

Tips for Parents/Caregivers

- ❖ Your involvement as the parent/caregiver is very important to your child and those who are working with your family. You know your child best and can offer information that only you may know about. When parents are involved in their child's education and mental health services, the child always does better.
- ❖ Maintain regular contact with the therapist assigned to your child's case. It is important that open lines of communication be maintained throughout the therapy process.
- ❖ Honor your appointments with the therapist. It is very important that your child establish a routine so as to maximize the therapeutic interventions.
- ❖ Ask about the many additional resources in your community that might assist you in attending to your child's needs.



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Parent Brochure

I Am Seeking Early and Periodic Screening, Diagnosis and Treatment (EPSDT) Medi-Cal Specialty Mental Health Services for My Child.

What is the first step?



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What are Specialty Mental Health Services?



Children's Specialty Mental Health Services are Medi-Cal services that improve mental health problems that your doctor or other health care provider finds, even if the health problem will not always go away entirely. County mental health departments and/or school districts can provide these mental health services. The services are geared to address depression, anxiety, or anger that can make yours and the life of your child difficult. Services may include individual, family therapy, case management, and medication management for your child.

1. The mental health department will receive a referral either submitted by the school that the student is attending or that was called in by the parent/guardian. Referrals can be requested by a parent/guardian by calling our office Monday-Friday 8:00am- 5:00pm (with the exception of scheduled holidays.)
2. Our coordinator will review the referral in order to determine eligibility. If our coordinator needs more information he or she will reach out to the family.
3. If the student meets the department's eligibility requirements he or she will be assigned to the therapist providing services at the students school site.
 - In the event that the student is found to not meet criteria the family will be provided with resources for services from an outside provider.
4. An assigned therapist will make contact with the family within 2 business days to introduce him or herself. An appointment will then be made in order to meet with the student's therapist and sign all of the required paperwork.