



Community Based Services

For Children and Adolescents

Case Management | Psychosocial Groups
Attendant Care | Peer Support
Supported Employment | Parent Support Groups

**Southeast Kansas
Mental Health
Center**



To qualify for Community Support Services

An appointment would need to be made with a *QMHP who will assess the mental health needs and make a referral for community support services as appropriate.

CRITERIA IS AS FOLLOWS:

- **UNDER THE AGE OF 18**
Can be up to the age of 21 if the person has been receiving community based mental health services prior to the age of 18 that must continue for optimal benefit.
- The youth currently has a diagnosable mental, behavioral, or emotional disorder of sufficient duration to meet the diagnostic criteria specified within the most current DSM
- The disorder must have resulted in functional impairment that substantially interferes with or limits the youth's role or functioning in family, school, or community activities.

* QMHP - Qualified Mental Health Professional

* DSM - Diagnostic and Statistical Manual of Mental Disorders



Case Management

Case Management Services are provided to children and adolescents that have been referred by a QMHP. Case Management is an individualized service provided in the home, school, or community settings. It is a person-centered program that promotes growth in the individual’s personal, academic, and social development.

THE CORE ELEMENTS

- Development of individual goals
- Assessment of strengths and needs
- Solution focused interventions
- Supportive Counseling
- Problem behavior analysis
- Emotional and behavioral management
- Assist with social and daily living skills
- Procure natural and community supports
- Progress evaluation and reporting
- Treatment and Crisis planning
- Correspondence w/collateral supports
- Provide access to necessary supports
- Service coordination for the individual

Psychosocial Groups

(I.E. SEKA OR TEEN GROUP)

The primary goal of Psychosocial Groups is to assist youth in developing personal attitudes, social behaviors, and skills needed to function and progress in their home, work, and community settings.

THE CURRICULUM IS DESIGNED TO:

- Enhance personal relationships
- Increase community awareness
- Establish support networks
- Develop coping strategies

GROUP ACTIVITIES COMMONLY INCLUDE:

- Daily Goal activities
- Games/Group activities
- Community-based outings to local resources
- Team and character building activities
- Arts, crafts, journaling, etc.



SEKA

Southeast Kansas Achievers (SEKA) is for children ages 5 to 11.

An opportunity for youth to develop social skills that are important to their development as well as personal and social growth.



TEEN GROUP

Teen Group is for youth ages 12 to 18.

Teen Group further prepares youth to manage the pressures of adolescence while preparing them for responsibilities of adulthood.

Attendant Care

Attendant Care is goal-directed, individual support to children and adolescents that help them maintain and progress in their home and community. Attendant Care activities include: assisting with treatment goals; direct support and supervision with daily routines, social skills, and tasks; assist in developing structured activities and medication management.

Parent Support

Parent Support Specialists provide families the support and assistance needed to achieve full participation in planning, designing and implementing mental health services for their children. They also teach effective parenting skills; help attain local, state, and national resources; and serve as a parent and child advocate. Additionally, Parent Support Groups are provided to include educational seminars.

Independent Living

Independent Living assists consumers who are transitioning to adulthood with support in acquiring, retaining, and improving self-help, socialization, and adaptive skills necessary to be successful in employment, housing, education and community life.

Respite

Respite Services provide relief to children and their families in order to maintain a stable lifestyle. Services are contracted with DCCCA, Inc.

Need more info?

**Contact your local Southeast Kansas
Mental Health Center to learn more.**

Allen County: (620)365-5717

Anderson County (785)448-6806

Bourbon County (620)223-5030

Linn County (913)352-8214

Neosho County (620)431-7890

Woodson County (620)625-2746

www.sekmhc.org