



## FAMILY BASED MENTAL HEALTH SERVICES: 90-DAY OVERLAP PROGRAM WITH RESIDENTIAL TREATMENT

# Serving Children, Youth, and Families IN THEIR COMMUNITIES

**Family Based Mental Health Services (FBMHS)** is an intensive in-home service designed to help families care for their children and adolescents (up to age 21) with severe emotional and behavioral difficulties.

### 90-Day Overlap Service

FBMHS provides a **90-day overlap service** for youth in Residential Treatment Facilities (RTF) to prepare the family for the youth's discharge. Services increase the likelihood that youth will be successful once returning home. The goal of the 90-day overlap service is to address the family's concerns with discharge early in treatment and to help the youth transition back home and into the community effectively. Rather than the typical 30-day overlap with FBMHS, this RTF overlap service creates the opportunity for a longer therapeutic alliance between the FBMHS team and the youth and family prior to discharge from the RTF. The FBMHS team addresses caregivers' concerns with unification and any emotional struggles the caregiver may be having and provides resources the family needs while the youth is in the RTF.

Additionally, within the 32 weeks of the program, caregivers acquire effective management skills and approaches to improving their child's well-being. The youth learns skills to increase their success in school, follow directions at home, develop and maintain positive relationships with their family members and within the community, and reach expected emotional, social, and academic achievements.

Your RTF and FBMHS team will work collaboratively to help your child transition home successfully. This will occur over a period of 90 days. You will be a key partner during the entire process. Services are offered in the home, the RTF program, and community settings by a team of mental health professionals. In this intensive program, the team meets with families at least three times a week in a family's home, child's school, or in the community, and helps the family to build skills to improve functioning for the child and family alike.

The FBMHS utilizes an evidence-based treatment model called Eco-systemic Structural Family Therapy (ESFT).

### Benefits of FBMHS include:

- The youth and family are more prepared for discharge and the child's return home.
- Potentially reducing the child's length of stay in the residential program.
- Providing the family with family therapy so they can build competency in their caregiving.
- Reducing the likelihood that the youth will return to a residential program, be re-hospitalized, or go into crisis.

### Services Provided:

- Family and Individual Therapy
- 24-hour Crisis Stabilization
- Case Management Services

### How can I obtain services?

This overlap service is for CBH members only. To begin services, your child's RTF program would need to refer you and your child for the service and provide an evaluation. Please reach out to your RTF contact about participating.

# Our Mission

Gemma Services changes lives by transforming hope into action for children, youth, and families facing emotional and behavioral challenges.



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**theVillage**

Gemma Services was formed in 2019 when Silver Springs – Martin Luther School and theVillage united to operate as one single organization serving children, families, and communities across the Philadelphia region. Representing a combined 300 years of service to vulnerable and at-risk children and families, **Gemma Services is guided by the vision of a world in which children, youth, and families feel valued and have the tools to realize their highest potential.**

At Gemma Services, we cherish each individual and ensure every youth and family within our community has the tools they need to thrive. Our research-based, trauma-informed programs are designed to cultivate a culture of learning and healing in a safe and nurturing environment.

We offer education programs, mental health services in residential and community settings, foster care and adoption services, and prevention programs.

## LOCATIONS

### MT. AIRY

7301 Germantown Ave.  
Philadelphia, PA 19119

### PREHEIM CENTER

6517 Chester Ave.  
Philadelphia, PA 19142

For more information, please contact  
Isabelle Gauthier, MS, LMFT  
Director of Family Based Services  
O: 215-730-2270 ext. 2270, M: 484-486-4292,  
E: [igauthier@gemmaservices.org](mailto:igauthier@gemmaservices.org).