinator/Therapist 941-8018. Email: gardnerjl3@upmc.edu (Altoona, Claysburg and Spring Cove School Districts).

BLENDED CASE MANAGEMENT

Through assessing the strengths and needs of your family, Blended Case Management provides services to you and your child by coordinating and linking you to resources in the community that will assist you in attaining your family's identified goals.

Contacts: Stephanie Gallagher, Team Manager 941-8031. Email: gallaghersj@upmc.edu

Christopher Jones, Team Manager 941-8025. Email: jonescm42@upmc.edu.

CHILD AND ADOLESCENT PARTIAL HOSPITALIZATION (CAPH)

CAPH is full day program that includes intensive counseling services including group, individual and family therapy, as well as psychiatric evaluations for children and adolescents who are experiencing serious emotional and behavioral difficulties that impact their performance in school and affect other significant areas of your child's life.

Contact: Rachael Hosgood, Clinical Services Manager 941-8041. Email: hosgoodrj@upmc.edu

PARENT CHILD INTERACTION THERAPY (PCIT)

PCIT is a proven coaching technique that focuses on decreasing the disruptive behaviors of your child while increasing the pro-social behaviors that you would like to see, all while strengthening your bond with your child. Coaching is provided to care givers and children ages 2-7 years old through a one-way mirror so that real-time interventions can be practiced.

Contact: Shannon Tronzo, Children's Director 941-8029. Email: tronzos@upmc.edu. Curtis Melton, Clinical Services Manager 941-8039. Email: meltonwc@upmc.edu.