

OUTSIDE SERVICES FOR CHILDREN

Presented by the Special Education & Summer School
Programs

Penn Hills Charter School

A Note About the Material in the Presentation

- Outside services are the sole responsibility of a child's parents or guardians. This includes, but is not limited to, student enrollment, costs, and participation.
- Agencies discussed in this presentation are examples of the types of services available to your child.
- Please note that the agencies mentioned in this presentation are not endorsed by PHCS. Rather, these agencies are examples of the types of services available in this area.

What Are Outside Services?

- Outside services are services provided by agencies based in the community.
- They are private services.
- They are separate from the school.
- They are not sponsored by the school.

Outside Services and Their Relationships with the School

- Progress and work made in the outside agency are generally private and possibly confidential.
- PHCS is more than willing to consult with outside agencies working with individual children in order to meet each child's needs.
 - In order for us to be able to consult with them, we need a signed permission from you.
 - This permission allows us and the outside agency to communicate with each other.
 - Representatives from outside agencies may give their input to PHCS through having a representative attend a meeting with you the parent/guardian, through consultative phone calls, and written input.
 - Sometimes, outside agencies want information from the school. PHCS is more than willing to share information, as long as we have permission from you that we can communicate with the outside agency.

Outside Services and Their Relationships with the School

- PHCS does not supersede what is being done in community agency. We can make recommendations as to what the focus may be of the outside agency's service, but we do not hold any say over what occurs.
- Likewise, the community service can make recommendations for the school.



What Kind of Outside Services are Available?

- Outside community services can generally be divided into 2 groups:
 - Academic Community Resources/Groups
 - These groups & organizations help children to increase academic skills. Generally, the focus is on preparing and bettering math and ELA scores. However, when children become older and in the higher grades, services may focus towards individualized subjects.
 - Mental Health Community Recourses/Groups
 - These groups & organizations help children to build up social and emotional skills.

Academic Community Resources: Individual Tutoring

- For individualized tutoring services in any subject area:

Care.com

Tutoring where you can research independent tutors who are rated by other users

Club Z! Tutoring

Tutoring goes to your home

<http://www.clubztutoring.com/>

Academic Community Resources: Learning Centers

- Learning Centers that focus on a student's grade – level work. Generally, services look at where the student is in a grade level and work on advancing that student's reading/math scores.

Huntington Learning Center

Individualized tutoring

2790 Mossdale Blvd., Monroeville, PA 15146 or (412) 856-5250

The Sylvan Learning Center

Tutoring in all subject areas

3747 William Penn Highway, Monroeville 15146 or (412) 858-5271

Academic Community Resources: Learning Centers

Total Learning Center

Programs are paid by parent/guardian and cost will be discussed after meeting is set up with TLC

Program located at 12045 Perry Highway; Wexford, PA

Phone: 724-201-2284

Academic Community Resources: Reading

- These organizations focus solely on reading and writing skills:

Duquesne University Summer Reading Program

Programs available at the university and in Verona

Payment is approximately \$300

To learn more visit www.duq.edu or call 1-800-946-8888

The Readers and Writers Workshop

Individualized tutoring

401 Shady Ave., Suite C105, Pittsburgh, PA 15206 or (412) 661-6682



Academic community resources: math

- These organizations focus solely on math skills:

WyzAnt

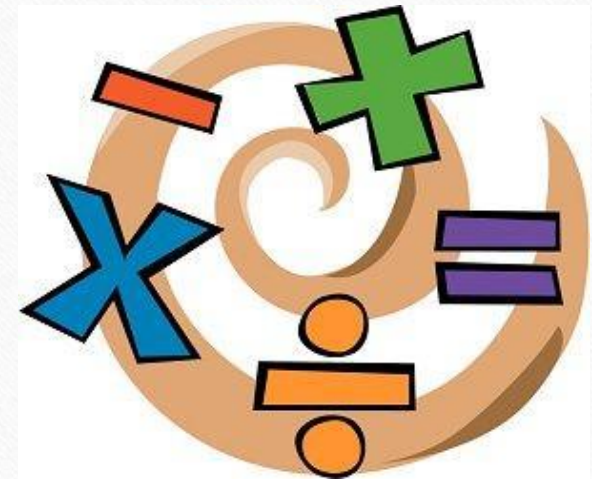
On-line organization that pairs a student with a tutor

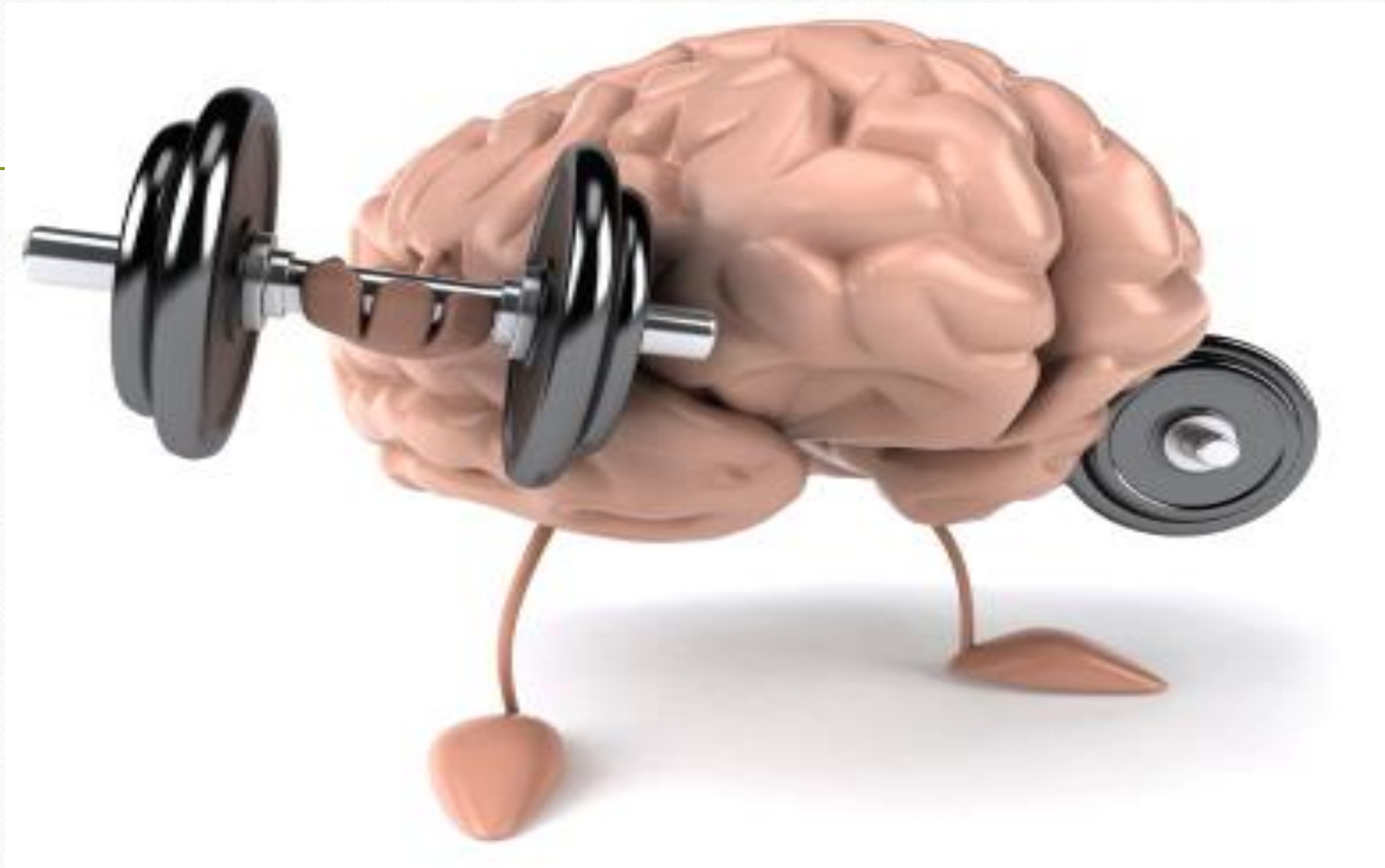
wyzant.com

Ma+thnasium

Tutoring center for students needing assistance in math

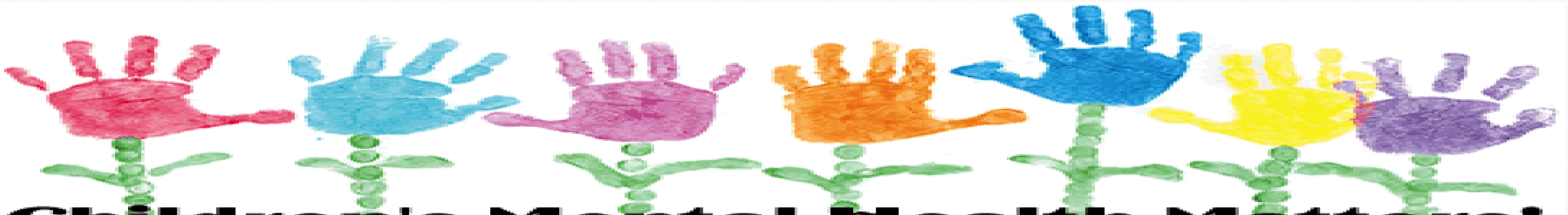
4893 William Penn Highway, Murrysville, PA 15668; (724) 327 – MATH





Mental Health community resources: types

- Mental health community services can generally be divided into 3 categories:
 - WrapAround
 - Office Visit/Outpatient services
 - In-Patient services



Children's Mental Health Matters!

Mental Health Community Services: WRAPAROUND

- Wraparound services are services for children with a mental health diagnosis.
 - In order to be evaluated, a licensed psychologist would need to evaluate your child to determine whether your child has a diagnosis and whether your child needs some sort of wraparound treatment.
 - In most cases, Wraparound organizations have their own psychologists who complete the psychological evaluations.
 - If a diagnosis is made, a prescription for wraparound services will be included in the psychological report.

Mental Health Community Services: WRAPAROUND

- Parents can then “fill” that prescription with local providers.
- Also, when a child has a diagnosis and prescription for wraparound, they can apply for a “Medical Assistance” number (MA number.)
 - Wraparound is charged through a parent’s insurance. However, once that cap is reached, MA will usually pick up the rest of the cost, making wraparound generally “free of charge.”

Mental Health Community Services: WRAPAROUND

- Wraparound services consist of 3 levels of professionals who may come into your home, school, and/or community to work with your child.
 - The highest level of professionals is the psychologist who oversees the treatment and prescriptions of children. You will most likely see and work with the psychologist between 2 to 4 times a year at the office.
 - Master's level clinicians work as Behavior Specialist Consultants (BSC's) who devise behavior plans and treatment for your child, or as Mobile Therapists (MTs) who engage in counseling with your child and/or family. You may most likely see these people between 2 times per month to 1 time per week.
 - Bachelor's level clinicians work as Therapeutic Staff Support (TSS's.) These people work most often with your children, implementing the plans created by the BSC's. You may most likely see these people between 1 to 3 times per week.

Mental Health Community Services: WRAPAROUND

- Some WrapAround organizations near IPH include:

Allegheny Children's Initiative

2304 Jane St, Pittsburgh; 412-431-8006

pfq.org

Allegheny Psych Services

211 N. Whitfield St. , Pittsburgh; 412-361-1575

aps-pc.org

FamilyLinks

2644 Banksville Rd., Pittsburgh; 412-343-7166

familylinks.org



Mental Health Community Services: WRAPAROUND

Mercy Behavioral Health

1200 Reedsdale St, Pittsburgh; 412-697-0707

mercybehavioral.org

Southwestern Human Services

110 Fort Couch Rd, Pittsburgh; 412-831-1223

shs-pgh.org

The Watson Institute

301 Camp meeting Rd., Sewickley; 412-749-2889

thewatsoninstitute.org

Mental Health Community Services: GROUPS

Turtle Creek Valley MH/MR

1800 W. Street Rear, Homestead; 412-464-4781

tcv.net

Wesley Spectrum

221 Penn Ave, Pittsburgh; 412-342-2300

wesleyspectrum.org

WJS

633 Long Run Road, McKeesport; 412-751-5280

wjpsychological.com

Mental Health Community Services: OUTPATIENT Counseling

- Outpatient counseling and services occur in the community.
- Psychologists, counselors, and licensed social workers are usually the professionals who engage in counseling.
- Outpatient counseling usually lasts for 1 hour, and most clients go to services 1 to 2 times per week.



Mental Health Community Services: OUTPATIENT Counseling

- Generally, anyone can seek out outpatient counseling services.
- When dealing with children, you want to make sure that the person you go to has training or a degree for the issues your child is dealing with and/or training with working with same – aged children.
- Parents are responsible for payment of counseling sessions.
 - Sometimes, personal insurance will cover some or most of the cost of counseling services. (e.g. you may have a co – pay for services)
 - If you are unsure of your coverage, you can call the number on the back of your child’s insurance card, and they can tell you for what services you are covered and possibly even who is covered under you.
 - Sometimes, therapists work on a “sliding scale,” or they charge you as much as you can afford, given your salary.

Mental Health Community Services: OUTPATIENT Counseling

- There are A LOT of individuals who see children and adolescents.
- You want to make sure your therapist is a right fit for you and your child.
 - It is O.K. to switch therapists. If your child isn't "clicking" with a therapist, that doesn't mean that your child is doing something wrong or not opening up. Nor does it mean that the therapist is not a good therapist. It just indicates it's not the right fit for you and your family.

Mental Health Community Services: OUTPATIENT Counseling

- Some things to look out for and consider when seeking a therapist:
 - Does your child respond best to males or females?
 - Does your child respond best to play or talking?
 - What is your therapist's specialty?
 - Does your therapist work with other children the same age as your child?
 - How do you, the parent, view your participation in therapy? Does it match with the therapist's?
 - Is it easy to get in contact with the therapist? Are they open to communication?

Mental Health Community Services: OUTPATIENT Counseling

- It would be extremely difficult and lengthy to list all of the providers and the insurances they accept. However, here are some of the most widely used groups that provide outside therapy in the Pittsburgh area:

FamilyLinks

250 Shady Ave, Pittsburgh; 412 – 661-1800

Family Services

888-222-4200; fswp@fswp.org

Mercy Behavioral

330 S. 9th St., Pittsburgh; 877-637-2924

mercybehavioral.org

WPIC

3811 O'Hara St, Pittsburgh; 412-624-2100

upmc.com

Mental Health Community Services: OUTPATIENT Counseling

- Here are some ways to assist you in finding a therapist:
 - Look at the Yellow Pages of the Phone Book
 - Ask your MD/PCP for referrals
 - Therapists.psychologytoday.com
 - Find-a-therapist.com
 - www.goodtherapy.org/fing-psychologists.htm.



Mental Health Community Services: Inpatient

- In – Patient Services are only for those individuals who show an immediate danger to themselves, others, or have a habitual state of dangerous living.
- If, at any point, you believe your child is showing these signs, you can take your child to the nearest hospital emergency room or to

Western Psychiatric Institute and Clinic (WPIC)

3811 O'Hara Street, Pittsburgh

412-624-2100

The End

- Questions?
- Comments?

