



News You Can Use

In tough economic times, tempers can flare, situations sometimes take a turn for the worse and families may find themselves in need of services to help them cope.

While this issue of “*News You Can Use*” can not cover all of the services our community has to offer, we have highlighted the following programs: ★Systems Navigation at the Mental Health Association, ★Frederick County Mobile Crisis and Supportive Services, ★Community Agency School Services, and ★Child and Adolescent Services at Way Station, Inc.

COMMUNITY SUPPORT SERVICES

Systems Navigation at MHA

What is Systems Navigation?

Systems Navigation is a program of the Mental Health Association of Frederick County with support from the Office of Children and Families and the Governor’s Office for Children. The service is available to assist families who have children with multiple or intensive needs navigate the complex system of care.

Who needs Systems Navigation?

Any caregiver who is challenged by finding/utilizing services for their child, is confused by multiple options or a lack of options, or simply needs support in deci-

sion making is a good candidate for Systems Navigation.

Who is Eligible?

This service is free of charge to any family residing in Frederick County who has a child under the age of 21 with intensive needs in any life domain.

How does it work?

The Systems Navigator will work with each family to identify needs and strengths, with a focus on coaching natural supports. The navigator will address barriers in accessing resources and services, and work together with other agencies to meet the needs of each family. Families will work with the navigator to de-

velop and implement a family plan, and the navigator will follow-up with families periodically to discuss progress.

How do I access Navigation Services?

Call Systems Navigation directly at 301-663-0011 ext. 158 for Susan Barnhill or ext. 161 for Hillary Banachowski.

How long will it take for the Systems Navigator to respond?

The Systems Navigator will make initial contact with families within 24-48 hours following a referral.

Frederick County Mobile Crisis and Supportive Services

Frederick County Mobile Crisis and Supportive Services address the needs of citizens who are experiencing a mental health crisis and are open to all Frederick residents at no cost.

For adults, adolescents, families, or children who are:

- ▶Feeling overwhelmed or out of control.
- ▶Parents struggling with child behavioral issues.
- ▶Experiencing alcohol or drug use in the family.
- ▶Feeling unsafe—at risk for

harming themselves or others.

- ▶Unable to function or engage in day-to-day activity because of mental health symptoms.
- ▶Experiencing a family conflict or crisis.
- ▶Adolescents experiencing difficulties with peer relationships, bullying, family relationships, abuse and/or trauma.

Services include:

- ▶Face-to-face, in-person crisis intervention.
- ▶Assessment, evaluation,

assistance to stabilize the situation.

- ▶Help to develop plans for further treatment.
- ▶Referral and linkage to community resources and services.

More information:

Staff provides intensive mental health crisis intervention services to individuals and families in Frederick County.

Staff consists of trained personnel who operate in two-

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person teams, including licensed mental health professionals.

Staff works closely with provider agencies, hospital emergency rooms, law enforcement agencies, and the community at large as needed.

Telephone response is available 24 hours a day.

During off-hours, appointments may be scheduled for a mobile support visit between the hours of 3 pm and 11 pm.

CONTACT INFORMATION:

Call: 211

Cell phone, dial 301-662-2255

TTY, dial Maryland Relay 711

Child & Adolescent Services at Way Station, Inc.

Child and Adolescent Services at Way Station offers diverse, multidisciplinary programs with a variety of services for children, adolescents and their families.

► **The Family Preservation Program** at Way Station, Inc. is an intensive, in-home program that is designed to help families resolve crises and stay together.

Family service workers come to your home to help your family manage crises with behavioral and clinical interventions. Teams work with your family intensively for six weeks to identify family-based goals and maintain long term changes.

The Family Preservation team is available 24 hours a day, 7 days a week to help families cope with crisis.

The team provides services such as parenting skills, crisis management/prevention, family education in the areas of child development, mood management skills & communication skills.

► **Camp Journey Adolescent Respite Program** is located near the scenic Catoctin Mountains and serves families with adolescents who are currently active in therapy to deal with emotional and behavioral challenges.

The recreation-based program offers the adolescent and family planned respite breaks from everyday life, lowering the overall stress levels within their homes.

Community Agency School Services (CASS)

What is CASS?

Community Agency School Services [CASS] is a program of Frederick County Public Schools that connects at-risk students and their families to resources within their school community in order to achieve family well-being and to promote school success.

Who does CASS serve?

CASS serves families, regardless of income, with school age children experiencing social, emotional and/or educational challenges.

What services does CASS provide?

- Assessment of student and family needs;
- Case management through linking families with school and community resources;
- On-going student and family support as needed;
- Assistance to caregivers to participate in their child's education;
- Liaison connection between schools, community agencies, and families;
- Tracking school progress by being part of school teams.

Where are services provided?

CASS provides services in each school community. Students and families work with CASS staff:

- By phone
- In schools
- At CASS offices
- In homes
- At other community sites.

CASS makes every effort to make ser-

vices convenient. CASS services are free and participation is voluntary.

How do you get connected?

Contact your local CASS Coordinator at the numbers listed here, or ask at your child's school.

BRUNSWICK

Anne Ricciuti, Interagency Coordinator
301-834-7873

COTOCTIN

Deborah Wivell, Interagency Coordinator
240-236-1770

FREDERICK

Eileen McGrath, Interagency Coordinator
301-600-6633

GOV. THOMAS JOHNSON

Christina Karszen, Interagency Coordinator
301-600-6630

LINGANORE

Angela Cornell, Interagency Coordinator
240-236-5512

MIDDLETOWN

Ginger Hart, Interagency Coordinator
301-371-4897

TUSCARORA

Pamela Miller, Interagency Coordinator
240-236-6601
Tara High
240-236-6602

URBANA

Shelley Pollock, Interagency Coordinator
240-236-7658

WALKERSVILLE

Kristen Spear, Interagency Coordinator
301-898-1920

For general information about CASS please contact:

Susan Lindstrom, Supervisor
301-644-5275

Camp Journey is a program where adolescents from the ages of 11-17 can have regularly scheduled visits of a few hours a week, a day or two a week, or a couple weekends a month, while participating in a variety of activities.

Activities include hiking, bicycle trips, fishing, swimming, cook-outs, trips to museums, YMCA, and a variety of community events.

► **Multisystemic Therapy (MST)** is a unique, goal-oriented, comprehensive treatment program designed to serve multi-problem youth in their community. MST is a family-focused and community-based treatment.

MST is effective in helping youth with

chronic, violent delinquent behavior and youth with serious emotional problems, including: truancy and academic problems, serious disrespect and disobedience, aggressive behavior (fighting and property destruction), criminal behavior, drug and alcohol problems, running away

MST interventions focus on family relations, school performance, peer relations and neighborhood and community relations in each youth's life.

CONTACT INFORMATION:

Claudia Weakland,
Director of Services:
301-662-0099 ext. 2605
www.waystationinc.org