

Children's Mental Health

The Child, Adolescent and Parent Services Program (CAPS) provides comprehensive services to children and adolescents ages 3 through 17 with a diagnosis of mental illness, who may exhibit an emotional, behavioral or mental disorder with a serious functional impairment.

Eligibility Criteria:

CAPS serves children and adolescents who are:

- A resident of Webb, Jim Hogg, Starr, or Zapata County and live with their parent or legal guardian.
- Age 3 through 17 years old.
- Must have a diagnosis of mental illness and exhibits a serious emotional disturbance behavioral or mental disorders and who:
 - have a serious functional impairment
 - are at risk of disruption of a preferred living or child care environment due to psychiatric symptoms; or
 - are enrolled in a school system's special education program because of a serious emotional disturbance.
- Prior inpatient psychiatric hospitalization
- At risk of placement outside of the home/community
- At risk of expulsion from school

Note: Primary diagnosis of substance abuse, mental retardation, autism, and developmental disorder are beyond the scope of the CAPS Program. Appropriate referrals will be made to community providers.

Needed Documentation: The following items are required for your appointment:

- Birth Certificate and/or legal proof of guardianship/custody
- Social Security card number
- Medicaid or private insurance card, if available
- Financial statement of family income (income tax forms, pay stubs, etc.)

Referrals to the CAPS Program Come from:

- Walk-ins
- School Counselors
- Juvenile Justice
- Private Physicians
- Hospitals

Resiliency and Disease Management

Services to children and adolescents are provided using the Resiliency and Disease Management model provided by the Texas Department of State Health Services. Resiliency and Disease Management (RDM) is an effort to redesign the way public mental health services are delivered to children and adolescents with a diagnosis of mental illness, who may exhibit an emotional, behavioral or mental disorder with a serious functional impairment. One primary aim is to ensure the provision of interventions with empirical support to eliminate or manage symptoms and promote recovery from psychiatric disorders. Other aims of this project include:

- Establishing who is eligible to receive services,
- Establishing ways to manage the use of services,
- Measuring clinical outcomes or the impact of services, and
- Determining how much these services should cost.

FEES:

The CAPS Program utilizes a sliding fee scale to determine ability to pay. Inability to pay will **NOT** exclude a family from receiving services. Medicaid and private insurance are accepted.

Services

Based upon the assessment, the array of services may include the following.

Hotline

A continuously available telephone service that provides information, support, referrals, screening and intervention that responds to callers 24 hours per day, 7 days per week.

Crisis Hotline # 1-800-643-1102

Screening

An activity performed by professional to gather information through face-to-face or telephone interviews with the individual or caregiver to determine the need for an in-depth assessment.

Pre-Admission Assessment

A licensed professional will meet with you and your child face-to-face to ask you questions about your child's mental health, emotional and behavioral development, their schoolwork and other information for the purpose of determining eligibility for services.

Case Management

Primarily site-based services that assist a child/adolescent, or caregiver in obtaining and coordinating access to necessary care and services appropriate to the individual's needs.

Intensive Case Management

Activities to assist a client and their caregiver obtain and coordinate access to necessary care and services appropriate to the individual's needs. Wraparound Planning is used to develop the Case Management Plan.

Counseling

Individual, family and group therapy focused on the reduction or elimination of a client's symptoms of emotional disturbance and increasing the individual's ability to perform activities of daily living.

Provision of Medication

A service provided by a physician or other prescribing professional which focuses on the use of medications to treat a client's symptoms of mental illness.

Medication Training and Support

Instruction and guidance in the use of medication and provided within a patient/family education program.

Mobil Crisis Outreach Team (MCOT)

The Mobil Crisis Outreach Team staff goes into the community to provide emergency care to individuals in mental health crisis when they are unable to make it into an office setting. Staff may go into homes, schools or other community settings.

Jail Diversion

The child/adolescent jail diversion program is designed for the early identification of individuals with serious mental illness and serious emotional disturbances who have been placed in the criminal and juvenile justice systems.

Rehabilitation Skills Training

Training provided to address the serious emotional disturbance and symptom-related problems that interfere with the individual's functioning, provides opportunities for the individual to acquire and improve skills needed to function as appropriately and independently as possible in the community.

Flexible Community Supports

Funding available to purchase non-clinical community supports to augment the service plan to reduce symptomatology and maintain quality of life and family integration. Community supports include but are not limited to: tutors, family aides, specialized camps, child-oriented activities, transportation services, and temporary child care.

Family Case Management

Activities designed to assist the client's family members in accessing and coordinating necessary care and services appropriate to the family members' needs.

Family Training

Training provided to the client's primary caregivers to assist the caregivers in coping and managing the client's emotional disturbance.

Family Partner

Individuals who are experienced and trained parents or caregivers of a child or adolescent with a serious emotional disturbance. Family Partners are instrumental in engaging families in services, providing peer mentoring and support, model self-advocacy skills and assist in the identification of support systems.

Parent Support Groups

Routinely scheduled support and informational meetings for the client's primary caregiver.

For more information please contact:

Webb County

1500 Pappas St.
Laredo, TX 78041
Office: (956) 794-3060
TTY: (956) 794-3486

**Toll-Free Crisis Hotline:
1-800-643-1102**

Starr County

600 N. Garza
Rio Grande, TX 78582
Office: (956) 487-3748
TTY: (956) 487-2635

**Toll-Free Crisis Hotline:
1-800-643-1102**

Jim Hogg County

106 E. Amada St.
Hebbronville, TX 78361
Office: (361) 527-5771
TTY: (361) 527-3861

**Toll-Free Crisis Hotline:
1-800-643-1102**

Zapata County

101 First St.
Zapata, TX 78076
Office: (956) 765-9664
TTY: (956) 765-9700

**Toll-Free Crisis Hotline:
1-800-643-1102**