

**“What can you do if the Best Practice Guidelines are not being practiced?”**

- **Contact your provider regarding concerns with the best practice guidelines. If they are not able to meet the best practice guidelines you can contact Magellan at 1-866-238-2311 or [www.magellanhealth.com](http://www.magellanhealth.com) or the Lehigh County Children’s Mental Health Coordinator at 610-782-3502.**



**Resources for Best Practice Guidelines in Child and Adolescent Mental Health Services**

**For a complete listing of best practice guidelines and information please see the PA Dept. of Public Welfare Website**

<http://www.dpw.state.pa.us/PartnersProviders/MentalHealthSubstanceAbuse/003670696.htm>

Information about Lehigh County’s Children’s mental Health Unit and many other resources -

<http://www.lehighcounty.org/Departments/HumanServices/MentalHealth/Children/tabid/720/language/en-US/Default.aspx>

**CASSP Principles (Child and Adolescent Service System Program)**

**Child-centered:** Services are planned to meet the individual needs of the child. Services consider the child’s family and community, are developmentally appropriate and build on strengths.

**Family-focused:** The family participates as a full partner in all stages of the decision-making and treatment planning process including implementation, monitoring and evaluation.

**Community-based:** Whenever possible, services are delivered in the child’s home community, drawing on formal and informal resources to promote successful participation in the community.

**Multi-system:** Services are planned in collaboration with all the child-serving systems involved in the child’s life. Representatives from all these systems and the family collaborate to define the goals for the child, develop a service plan, develop the necessary resource to implement the plan, and provide appropriate support to the child and family.

**Culturally competent:** Services that are culturally competent are provided and respect the behavior, ideas, attitudes, values, beliefs, customs, language, rituals, ceremonies and practices characteristic of a particular group of people.

**Least restrictive/least intrusive:** Services take place in settings that are the most appropriate and natural for the child and family and are the least restrictive and intrusive available to meet the needs of the child and family.



Lehigh County  
Children’s Mental  
Health

**Best Practice Guidelines For Children and Youth in Mental Health Placements**



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Visit our Website [www.lehighcounty.org](http://www.lehighcounty.org)

## Best Practice Guidelines for Children and Youth in Mental Health Placements

### Best Practice Guidelines

**“What you can expect when your child is in treatment”**

#### **You can anticipate:**

- you and your child will be active participants in the decision making and treatment planning process
- a treatment team meeting to occur every 30 days and reauthorization meeting to occur every 90-120 days or upon request
- a monthly progress review
- the ability to include family and friends as part of the treatment team
- that you have a right to disagree or request a change in the treatment plan
- that educational goals will be included in the treatment plan
- that the treatment plan will have measurable outcomes
- that you will be given a copy of the treatment plan
- that the family and child's strengths will be included on the treatment plan

### Juvenile Probation, MH/IMR...

- your child will have therapeutic off site visits including home passes in which the treatment goals will continue to be addressed and evaluated upon return

- the goals are addressed in understandable language

- that your cultural background and beliefs will be respected

- your child will be encouraged to participate in community activities including recreational, vocational, employment and volunteer work as determined appropriate



- that you and your child will be educated about prescribed medications and potential side effects

**“What you can expect in the discharge planning process”**

#### **You can anticipate:**

- That a discharge planning will be addressed within the first two weeks of admission and at all on-going treatment planning meetings

- You will be made aware of support services in the community as well as additional support and services in recovery

- A follow up mental health appointment will be scheduled within seven days post discharge

- You will receive a copy of your child's discharge plan

- That mental health services, i.e. family based, behavioral health rehabilitative services... will be coordinated prior to your child's discharge

- That the educational placement is coordinated prior to discharge and the school district is a participant of the discharge planning meeting

- Discharge planning begins upon admission, but a discharge meeting should take place 60-90 days prior to the anticipated discharge date

- All parties involved will be informed of the discharge plan

- That a safety and crisis plan will be included on the discharge summary

- That separation issues from staff will be addressed by a therapist prior to discharge, and post discharge.

