



## FAMILY BASED MENTAL HEALTH SERVICES

# 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) who are experiencing severe emotional and behavioral difficulties. The program helps parents and caregivers increase their effectiveness and reduce the need for out of home placement or a higher level of care for the youth such as residential treatment or psychiatric hospitalization. Services are offered in the home and in community settings by a team of mental health professionals.

In this intensive program, families work with a **two-person team** consisting of a bachelor's level professional and master's level clinician. The **team meets with families one to three times a week** in a family's home, child's school, or in the community and helps the family **build skills** to improve functioning for the child and family alike.

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

### Services Provided

- Individual and Family Therapy
- 24-hour Crisis Stabilization
- Case Management Services
- 90-Day Overlap Service with Residential Treatment

### Example: 90-Day Overlap Service

The 90-Day Overlap service assists families to prepare for the child's discharge from the RTF and increase the likelihood that the child will be successful once they return home.

In this service, an FBMHS team is assigned to work with a child in an RTF in advance of discharge. The Benefits include reducing the child's length of stay in the residential program, providing family therapy to help the family increase their skills so they build competence in their caregiving, and reduce the likelihood that the child will return to a residential program, be hospitalized, or go into crisis.

## What is the Focus of Family Based Services?

- Increase the family's ability to manage emotions and a child's high-risk behaviors.
- Teach the family new skills and to build upon their individual strengths.
- Strengthen and maintain family relationships.
- Link the family to resources in their communities.
- Reduce the need for hospitalization or other crisis services

## How do I pay for services?

The FBMHS program is funded by Medical Assistance. Applications to obtain Medical Assistance can be completed online at [www.dhs.pa.gov](http://www.dhs.pa.gov).

## How can I obtain services?

To begin services, a licensed psychologist or psychiatrist must evaluate the child and recommend FBMHS. Please contact the Director of FBMHS for information about obtaining an evaluation. See contact information below.

# 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  
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Learn more at [www.gemmaservices.org](http://www.gemmaservices.org).