

FAQs

- **Why do I have to use lower levels of care?**

Research shows that children are more likely to succeed if they are treated in their home and communities. There are risks to out of home treatment. Maine Care requires that youth be treated in the most appropriate lowest level of care.

- **Why do I have to participate in treatment?**

Your child's actions affect your family. The behaviors of you and your family affect your child. Treatment lets families work with each other to find new ways to work things out.

- **What if I need help getting transportation to the program?**

Speak to your case manager about options.

- **If my child is doing well, why would we want him/her to leave the program?**

The goal is for your child to be successful in the home and community, not just in the program. Residential treatment is short term and not a place for your child to grow up.

- **What can I do if temporary residential treatment is not approved?**

Your Case Manager can collaborate with CBHS staff to explore other services that may meet your child's needs. Your case manager will assist you in accessing these treatments. You may also ask KEPRO for a reconsideration of the decision and/or appeal the decision. If the situation deteriorates you can re-apply.

KEPRO link to the ITRT application/process:
<http://www.qualitycareforme.com/services/private-non-medical-institutions>



Maine Department of Health and Human Services
Child and Family Services

Intensive Temporary Residential Treatment

A Guide for Families

Children's Behavioral Health Services, DHHS

The following link will provide you a contact list for Program Coordinators.
Contact Behavioral Health Program Coordinator responsible for the county where the youth is from.

<https://www.maine.gov/dhhs/ocfs/cbhs/staff/home.shtml>



Children's Behavioral Health Services, DHHS

Important Information about Intensive Temporary Residential Treatment

- Children can have behavior problems. Some parents and other caregivers need help meeting the unique needs of their child. **Some helpful services include:**
- Targeted case management
- Behavioral Health Homes
- In-home rehabilitative supports
- Outpatient therapy
- Medication management
- Intensive Community Treatment (HCT, RCS)
- Inpatient hospital stays
- Crisis Units

If these options do not work, and safety is a concern, your team may consider Intensive Temporary residential treatment. You can apply by submitting an application to KEPRO. When thinking about temporary residential treatment it is best to hold a team meeting to review the temporary residential treatment consultation guide. It may be helpful to invite a CHBS Program Coordinator to this meeting.

Goals of residential treatment are to:

- Prepare you and your child to manage behaviors safely at home
- Provide short-term treatment (1-4 months)
- Reduce unsafe behaviors
- Teach skills to you and your child

No long-term residential treatments exist. Your child will stay in residential treatment only as long as it is medically necessary. Discharge planning occurs from admission. Residential treatment will end when your child's treatment needs can be met using community based services.

Once admitted, KEPRO, an Administrative Services Organization, will review your child's progress regularly to see if your child still needs this service.

KEPRO link to ITRT application and process:

<http://www.qualitycareforme.com/services/private-non-medical-institutions>

The following criteria are used to determine medical necessity:

- Have a mental health diagnosis
- Have a diagnosis that can be treated in a residential treatment program
- Be at risk for a psychiatric hospital stay
- High risk or harming self or others
- Intensive Community based services have not worked or are too dangerous to try
- Need more help (24/7) managing day-to-day activities than other children the same age.

Mainecare will not pay for:

- Solely a place to live
- Housing for the purpose of supervision and structure
- Independent /Transitional Living Programs
- Education: Please review and utilize the educational planning guide for residential treatment found at: <https://www.maine.gov/dhhs/ocfs/cbhs/provider/itrt.html>
- Respite

Expectations of the Family

While your child is in temporary residential treatment, you and your family will be expected to join in all **parts of treatment and many activities** each week:

- Team meetings
- Family therapy
- Regular visits at the program, in the community and at home.

Family involvement makes sure you and your child keep a bond and have the chance to use your new skills. Team meetings let you, your

child, and the treatment team define treatment goals your child can achieve.

Potential Risks to the Child

- Learning bad behaviors from other children
- Exposure to high levels of emotion and aggression
- Detachment from family, school and community
- If you receive financial help from the state (SSI/TANF) or adoption subsidy, you may see a cut in your normal payment.
- Treatment may not work
- New skills may not transfer to home
- Children may feel rejected
- The longer the child stays in temporary residential treatment, the greater the risks. This is one reason it is key to have your child return home as soon as possible.

Intended Benefits

- Decrease dangerous behaviors.
- Safety is provided while learning new skills
- Potential for the bond between you and your child to strengthen and grow
- Better chance that new safe behaviors will stay after your child comes home.
- Caregivers increase skills

**There may be more risk/ benefits specific to your child. You and the treatment team should talk about these.