Did you know that MassHealth offers many services for children and youth up to age 21?

Most of the services in this brochure are home and community-based. All of them can help families support their children in difficult times. Read on to learn more about these services and how you can find providers.
Intensive Care Coordination

Intensive Care Coordination may be the right service for you if your child or teen has serious emotional or behavioral needs or if you need help getting all the service providers in your child’s life to work together. A care coordinator helps bring everyone together to work toward common goals. You can choose who is on your team, including professionals such as therapists, social workers, teachers, and your personal supports, such as family or friends. You may also ask for a “Family Partner,” a parent trained to help you make sure that your voice is heard. Together, the team will help you and your child reach your goals for family.

Other Services

If your child gets Outpatient Therapy, In-Home Therapy, or Intensive Care Coordination and needs more help, they may also be able to get these other services:

In-Home Behavioral Services

Sometimes a child needs help changing behaviors that get in the way of their everyday life. An In-Home Behavioral team will work with you and your child to create a behavior plan that will help your child change those behaviors to improve their daily life.

Therapeutic Mentors

Some children and families need help with other things, but need help learning how to connect with people. A Therapeutic Mentor can help your child develop social and communication skills and practice them in everyday settings.

Family Support and Training (Family Partners)

Family Partners guide parents and caregivers in helping their children reach their treatment goals. They are parents or caregivers of children with special needs—they’ve “been there,” understand what families go through, and can share their experiences. Family Partners are not behavioral health professionals, but they understand child and family services and can coach you as you work to meet your child’s needs.

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YOUTH SUBSTANCE-USE SERVICES

Structured Outpatient Addiction Program (SOAP)

Sometimes called Intensive Outpatient Program (IOP), SOAP is a day or evening substance-use treatment for people who don’t need 24-hour care. If your child or teen is in SOAP, they are able to stay at home and keep up with daily life in school and the community. SOAP offers counseling, education, case management, and onsite monitoring.

Residential Rehabilitation Services (RRS)

RRS can help if your child needs more structure as they recover from addiction. RRS will provide ongoing education, counseling and support in a 24-hour home-like setting, also known as halfway houses. When your child is ready to leave, RRS will help them get ready to re-enter their home and community.

Youth Treatment Services (YTS)

YTS will provide even more structure for your child dealing with addiction issues. It offers treatment and counseling in a 24 hour setting for youth up to the age of 21. YTS includes nursing care and access to psychiatric services.

AUTISM SERVICES

Applied Behavior Analysis (ABA)

If your child has a diagnosis of autism, ABA helps by making a detailed behavior plan that you can use every day to help your child learn new behaviors that will help them in their daily life. Please note that your child cannot have ABA and In-Home Behavioral Services at the same time.

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Outpatient Therapy

Outpatient Therapy is usually the first option families look for help as this type of therapy can help with many kinds of challenges. A therapist will meet with your child, usually in an office setting. The therapist will work out a plan based on your child’s strengths and needs and can help you get your child other needed services.

In-Home Therapy

In-Home Therapy works with your whole family, not just your child, in your own home and community setting to strengthen relationships and support your child. In-Home Therapy can help your child and family need resources to find to understand each other, create new helpful routines, and find community resources.

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