

FBMHS?

Do you wonder who's is in charge in your family?

Has parenting become an exhausting & defeating task?

Do you long to "get" or understand your child?

Is your house a three ring circus on a nightly basis?

Have you considered placing your child?

Do you have trouble balancing discipline with hugs?

Does your child cause themselves or others to be unsafe?

Are your child's emotions or behaviors out-of-control?

Has your child/family been through many services?

If you've answered "Yes" to a few, some, or most of these questions - Family Based Mental Health Services may be able to help your child & family.

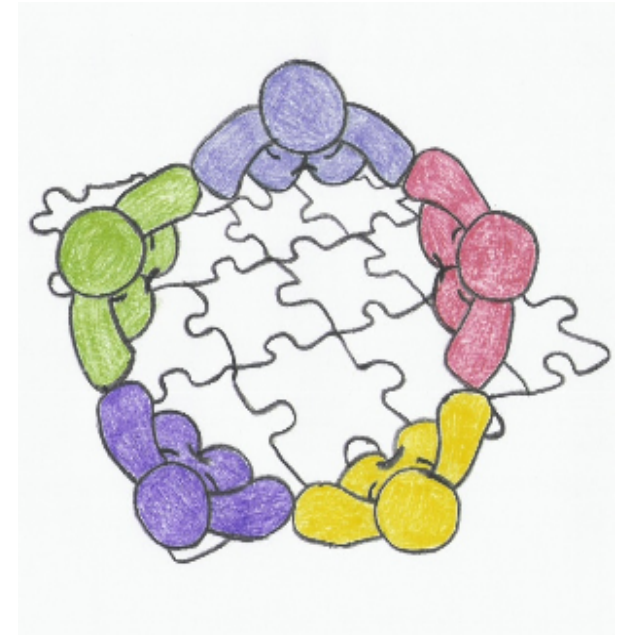
Contact Information:

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Momentum Services, L.L.C.

Family Based Mental Health Services

FBMHS



**50 Parkwood Drive
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717-262-2183 office
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www.mymomentumservices.com

FBMHS Facts:

- Program lasts for 32 weeks
- A team of two therapists who work with family & child
- FBMHS can work in home, school & community with all family members
- 2-3 sessions or more per week - based on need of family
- Team can also work with brothers & sisters that are also having problems
- FBMHS provides support to parents in their roles as a parent

Therapy:

- Includes; family, individual, parenting support, and/or sibling sessions
- works to build relationships inside & outside the family
- aids family in seeing negative cycles
- works to create & practice new/healthy cycles
- works on managing behaviors & emotions by building relationships & skills within child/family

Beliefs & Values:

- Children grow up best in families
- Parenting is done best through the parent/child relationship
- Team works to first to understand family/child & then to help
- FBMHS partners with families as they are the experts on their family and child(ren)
- Focus on strengths to overcome obstacles
- Non-judgmental – No blame
- FBMHS will respect privacy of all family members

Building Supports:

- FBMHS can link child/family to other community programs so other needs (e.g. food, clothing, recreation, etc.) are met
- Therapists will help with understanding agencies and how they work
- Team will aid families in expressing their needs, thoughts, feelings, values, beliefs and situation to other people, schools and agencies
- Team will talk to other agencies and professionals involved to make sure services are the most helpful

Crisis Management:

- Therapist available 24 hours/day
- FBMHS will assist families in crisis to avoid hospitalization
- Support during crisis evaluation at hospital

In order to get FBMHS a child must :

- Have a Mental Health Diagnosis (e.g. ADHD, Depression, ODD, etc.)
- Be at-risk for out-of-home placement or change in school placement
- Get a written recommendation from doctor, psychologist or psychiatrist
- Have at least one parent willing to actively participate
- (If 14yrs. & older) - agree to participate

Funding:

- Service is paid for by child's ACCESS card
- Services start after approval from managed care company
- A small amount of money is set aside to help child/families with therapeutic/basic needs that are not met by other community resources