



CATHOLIC CHARITIES
FAMILY-BASED
MENTAL HEALTH
SERVICES

Family Based Programs

Capital Region Family Based Program

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Lancaster In-Home Program

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York/Adams Family Based Program

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 Abbottstown, PA 17301
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Visit our web page at: www.cchbg.org

Catholic Charities of the Diocese of Harrisburg, PA Inc is a non-profit tax exempt organization providing multiple human and social services to persons in the 15 counties which comprise the Diocese of Harrisburg. Services are provided regardless of race, gender, age, ethnicity, religion, nationality, disability, political belief or ability to pay. Catholic Charities operates on an annual budget of ten million dollars funded by grants from government agencies, United Way, fees from clients, as well as contributions from individuals, foundations and corporations and the Bishop's Annual Lenten Appeal.



FAMILY-BASED
MENTAL HEALTH
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 DIOCESE OF HARRISBURG

OUR PROGRAM

WHAT ARE FAMILY-BASED MENTAL HEALTH SERVICES?

The Family-Based Mental Health Services Program (FBMHS) is designed to prevent hospitalization or out-of-home placement of a child or adolescent with emotional disturbances. This service is also appropriate to assist in reuniting families whose child or adolescent has been placed outside of the home. Intensive therapeutic interventions and supports are provided to the family to empower the family to care for their child with an emotional disturbance.

The guiding principle of FBMHS is that children grow up best in their own homes. Consequently, there is an emphasis upon families as partners and resources in treatment planning and in ongoing intervention.

- All children in the family with mental health needs are eligible for the full range of services.
- Services are delivered to the family in their home, school or community.
- Services are team delivered to further continuity of care.
- Services are comprehensive.

Since children and families do not live in isolation, services are oriented to assist children in receiving maximum benefit from school and community activities, and to help families identify and access community resources. When families are involved with two or more child serving agencies, the program seeks to ensure coordination of services among those agencies.



The Family Based team works in close partnership with the child and family to identify the child's and family's strengths and to assess areas of need. The child, family and team collaborate to develop a treatment plan to build upon strengths and address the identified needs. This may include increasing coping capacities, problem-solving abilities and life skills, or improving management of stress and parenting skills. Since the program operates from an underlying commitment to a "Whatever it Takes" philosophy, treatment plans are highly individualized and tailored to each child and family's unique situation.

Families and professionals work in partnership to build upon strengths and address needs, in order for families to care for their children.



SERVICE COMPONENTS

Therapy

FBMHS offers a variety of therapy modalities. Individual, as well as Family and Group Therapy are offered to address family dynamics. All marriage and couples counseling will be referred out to an appropriate service. Services are team delivered in the family's home or community. Services are intensive and time limited.

Crisis Management

24 hours, 7 days a week crisis services are provided to all enrolled families.

Case Management Services

These services are offered to all family members. Services are defined as linkages to community systems; providing referral and connections to other service systems to assist families meeting their goals.

Family Support Services

A combination of formal and informal services and tangible goods, which are identified by the family and consistent with the family's treatment plan and goals.

Catholic Charities currently operates 3 family based programs, all of which operate under licenses granted by the Department of Public Welfare. Counties serviced by these three programs are Adams, Cumberland, Dauphin, Lancaster, Perry, and York.

