

# Mental Health Services



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## Mental Health Services for Children

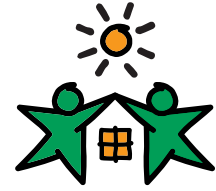
**C**hildren may need mental health services for a variety of reasons. There are children who are at risk for mental health disorders due to family history or family and community risk factors. In general, treatment services focus on children who have a mental health disorder and are already showing symptoms.

<b>A mental health disorder is a condition that:</b>
<ul style="list-style-type: none"> <li>• Occurs over a period of time, and</li> <li>• Markedly affects the child’s ability to function in childcare, school, at home and/or in the community</li> </ul>
<b>A child with a mental health disorder:</b>
<ul style="list-style-type: none"> <li>• Has significant difficulty making and keeping interpersonal relationships</li> <li>• Exhibits inappropriate types of behaviors and feelings</li> <li>• May have pervasive unhappiness</li> <li>• May develop physical symptoms or fears that prohibit them from participation in daily activities</li> </ul>
<b>A mental health disorder in a young child:</b>
<ul style="list-style-type: none"> <li>• Can present as difficulties in behavior regulation and attachment</li> </ul>

Mental Health Services are available for children through several different programs. Children with mental health disorders may also have coexisting health and/or developmental disabilities. They may be eligible to receive services through more than one program, therefore coordination of care is important.

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# Alameda County Behavioral Health Care Services (BHCS)



**A**lameda County Behavioral Health Care Services (BHCS) is the lead agency providing coordination of mental health treatment in Alameda County. Alameda County behavioral health referrals and services are obtained by calling their ACCESS 24-hour Hotline.

Alameda County BHCS Child and Youth Services offers programs that enable children with mental health needs, including those with Serious Emotional Disorder (SED), to access treatment and support.

**Children served** Services are primarily provided for children on Medi-Cal or who are medically indigent. The populations served include:

- \* Young children and youth in the community who have mental health disorders
- \* Children receiving special education services who have been referred by the schools to receive mental health services under AB 3632
- \* Children in psychiatric inpatient facilities, and
- \* Dependents of the juvenile court with mental health needs.

**Providers** Services are provided by county and community-based organizations that contract with the county to provide services. Additionally, Alameda County BHCS operates four children’s outpatient mental health programs. They are:

- \* Eden Children’s Services (San Leandro)
- \* Oakland Children’s Services (Oakland)
- \* Tri-City Children and Youth Services (Fremont)
- \* Valley Community Support – Children’s Services (Pleasanton)

**Referrals** Referrals for behavioral health care services can be made by calling ACCESS. ACCESS is the 24-hour member helpline that answers questions about locating and receiving behavioral health services. The ACCESS line also reviews Medi-Cal eligibility for mental health services. Referrals can be obtained by clients from this line.

**Contact Information** (800) 491-9099 **ACCESS/Alameda County Behavioral Health Care Services 24-Hour Hotline**

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**Early and Periodic Screening, Diagnosis and Treatment (EPSDT) - Medi-Cal**

EPSDT is an entitlement for children, 0 up to age 21, who are Medi-Cal eligible and is designed to provide comprehensive mental health services that can correct or ameliorate mental health problems. These services often include coordination, case management, and an approach which includes family and other providers in the treatment plan.

Alameda County BHCS recently expanded EPSDT, increasing the amount of services billable under EPSDT and expanding the number of agencies in the County able to provide these services. The following target populations now have increased mental health services under EPSDT: • children birth to five • children in foster care • children with dual diagnosis of substance use and mental illness • school-based services.

Agencies utilizing EPSDT funding are generally able to take direct referrals from primary care providers of children with full-scope Medi-Cal. You can call ACCESS to get listings of participating programs. For 0-5 year olds, you can find an interagency referral guide on the [www.ackids.org](http://www.ackids.org) website under "What's New."

**Referrals** Referrals for EPSDT mental health services can be made through ACCESS or by calling the agency directly.

**Contact Information** (800) 491-9099      **ACCESS / Alameda County Behavioral Health Care Services 24-Hour Hotline**

**Web resource**      <http://www.ackids.org/whatsnew.htm>  
**"Early Childhood Mental Health and Parenting Services Inter-Agency Referral Guide - EPSDT Programs" for children ages 0-5**

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**Healthy Families Program**

Healthy Families provides two mental health benefits:

- 1) Basic Mental Health services for children who do not have SED diagnoses
- 2) Drug/Alcohol Treatment services

If the mental health need is related to a CCS-eligible condition, those mental health services should be provided through CCS.

**Referrals** Referrals to Healthy Families mental health services must be made by the child's primary care provider.

**Contact Information** (800) 491-9099      **ACCESS / Alameda County Behavioral Health Care Services 24-Hour Hotline**

(888) 747-1222      **Healthy Families Program**

(510) 208-5970      **California Children Services (CCS)**

**Special Education Program - AB 3632 (also known as AB 2726)**

This program combines educational and other mental health services to students in an interagency model through the school district. This program is available to students who are receiving special education services and have been determined to be in need of mental health treatment in order to benefit from their education.

**Referrals** Services can be initiated by the child’s local school district.

<b>Contact Information</b>	<b>(800) 491-9099</b>	<b>ACCESS / Alameda County Behavioral Health Care Services 24-Hour Hotline</b>
	<b>Call your...</b>	<b>Child’s Local School District’s Dept. of Special Education</b>
	<b>Call your...</b>	<b>Special Education Local Planning Area (SELPA) Office:</b>
	<b>(510) 337-2352</b>	<b>SELPA - Alameda/Albany/Berkeley/Emeryville/Piedmont</b>
	<b>(510) 879-8223</b>	<b>SELPA - Oakland</b>
	<b>(510) 537-3000</b>	<b>SELPA - Castro Valley/Hayward/San Leandro/San Lorenzo</b>
	<b>(510) 659-2569</b>	<b>SELPA - New Haven/Newark/Fremont</b>
	<b>(925) 426-9144</b>	<b>SELPA - Dublin/Livermore/Sunol Glen/Mountain House Elementary/Pleasanton</b>

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