



TX Resilience and Recovery Program/Behavioral Health

Central Texas Behavioral Health

8101 Cameron Rd. Bldg. 1 Ste. 109 Austin, TX 78754

P: 512.394-7249

E: Admin392@yapinc.org/txbhreferrals@yapinc.org

AGENDA

Who is Y.A.P.?

Target Population

Referral process

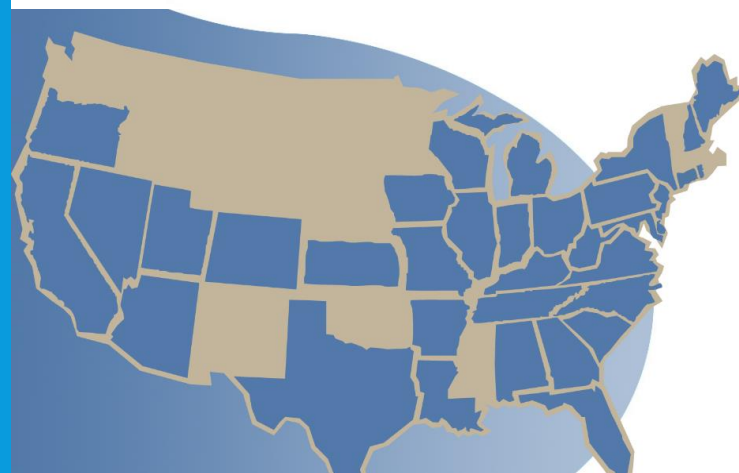
Services offered

Graduation

WHO IS Y.A.P.?

- 1975-Founded in Pennsylvania to reintegrate youth incarcerated back into the community
- 1993-International work begins
- 2004-Youth Endowment fund established
- 2016: Central Texas branch opened

International Footprint



Our Footprint

100% of our programming occurs in the home communities of the people we serve.


17,800⁺
Families Annually


100⁺
Urban, Suburban and Rural
Communities


35
States +DC

MISSION STATEMENT

- Our mission is to provide individuals, who are, have been or may be subject to compulsory care, with the opportunity to develop, contribute and be valued as assets so that communities have safe, proven effective and economical alternatives to institutional placement





“STRENGTHEN COMMUNITIES AND CHANGE BIOGRAPHIES”

“No reject; no eject”

- As long as admission criteria is met, we will serve the client. YAP is well prepared to serve clients that are often labeled “resistant” and “difficult to serve”

“Voice and Choice”

- Every client and family has strengths and capabilities that can be developed. YAP empowers those attributes.

CORE Principles



Individualized Service Planning



Community Based Care



Strengths Based



Unconditional Caring



Cultural and Linguistic Competence



Partnership-Caregivers and Informal and Formal Supports



Giving Back



Corporate & Clinical Integrity

TARGET POPULATION

- 3-21 years old
- Medicaid and CHIP Recipients
- Hays, Travis, and Williamson counties
- Have known or suspected mental health needs



REFERRALS AND INTAKE



- Referrals : Can be received via email, phone, or online
- Once a referral is received, a call is made to the family within **2 business days**
- Intake assessment is scheduled within **7 calendar days** by a licensed mental health professional; level of care and goal plan are determined
- Once the initial assessment is completed, staff is assigned **within 2 business days** to begin services
- In the case of an urgent request of services, the Program Director/Assistant Director or designee has 24 hours to schedule an intake appointment.
- Psychiatric appts within 10 business days; ongoing med. management provided
- **NO WAITLIST TO BEGIN SERVICES**

REFERRAL PROCESS

Calling Office

Individuals/Families/Agencies Call 512-394-7249

- Useful if more information is needed or speaking to someone is preferred.



Email

Email to txbhreferrals@yapinc.org or Admin392@yapinc.org



TX BH Website

Submit Referral Form by visiting
www.yapinc.org/locations/TXBH



LEVELS OF CARE SERVICE PACKAGES

LoCYC: Level of Care Recommended for Young Children include skills training and development sessions, and medication management PRN

LoC-1: Medication Management only

LoC-2: Targeted Services Medication Management PRN, skills training or therapeutic counseling, crisis intervention, Routine Case Management (RCM) as per TRR guidelines

LoC-3: Complex services Medication Management, Routine Case Management, therapeutic counseling, Skills training, Crisis intervention, Family training as per TRR Guidelines

LoC-4 Intensive Family Services all LOC-3 services plus Intensive case management (aka: Wraparound services).

TELEHEALTH MEDICATION MANAGEMENT

Our Licensed Children's Psychiatrist or Nurse Practitioner meets with the client and caregiver to evaluate and prescribe medication, if needed.

Prescriptions are then sent to families' local pharmacy

Appointments are made available within 10 days of the inception of services

SKILLS TRAINING AND DEVELOPMENT SERVICES

UTILIZING EVIDENCED BASED CURRICULUM

Skills for managing daily responsibilities (e.g., attending school and performing chores)

Communication skills (e.g., effective communication and recognition/altering problematic communication styles)

Social skills (e.g., building friendships, resisting peer pressure and replacing problematic behaviors with socially acceptable behaviors)

Problem solving skills

Assertiveness skills (e.g., replacing aggressive behaviors with assertive behaviors, and expressing opinions respectfully)

Stress reduction (e.g., progressive muscle relaxation, deep breathing exercises, guided imagery, and visualization)

Anger Management skills (e.g., Identification of antecedents, calming techniques, handling criticism, avoiding and disengaging from explosive situations)

Skills to manage the symptoms of mental illness and to recognize and modify unreasonable beliefs, thoughts, and expectations

Skills to identify and utilize community resources and informal supports

Skills to identify and utilize acceptable leisure time activities (e.g., identifying pleasurable leisure time activities that will foster acceptable behavior)

Independent living skills (e.g., Money management, accessing and using transportation, grocery shopping, maintaining housing, maintaining job, and decisions making).

THERAPEUTIC COUNSELING SERVICES

- STAFF: TX Licensed Clinical Social Workers / Licensed Professional Counselors / Licensed Marriage & Family Therapist
- Meet weekly or every other week for 1 hour individual and/or family sessions
- Goal Plan is established with family and reviewed every 90 days
- Clients are welcome to engage in therapy with an outside provider while receiving YAP services



CASE MANAGEMENT & COMMUNITY CONNECTIONS



- Y.A.P. staff take a proactive approach in navigating all client and familial needs. We empower them to seek assistance, during program involvement and post discharge, by identifying and partnering with:
 - Natural supports: family and friends
 - Community Organizations: Food banks, housing authorities, legal services, employment opportunities
 - Child and Family Services: C.P.S., foster care and adoption
 - Educational services: school districts, advocates
 - Medical providers to manage preventative and chronic care needs

Y.A.P. GRADUATION! ...TIME TO DISCHARGE

- Skills have been imparted, therapy has been provided, medication has been managed and now it's time to GRADUATE!
- A client will be discharged from the Central Texas Behavioral Health Program when:
 - treatment goals have been reached or maximum benefit has been attained
 - the legally responsible party insists on discharge
 - funding sources have been terminated
 - non-compliance with treatment ongoing
 - transferred to a long term institutional placement
 - a family moves outside of service area



SERVICE HOURS

- Office is staffed during business hours, Monday through Friday, excluding major holidays.
- Our services can be provided from 8am to 9:00pm, 7 days a week.
- Hours can be extended on a case-by-case basis, if approved by the director.



WEBSITE AND ACCEPTED PLANS



- Current MCOs
 - Wellpoint (formerly known as Amerigroup) STAR KIDS
 - Superior Health-Foster Care
 - Magellan
 - BlueCross BlueShield
 - Dell Children's Health Plan
- Use QR Code or go to www.yapinc.org/locations/TXBH

THANKS FOR LISTENING.

ANY QUESTIONS?