

## **Definitions for Mental Health Services Children's Mental Health**

### **Information and referral**

Provisions of information to individuals seeking knowledge of social and human services, and assistance to individuals in making contact with a resource that can respond to their need or problem.

### **Community Education and Prevention**

Activities designed to educate the general public or special high-risk target groups about problems associated with mental illness, chemical dependency, developmental disabilities, child welfare, or other social problems; to increase the understanding and acceptance of these problems; to increase people's awareness of the availability of resources and services; to improve people's skills in dealing with the high-risk situations.

### **Client Outreach (Family Community Support Services)**

Services designed to locate children within the community who have or may have severe emotional disturbances, inform them, or their families, of available community support services, and assure that they have access to those services.

### **Child Outpatient Diagnostic Assessment/Psychological Testing**

Diagnostic interview examination of a child including history, mental status or disposition; psychological testing by physician/psychologist with written report when provided either; (a) outside an inpatient or residential treatment setting, or (b) within an inpatient or residential treatment setting by an outside provider. This excludes diagnostic assessment services provided as part of a day treatment or family community support program, and services provided by staff of a residential or inpatient program.

### **Early Identification and Intervention**

Services designed to identify persons who are at risk of needing or need mental health services and to arrange for intervention and treatment. This service can be provided to both children and adults; however, it is mandated in law only for children.

### **Pre-Petition Screening**

Investigation prior to a commitment hearing which includes a personal interview with the proposed patient or others knowledgeable about the condition of the proposed patient; identification and investigation of the alleged conduct which is the basis for the application; preparation of a report to the county attorney listing reasons for rejecting or recommending alternatives to involuntary placement; and attendance and participation at hearing or commitment proceedings. This services must meet standards specified in the Minnesota Commitment Act.

### **Approved Pilot Programs**

These services are innovative services approved by DHS as part of a pilot program under grant or contract. These services must conform to DHS definitions and terms, and may be used only when directed by DHS.

### **Professional Home-Based Family Treatment**

Professional home-based family treatment services are intensive mental health services provided to children at-risk of, in, or returning from out-of-home placement due to an emotional disturbance. Services must be designed to meet the specific mental health professional with other family/child mental health and human service providers. Services must be flexible, be able to handle crisis 24-hours per day, and be coordinated with other services. The duration, frequency, and intensity of services is determined through the individual treatment plan.

### **Child Day Treatment**

A structured program of treatment and care, consisting of group psychotherapy and other intensive therapeutic services that are provided for a minimum three-hour time block, at least 5 days a week, by a multidisciplinary staff under the clinical supervision of a mental health professional, designed for the purpose of stabilizing the child's mental health status, and developing and improving the child's daily independent living and socialization skills. Child day treatment services are not a part of inpatient or residential treatment services, but must be coordinated with, integrated with, or be part of an education program offered by the child's school.

### **Rule 5 Child Shelter**

Services provided in a facility licensed as a shelter under Rule 5. These services are time-limited placements of 90 days or less for children who are in a behavioral or situation crisis, and who need out-of-home placement in a protective environment and have an immediate need for services such as assessment, evaluation, or placement planning.

### **Regional Treatment Center Inpatient.**

The 24-hour-a-day comprehensive medical, nursing, or psychosocial services provided to persons with mental illness or emotional disturbance in a regional treatment center operated by the state.

### **Child Acute Care Hospital Inpatient**

Short term medical, nursing and psychological services provided to children with an emotional disturbance in an acute care hospital licensed under Chapter 144.

