



## **Strengthening Families Together**

The Children and Family Treatment and Support Services (CFTSS) program is designed to support children/youth and their families to identify their strengths and needs as they work to address the symptoms of their mental health diagnosis or behavioral health needs. By identifying needs early and working with children, youth, and families directly in their home and community, these services help prevent the need for emergency room (ER) visits, psychiatric hospital admissions, or out-of-home placements. Children/youth who are covered by Medicaid or a Medicaid Managed Care Plan and have a mental health diagnosis or are at risk of developing a mental health diagnosis are eligible for one or all of the services offered by the program.

## **Who is Eligible?**

- Child/Youth enrolled in NYS Medicaid or a Medicaid Managed Care Plan
- Ages Birth to 21

## **Key program features:**

- Helps children/youth (under 21) with mental health and social, emotional, or behavioral challenges.
- Works with service recipients to provide culturally competent care according to their background and language spoken.
- Provides person-centered care, putting child/youth and family choices first.
- Services are provided in the child/youth's home or community.
- May be more effective in engaging child/youth and families who may have difficulty participating in traditional clinic-based settings.



## Services Provided by CFTSS

Children/youth and their families may participate in one or more of the following services as part of the CFTSS program:

### 1. Other Licensed Practitioner Services - Assessment and Evaluation, Therapy, and Crisis Support Services

The Licensed Clinician, available during business hours and on-call, will partner with children/youth and their families to:

- Identify strengths, needs, goals and hopes for the future, and potential barriers to goal achievement;
- Facilitate and conduct assessments and evaluations to assist in identification of strengths and needs;
- Identify and invite natural and formal supports onto the treatment team;
- Develop a comprehensive and collaborative treatment plan;
- Engage in evidence-based, trauma-informed therapy services within the home or community to advance through treatment plan objectives;
- Provide guidance during difficult situations and challenges that come up during the treatment process;
- Review and revise treatment goals to reflect progress and achievements and work toward increased independence.

## 2. Community Psychiatric Supports and Treatment (CPST)

The CPST program service includes:

- Counseling provided by a master's level human services professional.
- Trigger identification, safety planning, and developing plans for avoiding future crises.
- Education for children/youth and family/caregivers to minimize the negative effects of behavioral health symptoms.
- Routine planning and developing supports for caregivers.

## 3. Psychosocial Rehabilitation (PSR)

The PSR service is designed to:

- Strengthen social and interpersonal skills.
- Build positive family relationships.
- Establish prosocial support networks.
- Help child/youth identify, develop, practice, and apply new skills in a community setting.

### Benefits

- Stabilizes child/youth in their foster care placement to prevent disruption, multiple placements, and moves to higher levels of care.
- Decreases length of stay in foster care.
- Increases caregiver/family functioning and improves parenting skills through reunification services.
- Increases the number of successful kin placements.
- Decreases the number of ER visits and hospitalizations. Increases support networks for children/youth and families.



## How to Refer a Child/Youth for CFTSS Services

Children/youth or families can make their own referral. They may also ask a doctor, care manager, licensed practitioner, medical health provider, the county, or anyone who knows them to submit a referral on their behalf.

Email referrals to: [cftss.intake@cayugacenters.org](mailto:cftss.intake@cayugacenters.org)