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University of Pittsburgh
Medical Center

Children's Case Management Module 3

Family Based Mental Health Services



Introduction

- The Family Based Model
- Family Based Mental Health Services (FBMHS) program characteristics
- Specialty teams
- Referral Information
- Relationship to Case Management/Service Coordination

Program Description

This module will review the family based model which stresses the critical necessity of working and communicating with the family to establish effective collaboration.

The outcome of this commitment to collaboration is the enhancement and support of the family's capacity to remain intact in a way that promotes the best interest of the child or adolescent.

Educational Objectives

Upon completion of this module, participants should be able to:

- Describe Structural Family Therapy as utilized by Family Based Services
- Identify tools used in Family Therapy
- Utilize genograms, structural maps and ecomaps in assessing families
- Develop treatment goals to plan for positive outcomes

Program Characteristics

- Eco Systemic Structural Family Therapy Model
- Intensive Treatment up to 32 weeks
- Team Delivered
- Empowerment: Parents as Partners
- Services Delivered In-Home and Community
- 24/7 On-Call/Crisis Intervention

Overview of Family Based Mental Health Services (FBMHS)

Four components of Family Based

- Family oriented therapies
- Crisis intervention
- Case management
- Family support services/advocacy

Specialty team adds 5th component:

- Behavioral analyst

Goals of FBMHS Model

- Reduce the need of out-of-home placements
- Strengthen and maintain family
- Increase life skills/coping capacities of each family member

Philosophy of FBMHS

- Holistic frame of reference
- STRENGTH BASED!
- Attention to developmental stages
- Ecological perspective
- Family Systems perspective
- Permanency planning
- Follows CASSP Principles

CASSP Principles

- Child Centered
- Parents as Partners
- Community-Based
- Multi-System
- Culturally Competent
- Strength-Based
- Least Restrictive/Least Intrusive

How Do You Get FBMHS?

- Prescriptions letter (within 60 days)
- Current psychiatric evaluation
- Active BSU or MH number
- PERMISSION!

Who Do We Serve?

- Birth to 21 years is eligible, most individuals are 5-17 years old
- Must have a DSM-IV Axis I diagnosis
- Identified patient must be at risk of placement
- Parent/Guardian willing to *actively* participate
- Consensus among current service providers
- Family Based takes clinical lead

Case Management

- Agreement
- COLLABORATION
 - ICM/RC (guidelines)
 - TSS (supplemental)
 - Additional
 - After school programs
 - Therapeutic camps
 - Partial hospitalization

Specialty Teams for Family Based Services

- Focus of treatment with Autism Spectrum Disorder
- Behavioral Analyst
- Applied behavioral analysis (ABA) interventions/strategies
- Assessment tools to measure outcome

ABA Components

- Behavioral analyst:
 - Communication skills
 - Social skills
 - Behavioral skills
 - Independent skills
 - Community awareness/safety skills



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MODEL OF TREATMENT

STRUCTURAL FAMILY THERAPY

Structural Family Therapy-

The Basics

- Hierarchy
- Roles/Rules
- Boundaries
- Relationships

Goals of Structural Family Therapy

- Establish effective hierarchy
- Increase interaction and closeness in disengaged families
- Increase differentiation of individuals and subsystems in enmeshed families
- A spouse/partner subsystem that is distinct from the parental subsystem
- Assist the family and child with refining their skills using an ABA approach

Examples of Subsystems

- Sibling
- Parental/Executive
- Grandparent
- Non-familial
- Community

Main Components: Hierarchy

- Clear leadership from parents to children
- Parents working together presenting a united front
- Based on age, roles, strengths and weaknesses

Main Components: Rules and Roles

- Family roles: a pattern of acts that dictates how an individual functions within the family
- Unspoken rules and roles often effect family functioning
- Clear expectations are required for family to function effectively

Main Components: Boundaries

- Boundary: a concept used in structural family therapy to describe emotional barriers that protect and enhance the integrity of individuals, subsystems and families
- Invisible barriers that define the amount and kind of contact and access between members and subsystems in the family
- Can be rigid, clear, or diffuse

Main Components: Relationships

- How, when, and to whom family members relate
- Varied levels of intensity from disengaged to enmeshed
- Relationships with community resources can be used to support a family's efforts to be more successful

Techniques

Minuchin (1974) lists three overlapping phases in the process of structural family therapy---therapist joins the family in a position of leadership, maps the underlying structure, and intervenes to transform this structure

Family Therapy Tools

- Genogram
 - Family tree depicting the who, what & when of the family
- Structural Map
 - Tracks and documents how a family is organized
 - Changes as time goes on
- Ecomap
 - Graphic of how family relates to community

Summary

You have completed Module 3

Please continue by completing test found on the main menu.

Comments

Please refer any comments or questions regarding this training to:

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Completed

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