



**BACK to  
SCHOOL**



**boost  
your  
mood**

As our youth return to school, let's continue to safeguard their mental health and wellness with helpful supports and services for youth, families, and caregivers.

Photo: Steve Weinik

For more tips and resources for individuals, children, young adults, families, and communities, visit **[DBHIDS.ORG/BOOST](https://DBHIDS.ORG/BOOST)**

#HealthyMindsPhilly  
#mindPHL



City of Philadelphia  
**DBHIDS**  
DEPARTMENT of BEHAVIORAL HEALTH  
and INTELLECTUAL disABILITY SERVICES

**BACK to  
SCHOOL**



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# Back to School Information

## Community Engagement

### Parent Cafés Call 215-PARENTS

Free parenting education and support groups help parents improve parenting skills and relationships with their children.

+ [More Info](#)

+ [Events Calendar](#)



Office of  
Children and Families

### School District of Philadelphia Office of School Climate & Culture

Supports positive, equitable learning environments in which all students can experience belonging and fully engage with academic and social-emotional learning.

+ [More Info](#)



THE SCHOOL DISTRICT OF  
PHILADELPHIA

### Philadelphia Family Voices

Family member led organization providing information, support, and navigation services to families of children and youth with behavioral health concerns.

+ [More Info](#)



## National Resources

### Mental Health America Back to School Toolkit

Feeling safe is important. After meeting basic needs is necessary before anyone can focus on relationships, learning, or other opportunities for personal success.

+ [More Info](#)



### Child Mind Toolkit

Dedicated to transforming the lives of children and families struggling with mental health and learning disorders by giving them the help they need to thrive.



Child Mind  
Institute

+ [DOs and DON'Ts When Children Are Anxious](#)

+ [Back-to-School Separation Anxiety](#)

+ [Managing Your Own Anxiety](#)

+ [Supporting Students' Mental Health](#)

+ [Tips for Kids Who Are Struggling](#)

+ [School Success Kit for Kids With ADHD](#)

+ [Early Signs of Learning Challenges](#)

For more tips and resources for individuals, children, young adults, families, and communities, visit [DBHIDS.ORG/BOOST](https://dbhids.org/boost)

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and INTELLECTUAL DISABILITY SERVICES

# Student Assistance Program (SAP)

in Philadelphia

DBHIDS Office of Addiction Services



The SAP program helps students and their families identify substance misuse and mental health challenges.

SAP connects students with quality services to help them thrive successfully in school and at home.

The Philadelphia School District Learning Network assigns a SAP team member to all schools.

## How to Access Services

All students and families are eligible for **free** SAP services.

1. Teachers, school staff, guardians, and students can make a referral or self-referral with the school counselor to initiate the process. A parent is notified once it is approved.
2. SAP team members will meet with the student and parent(s) or guardian(s) and complete a behavioral health assessment together.
3. SAP team member will make the appropriate connections for services with parental consent.



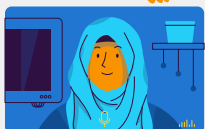
## Questions?

## Call Student Assistance Providers



**Cora Services** - [coraservices.org](http://coraservices.org)  
[info@coraservices.org](mailto:info@coraservices.org), **215-342-7660** 8450  
Verree Road, Philadelphia, 19111

**Einstein Healthcare** - [jeffersonhealth.org](http://jeffersonhealth.org)  
[Jefferson.Advisor@jefferson.edu](mailto:Jefferson.Advisor@jefferson.edu)  
**215-456-9892**  
5501 Old York Road, Philadelphia, 19141



**Merakey** - [merakey.org](http://merakey.org)  
[contact@merakey.org](mailto:contact@merakey.org) **215-368-2022**  
400 N. Broad St., Lansdale, PA 19446

**CADE Kids** - [cadekids.org](http://cadekids.org) 215-925-0643  
Ashley Sinanan, [asinanan@cadekids.org](mailto:asinanan@cadekids.org)  
128 Chestnut St. #302, Philadelphia, 19106

# Mental Health Help During COVID-19

for children



## mindPHLtogether.com

Let's take care of our mental health together

**Children's Crisis  
Response Center**



**855-548-7332**  
PhilachildrensCRC.com

**24/7 Mental Health  
& Addiction Services**



**888-545-2600**  
CBHPhilly.org

**Child Behavior  
Therapy**



**EPIC\_DBHIDS@phila.gov**

**Prevention &  
Intervention**



**215-400-4930**  
philasd.org/prevention

**24/7 Crisis Hotline**



**988 or 215-685-6440**

**Substance Use  
Treatment Support**



**2701 N Broad St.**  
**215-226-1600**

**Mental Health  
Warm-line**



**267-687-4381**  
non-emergency



**School District  
Counseling Services**



**833-PHL-HOPE**  
833-745-4673

For more tips and resources for individuals, children, young adults, families, and communities, visit **DBHIDS.ORG/BOOST**



# NOTICE OF CHILDREN'S CRISIS RESPONSE CENTER & CHILDREN'S CRISIS RESOURCES



Our priority is to ensure that all children throughout the City of Philadelphia have access to behavioral health services and resources during a crisis.

The Philadelphia children's crisis system is designed to:

- Prevent crisis whenever possible.
- Ensure interventions provide rapid relief and a sense of control to the child and family.
- Provide services in a family-focused, strength-based, trauma-informed manner.

The following options are available to help a child and family access the support they need during a behavioral health crisis:

<p><b>Is the child already connected to behavioral health services?</b></p> <p>Contact the behavioral health provider.</p> <p>If additional assistance is needed, please contact <b>Community Behavioral Health Member Services</b> at 888-545-2600 24 hours/7 days per week</p>	<p><b>Does the child require an urgent, same-day behavioral health evaluation?</b></p> <p><b>People Acting To Help (PATH) Urgent Care Center</b></p> <p>1919 Cottman Ave., Philadelphia, 19111 215-728-4600</p> <p><b>Hours of Operation:</b> Monday – Friday, 11 a.m. to 6 p.m. Closed on Holidays</p> <p>Accessible to public transit, and on-site parking is available</p>	<p><b>Does the family require assistance or guidance regarding a child's behaviors or emotions?</b></p> <p><b>Call Philadelphia Crisis Line</b></p> <p>Call <b>988</b> or 215-685-6440 24/7</p> <ul style="list-style-type: none"> <li>• Telephonic Support</li> <li>• Request Children's Mobile Crisis Team</li> <li>• Guidance regarding 302 petitions</li> </ul>	<p><b>Is the child experiencing emotions or behaviors that may cause a life-threatening injury to him/herself or others?</b></p> <p><b>Philadelphia Children's Crisis Response Center</b></p> <p>3300 Henry Avenue Falls Two Building 3rd Floor, Philadelphia, 19129 215-878-2600</p> <p><b>Hours of Operation:</b> 24 hours/7 days per week</p> <p>Accessible to public transit, and on-site parking is available</p>
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# HealthyMindsPhilly.org

A website with your behavioral health in mind.

It's a **24/7** virtual resource connecting residents with services for behavioral health emergencies, screenings, trainings, events, and information on emotional wellness topics.



## Mental Health Check Ups

Take an online, no-cost, private, and confidential screening 24/7.



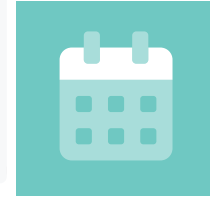
## Training Courses

Sign up for Trainings for Mental Health First Aid, Certified Peer Specialist, Storytelling and more.



## Events

Check our calendar for support groups, trainings, group therapy, webinars, workshops. Promote your community events and request support and resources.



## Blog

Stress, sleep, anxiety, survivor support, depression, addiction, LBTQIA are examples of the many wellness topics covered.



## Social Connection

Connect to someone with shared experiences via Live Chat.



**"I find this site to be incredibly useful. Philadelphia needs this."**

*—Community member*



For more information,  
visit [HealthyMindsPhilly.org](https://HealthyMindsPhilly.org)



# Intensive Behavioral Health Services

A treatment program for children and adults up to age 21 with social, emotional, and behavioral challenges

The IBHS treatment team works with you and your family in your home, in the school, or in other community settings.

To learn more, call **888-545-2600**

or talk to your

- school counselor
- mental health provider
- pediatrician



The Office of Mental Health and Substance Abuse Services (OMHSAS) has established new regulations for Intensive Behavioral Health Services (IBHS) to replace Behavioral Health Rehabilitation Services (BHRS) for the delivery of child and adolescent services in the home, school, and community.

For more tips and resources for individuals, children, young adults, families, and communities, visit [DBHIDS.ORG/BOOST](https://www.dbhids.org/boost)





If your child has been referred to CBH by a healthcare professional, contact CBH Member Services :

**1-888-545-2600**

**TTY: 1-888-436-7482**

For your convenience, Member Services is available every day, 24/7. During your call, a member services staff member will help you locate a provider agency who can schedule your child for an evaluation.



*CBH is a nonprofit contracted by the City of Philadelphia to manage the delivery of mental health and substance use services, also called behavioral health services, for people receiving Medicaid in Philadelphia County.*

*CBH wants to give you the knowledge you need to make sure you and your child get the highest quality service. We appreciate the opportunity to partner with you as you seek help for your child.*

## **Community-Based Children's Services**

**Community Behavioral Health**

A DIVISION OF DBHIDS | [CBHPHILLY.ORG](http://CBHPHILLY.ORG)



## A Good Place to Start

Many services begin with an intake appointment. Your treatment team may then recommend that you participate in a Comprehensive Biopsychosocial Evaluation (CBE). This evaluation is a comprehensive way to learn about your child and how they are functioning at home and in all domains of their lives and to understand if your child has emotional or behavioral health challenges that may be impacting them.

This evaluation will also help to identify which services will be helpful for your child and family to have the best outcomes for treatment. It's important for the evaluator to hear what you think is causing the emotional/behavior problems, explain why they are recommending services, and prepare you for what outcomes you can anticipate.

## Questions to Think About Before an Evaluation:

- ➔ **Why do you think** your child is having behavioral/emotional problems?
- ➔ **How often** do the behavioral problems happen and at what time of day?
- ➔ **What is impacting** your child's well-being when the behaviors occur?
- ➔ **What have you already tried** to do to handle the behaviors?
- ➔ **What are the** past/current **stressors** in your child's life or in the family's life?



**Bring any important documents or information that would be helpful for an evaluation, such as all paperwork that involves past evaluations of your child's behaviors.**



Caring for a child with behavioral health needs can be demanding.

## Take a break.

Respite care is a pause or breather for parents who care for children with a behavioral health diagnosis.

Children ages 6 to 17 are eligible.

City of Philadelphia

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DEPARTMENT of BEHAVIORAL HEALTH  
and INTELLECTUAL disABILITY SERVICES



**OPEN NOW**

## Respite Mini Grants

You choose who provides care while you take a much-needed break.

Each grant reimburses up to 48 hours or \$300 to a friend or relative the parent or guardian chooses.

This person must have state clearances.

Call **215-685-4746** or **215-685-4740**

Email **[Respite.DBHIDS@Phila.gov](mailto:Respite.DBHIDS@Phila.gov)**

Visit **[DBHIDS.org/children/respite](https://DBHIDS.org/children/respite)**

Provided by the DBHIDS Provider and Program Management Unit.  
Children in foster care are ineligible for the DBHIDS Respite program.



DBHIDS and Philadelphia System of Care (PSoC)

# Family Member Committee Meeting

This committee is for family members raising a child under 22 years old who is receiving or has received behavioral health services in Philadelphia.

The purpose is to provide a forum for family members to share their concerns and ideas in transforming Philadelphia children's behavioral health system.



Virtual meetings are held monthly.  
To learn more, visit:  
[PSOC.DBHIDS.org/For-Families](https://PSOC.DBHIDS.org/For-Families)

To learn more, email [Adaminah.Tankersly@phila.gov](mailto:Adaminah.Tankersly@phila.gov).

For more information and resources for families, visit [PSOC.DBHIDS.org](https://PSOC.DBHIDS.org).



## Philadelphia System of Care PSOC: The System That Cares



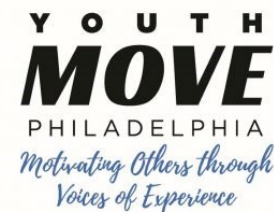
Focused on meeting the needs of children with serious behavioral health needs or those who are vulnerable to developing behavioral health issues often with other complex needs (e.g., involvement in child welfare or juvenile justice) and their families. It's our goal to help create a child serving system that delivers services and supports that are family and youth driven, effective, coordinated, and culturally and linguistically competent.

[Click to become a part of Philadelphia's System of Care and to join us in the effort to make things better for others in our community.](#)

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## Youth M.O.V.E. Philadelphia (YMP)

YMP is a local chapter of Youth M.O.V.E National (Motivating Others through Voices of Experience). YMP is devoted to improving services and systems that support growth and development by uniting the voices of youth who have lived experience in various systems including mental health, juvenile justice, education, and child welfare.



We are working to help young people recognize their natural skills, unlocking career, educational, and leadership opportunities, and helping other young people everywhere level up in their life and interest.

To learn more, contact **Shaiheed Days**, Y.M.P Coordinator at [shaiheed.days@phila.gov](mailto:shaiheed.days@phila.gov).

## Philadelphia System of Care Community of Care Councils:

### Local partnership for deeper community support & impact

These community-driven councils are representative of local neighborhood families, youth, and partners, who are committed to community empowerment and to addressing the social determinants of health connected to youth behavioral health, resiliency, and wellness. Our goals are:

- Inclusively represent and be accessible to all youth and families in all ten districts
- Function as local advisory boards for holistic behavioral health care and wellness
- Ensure communication and partnership through monthly forums
- Support community empowerment through local needs targeted for collaboration

For more information, visit [psoc.dbhids.org/communities-of-care](http://psoc.dbhids.org/communities-of-care).



# Network of Neighbors

TRAUMA RESPONSE NETWORK

Photo: Steve Weinik

Trauma is any overwhelmingly stressful experience that can shatter a sense of choice, safety, and trust.

Network of Neighbors is a free, community-driven trauma response network. We work to reduce violence and trauma by responding more effectively to it — by working alongside the community to address their experience, defining needs and boundaries, and putting community safety and choice first.

## What the Network of Neighbors Offers

We offer support to reduce stress and isolation, encourage social connection, tap into the natural strengths of the community, and begin the healing process.

1. Impact and needs assessment in collaboration with the community
2. Group discussions and community meetings that create safe spaces to come together, receive accurate information, tell your story, share thoughts and reactions, and explore ways of supporting yourself and your community
3. Free training in trauma-informed approaches, including Psychological First Aid and Post-Traumatic Stress Management
4. We bring support, presentations, trainings, and resources to you.



“ **Community Choice Creates Safety** ”

### CONTACT US

267-233-4837

[NetworkofNeighbors@phila.gov](mailto:NetworkofNeighbors@phila.gov)

[DBHIDS.org/networkofneighbors](https://DBHIDS.org/networkofneighbors)

# Network of Neighbors

T R A U M A   R E S P O N S E   N E T W O R K

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## How It Works

### Creating Choice at Every Level

Communities that have been impacted by trauma are at greater risk for not receiving the resources and supports they need. The **ASK Model** requires an invitation from the community to begin re-establishing choice and safety and ensure that the community's voice drives the process. By requiring a **Community Connector** before providing support, the ASK Model works to encourage collaboration and align local and citywide response efforts to meet the needs of the community.

**Community Connectors** are members of the community who work alongside the Network to organize responses within their neighborhood or community.

**Community Trauma Responders** are members of the community trained in Psychological First Aid and Post-Traumatic Stress Management who support or facilitate interventions within neighborhoods and communities.

## Who We Serve

Network of Neighbors supports the community as a whole. Community includes neighborhoods, blocks, social groups, schools, recreation centers, workplaces, agencies, libraries, etc. These supports are appropriate for ages 9 years and older. Referrals are provided for individuals and families. Any group of people with a connection is a community.

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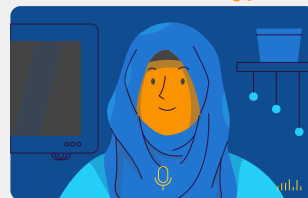
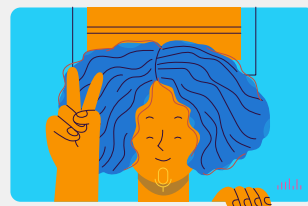
## Connect With Us

Contact the Network to discuss support for your community, free training, a community information session, and information about becoming a Community Trauma Responder.

**267-233-4837**

**[NetworkofNeighbors@phila.gov](mailto:NetworkofNeighbors@phila.gov)**

**[DBHIDS.org/networkofneighbors](https://DBHIDS.org/networkofneighbors)**



# Trauma is a big issue.

**“Trauma impacts our minds, our bodies, our relationships, and our communities. Addressing trauma means finding ways to prevent it, enhance systems that relieve it, and support treatments that alleviate it.”**

- Jill Bowen, PhD, DBHIDS Commissioner

People who experience traumatic events have an increased risk of developing a range of behavioral health concerns. To address this, the Philadelphia Department of Behavioral Health and Intellectual disAbility Services (DBHIDS) has developed a variety of evidence-based practices and innovative approaches to raise the level of resilience and heal the effects of trauma in the City of Brotherly Love and Sisterly Affection. Below are some of the examples of how DBHIDS is helps to strengthen our communities.



**Trauma-informed Care** DBHIDS begins with a population-health perspective toward treating those recovering from trauma. Appropriate interventions are implemented in the initial hours, days, or weeks after trauma exposure are most impactful. We focus on developing resiliency, maximizing protective factors, and ensuring use of **evidence-based practices** to decrease the impact of trauma. Some of these approaches include;

**Philadelphia Alliance for Child Trauma Services (PACTS)** is a network of child-serving systems and organizations, under the leadership of DBHIDS. PACTS increases the number of youth who receive effective trauma-focused and trauma-informed care. PACTS increases the capacity of behavioral health, pediatric, educational, and other child-serving systems to utilize trauma screenings and assessments and provide Evidence-Based Practices to children and their families. PACTS provides Trauma-Focused Cognitive Behavioral Therapy (TF-CBT), and several provide Primary Child-Adult Relationship Enhancement (PriCARE).

**Hospital-Based Interventions- Healing Hurt People** is a trauma-informed hospital-based violence intervention program developed by Drexel University and is expanding its reach throughout Philadelphia. DBHIDS provides funding for trauma-specific behavioral health, case management, and other components of intervention and prevention of future violence through the Healing Hurt People (HHP) program. HHP's hospital-based violence intervention program serves young men and women exposed to violent injuries at Tier-One Trauma Centers across the city.

**Temple University's Cease Fire/Cure Violence Program** is a community-based violence intervention program that serves individual survivors of gun violence in the 22nd Police District and parts of the 39th Police District. Cease Fire promotes early peer engagement, community outreach, and engagement to reduce retaliation, and peer conflict mediation to reduce school and community violence. DBHIDS continues to partner closely and supports its ongoing efforts.



**School Based Services** We offer a full continuum of supports for children in schools as well as the community.

**Intensive Behavioral Health Services (IBHS)** includes individual therapy, family therapy, individualized services by a Behavioral Health Technician (formerly known as TSS), case management services, and family peer services. Students receiving IBHS will be supported across environments inclusive of home, school, and community. Providers will be trained and expected to deliver Cognitive Behavioral Therapy (CBT) and Cognitive Behavioral Intervention for Trauma in Schools (CBITS) and Bounce Back which is group therapy for children who are experiencing traumatic stress.

**Support Team for Education Partnership (STEP)** program aims to ensure wellness for all youth and families by identifying drivers of behavioral issues early and connecting children and families to appropriate resources, reducing missed instructional time and preventing children from going into crisis.

**School-Based Prevention Services** support Philadelphia youth and families through prevention, education, policies, and environmental strategies (reducing risk factors and increasing protective factors). Prevention programs are administered by provider agencies in school settings. Topics include conflict resolution; decision making; skills for positive peer interactions; understanding self; problem and pathological gambling awareness & education; drug resistance skills; and Alcohol, Tobacco, and Other Drugs (ATOD) education.



**Training** We provide training opportunities to help community members and professionals identify, understand, and respond to traumatic events or crises. We understand the earlier we intervene with behavioral health issues, the faster we are able to provide professional care as a community.

**Mental Health First Aid (MHFA)** is a no-cost training offered to people who live, work or study in Philadelphia. This 8-hour training teaches community members and public safety personnel (e.g. police, fire) to identify, understand and respond to signs of behavioral health conditions and crises. Philadelphia has trained aiders in many communities including, the Philadelphia School District, the faith community, local businesses, the Philadelphia Police Department, Prison System, Fire Department, and City Council.

**Police Crisis Intervention Training (CIT)** training emphasizes the principles of violence prevention, de-escalation, and community collaboration. The purpose of the training is to promote empathy and understanding while increasing effective communication with community members when they are in some of the most vulnerable phases of their life.

**Trauma Awareness Training** serves as an introductory trauma training aligned with the DBHIDS mission. This training promotes discussions regarding the impact of trauma, the role of empathy and resilience, and the importance of wellness practices to address factors such as vicarious trauma. This training is available to both public service organizations and community groups/organizations.



**Early Interventions** We have developed a variety of prevention and early intervention programs to help address behavioral health challenges earlier and connect individuals to necessary services sooner.

**Behavioral Health Screenings** are our free, quick, and anonymous behavioral health screenings are a component of Healthy Minds Philly, a public health strategy to extend non-treatment services to individuals while offering treatment linkages as needed. The online screening tools on HealthyMindsPhilly.org are non-diagnostic and help identify signs and symptoms of behavioral health challenges, such as depression, anxiety, and substance use. Screenings events are hosted by behavioral health provider organizations in the community.



**Community Interventions & Engagement** We offer various community-based programs and strategies to build safe, resilient and trauma-informed communities. sooner.

**Porch Light Program** is a joint collaboration between DBHIDS and Mural Arts Philadelphia, focuses on achieving universal health and wellness, especially for those dealing with mental health issues or trauma. We do this by providing opportunities to contribute to meaningful works of public art. Themes include mental health, substance use, spirituality, homelessness, trauma, immigration, war, and neighborhood safety.

**Network of Neighbors Responding to Violence** addresses the traumatic stress associated with community violence, sudden loss, tragic accidents, suicides, burnout, and other impactful events. The Network is comprised of professionals and community leaders trained on the impact and reactions associated with traumatic experiences. The Network utilizes the ASK Model, only providing support when invited by the community. Responders work alongside community leaders to provide technical assistance, facilitate group interventions, and healing spaces. All Network interventions are free and take place in community-based settings. Call **267-233-4837** for support after a traumatic incident, to join the Network, or to set up a presentation about the Network.

**Faith & Spiritual Affairs** The vision of DBHIDS' Faith and Spiritual Affairs (FSA) Unit is to achieve optimal health and wellbeing for all faith and spiritual communities, FSA is dedicated to enhancing the understanding of behavioral health challenges, promoting inclusion and connectedness in one's community, and aiding in the integration of spirituality into behavioral health care and treatment.

**Community Wellness Engagement Unit (CWEU)** is a multilingual engagement team designed to provide greater access to wellness-related resources and support for all communities within its scope. CWEU is a mobile unit that makes use of teams of Certified Peer Specialists, Certified Recovery Specialists, and Behavioral Health Specialists to assess individuals, link them to the appropriate services, and coordinate with agencies and community stakeholders to address any barriers to treatment and wellness.

Phila. Crisis Line **988**  
For Services call **888-545-2600**  
Visit **DBHIDS.org**





# Youth Suicide Prevention

## Quick Tips

- **Trust your child:** Some people think children use suicide to “get something” or “doing it for attention.” If your child or a youth opens to you about suicide, trust that they mean it and get them help in that moment.
- **Listen more than you talk:** It is important to let your child or youth feel heard. Listen non-judgmentally with empathy. This is just as scary for them as it is for you. They need you to listen.
- **Don't keep it a secret:** Suicide can feel big and overwhelming, but there are resources available to you. Keeping your child's suicidal thoughts, a secret only puts them at higher risk. You don't have to face this alone, connect with resources or the **Philadelphia Crisis Line** at **988** or 215-686-4420.

Risk factors and warning signs that a youth may be thinking about suicide.

### Risk Factors

- Mental health disorders (mood disorders, anxiety disorders)
- Hopelessness
- Major physical illness
- History of trauma, abuse, or violence
- Previous attempts
- Loss of an important relationships
- Self-harm

### Warning Signs

- Talking about wanting to die or give up
- Researching ways to end their life
- Talk about feeling trapped
- Increase in isolation or withdrawing
- Sleeping too much or too little
- Extreme mood swings
- Talking about being a burden to parents, family, or others

## 5 Steps to Connect to Help

- **Ask directly about suicide:** Ask in a caring and direct manner. “Are you thinking about suicide?” This can open communication and more likely to get an honest response. Remember to stay calm if the answer is “yes.”
- **Be there:** Listen with empathy and ask questions about what got them to think about suicide. You want to let them know that you are going to be there even if the conversation is scary.
- **Keep them safe:** Do not leave them alone. Ask questions to see if there is a plan, how they would end their life, if they have access to the means to complete their plan, and when they planned to attempt. This information will be useful for professional support.
- **Help them connect:** Make sure you connect your child with support in that moment. You can reach out to a hotline. National Suicide Prevention Hotline 800-273-8255 or **Philadelphia Crisis Line** at **988** or 215-686-4420. If danger is immediate, contact 911.

For more tips and resources for individuals, children, youth, families, and communities, visit **DBHIDS.org/Boost**

- **Follow-up:** Just because you are past the crisis moment, doesn't mean you are done. Make sure your youth engages in long-term support depending on their risk. That support can come from professional services (therapist or psychiatrist), the school district, faith communities, or even within their home through more natural support.

## Resources for Youth

- **Philadelphia Crisis Line** 215-686-4420: The Philadelphia Crisis Line is available 24/7 to everyone within Philadelphia County. This service can offer risk assessment, crisis counseling, and connection to additional resources like **Children's Mobile Crisis teams** and **Crisis Response Centers**.
- **Philadelphia Children's Crisis Response Center** 877-287-4650: This Crisis Response Center works with youths aged 3-17 and is available 24/7. They offer assessment, stabilization, and connection to additional resources throughout the Philadelphia community.
- **PATH Children's Urgent Care Center** 215-728-4651: The PATH Urgent Care works with people age 3-21 who receive school services. They are open from 10 a.m. to 4 p.m. Monday through Friday. The urgent care offers assessment, crisis counseling, psychiatrist services, and connection to outside services.
- **National Suicide Lifeline** 800-273-8255: The National Suicide Lifeline is available 24/7 to anyone who may need to discuss their suicidality or are in a crisis. They offer a crisis counselor, assessment, and further connection local crisis support.
- **Crisis Text Line** (text **HOME** to **741-741**): The Crisis Text Line is a free 24/7 service for anyone identifying as being in a crisis. They offer an immediate connection to a crisis counselor who can work with youth on a variety of topics. It does not always have to be a crisis (then why do they have to identify as being in a crisis? (as stated, two sentences ago). They also offer connection to local crisis centers.
- **The Trevor Lifeline** [thetrevorproject.org](http://thetrevorproject.org): This organization offers resources, peer insight, and a Talk Line for youths who identify with the LGBTQ+ community. Youths can access 24/7 support from the **Lifeline 866-488-7386**.
- **You Matter** [youmatter.suicidepreventionlifeline.org](http://youmatter.suicidepreventionlifeline.org): This website offers a safe space for youths to share experiences around mental health and wellness. Blogs are written by youths for youths.

For more tips and resources for individuals, children, youth, families, and communities, visit **DBHIDS.org/Boost**

It's important to **ACT** if your child is showing concerning signs.

## Acknowledge that you're seeing signs of suicide in your child.

# A



Major changes in behavior



Sounding really down or helpless



Talking about suicide



Sleeping more or less



Increased anger or agitation



Withdrawal from family or friends

## Show your child that you Care.

You can show you care by being a good listener and asking questions.

Tell me more about it.

# C

I'm here for you.

It's OK to feel this way.

There is help available.

## Tell a professional.



If you're having concerns about your child **reach out** to their pediatrician or school counselor. Most people thinking about suicide are struggling with a mental health condition like depression. With professional help, people begin to feel much better. You can also call the **National Suicide Prevention Lifeline: 1-800-237-TALK (8255)** or **Text 'ACT' to the Crisis Text Line: 741741** for free, 24/7 support. If you are worried about your child's safety right now, call 911.

# T

**Help is always available.** If you need someone to talk to, reach out to these resources. Reach the **Crisis Text Line** by texting **ACT** to **741741**. Contact the **National Suicide Prevention Lifeline** at **1-800-273-TALK (8255)**

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**MindWise**  
SOS SIGNS OF SUICIDE



# Philly HopeLine

Hope Is Only A Call Away

**CALL OR TEXT FOR FREE**

**1-833-PHL-HOPE (1-833-745-4673)**

## SERVICES

- Free mental health counseling
- Grief support
- Emotional wellness
- Counseling for COVID-19 related losses
- **New:** Dedicated service hours for grieving LGBTQ+ youth

## SCHEDULE

**Mondays - Fridays** 10 a.m. - 8 p.m.

**Holidays** 12 p.m. - 4 p.m.

**Queer and Trans Youth** Thursdays 4 p.m. - 8 p.m.

**Grief and Emotional** & Fridays 1 p.m. - 4 p.m.

**Support Hours**

## ABOUT US

**The Philly HopeLine** is an award-winning free, confidential helpline sponsored by **Uplift Center for Grieving Children** and the **School District of Philadelphia**. It is staffed by Masters's level clinicians from Uplift, and is open to all Philadelphia students and families. Our interpretation line offers translations into over 100 languages.

**UPLIFTPHILLY.ORG/PHILLY-HOPELINE**

# Listen to Me

Guidelines for clinician, caregivers, and others working with adolescents and young adults.

Get to know me and show me you are on my side. Earn my trust. I have been let down before.

Give me your full attention. Listen to me and show me you get what I'm saying.

Explain to me what trauma-focused treatment consists of and which approach you will be using.

Make therapy interesting and interventions engaging.

Ask me if I feel comfortable around you. If I don't think you are a good match for me, listen without taking it personally, and even if after you try to make it better it still doesn't work, help me find another therapist.

Don't be critical or negative. I have had too much of that.

My brain, feelings, body, and behavioral reactions are natural responses to a confusing and scary event. I'm not crazy or a bad kid!

Don't judge a book by its cover! Don't assume things about me or what I have been through.

Give me the chance to express preferences about my therapist with regards to gender, ethnicity, and other culturally relevant factors.

## Youth Advisory Board

PACTS is looking for new members. Join our team of young advocates today.

If you are a psychiatrist, discuss my medication with me and prescribe only when needed. Please be receptive to what I tell you!

When I talk about my traumas validate and comfort me. Show me that it is ok and important to talk about what happened to me.

Don't use complicated words when talking to me so I can understand what you are saying.

Confidentiality is important to me. Show that I can trust you.

Explain to me the expectations to the confidentiality rule in cases of mandated reporting, show support, and work with my family through the whole process.

Teach me tools to cope with trauma reminders and find out which ones already work for me.

My safety always comes first! When needed create a safety plan with me.

Don't repeat statements or questions. It shows me that you might not be listening or care about what I have to say.

Do not look at your cell phone and only answer your cell phone if it is an emergency.

Even if some of us might not want our parents/caregivers involved, we understand that they have important information to share.

**CONTACT US** 801 Market St., Phila., PA, 19107 | [PACTS@phila.gov](mailto:PACTS@phila.gov) | 267-602-2073



Developed by PACTS, a city-wide child trauma initiative that provides evidence-based trauma-specific services to residents ages 2 to 21 with a focus on young children; lesbian, gay, bisexual, transgender, and questioning youth; commercially sexually exploited children; and intentionally injured youth.

## BOUNCE BACK

# ASK FOR IT BY NAME: BB

### ? What is Bounce Back?

Bounce Back (BB) is a school-based, group therapy that works to lessen symptoms of child traumatic stress, anxiety, depression, and functional impairment among elementary school (ages 5-11) who have been exposed to traumatic events. Children learn skills for relaxation, challenging upsetting thoughts, social problem-solving, and processing traumatic memories and grief.

### 👤 Is Bounce Back right for my child?

Children struggling to manage the following trauma reactions may benefit from Bounce Back (BB)

- Unwanted memories of the trauma
- Nightmares and sleep problems
- Lack of positive emotions
- Intense ongoing fear or sadness
- Angry outbursts
- Acting helpless, hopeless, or withdrawn
- Avoiding places or people associated with a traumatic event

### 🏠 Core Components

Bounce Back teaches cognitive-behavioral techniques

- Psycho-education
- Feelings identification
- Positive Activities
- Relaxation Training
- Cognitive Coping
- Gradual Exposure for Functional Impairment
- Trauma Narrative
- Social Support/Connecting with Others
- Problem Solving Conflict resolution



### Don't Miss Out!

Call CBH Member Services at 888-545-2600 and ask for BB.

For more detailed information, visit [DBHIDS.org/EPIC](https://www.dbhids.org/EPIC).

## PARENT-CHILD INTERACTION THERAPY (PCIT)

A Parent & Caregiver Coaching Model for Young Children

# ASK FOR PCIT BY NAME

### ? What is PCIT?

Parent-child Interaction Therapy teaches caregivers new ways to play and interact with children ages 2½ to 7. Caregivers learn skills that decrease problem behaviors and lower their stress through weekly sessions and real-time coaching.

### 👤 Is PCIT right for my family?

PCIT helps you interact with children who show behaviors such as:

- Frequent temper tantrums
- Destructive behavior
- Aggression
- Not listening to adults or peers
- Difficulty playing with other children
- Problems sitting still

### Success Story: Alex and Beth, a foster family

“Almost immediately, I knew it was working. Alex’s reward wasn’t candy, it was a connection. This therapy model is the single most helpful thing I learned.” **Beth, a foster parent**

“I saw a difference after our first coaching session. Beth mastered the skills in just four weeks! I saw a change with Alex. He began to enjoy activities because he lead them.” **Therapist**

“**The PCIT model works!** It gives you an opportunity to work with the caregiver in a way that no other model allows.” **Behavioral Health Provider**

### Families have experienced:

#### ↓ REDUCED

- Tantrums & Stress
- Aggression
- Therapy sessions

#### ↑ IMPROVED

- Relationships
- Self-control
- Trust

### 🏠 PCIT Provider Agencies

Community Behavioral Health Network

- Belmont Behavioral Hospital
- Bethanna
- Child Guidance Resource Center
- Intercommunity Action Inc. (Interact)
- The NET Centers
- GEMMA

### Don't Miss Out!

Call CBH Member Services at 888-545-2600 and ask for PCIT.

For more detailed information, visit [DBHIDS.org/EPIC](http://DBHIDS.org/EPIC).

## TRAUMA IN SCHOOLS

# ASK FOR IT BY NAME: CBITS

### ? What is CBITS?

CBITS is a school-based, group therapy that works to lessen symptoms of Post-Traumatic Stress Disorder (PTSD), depression, and general anxiety among youth exposed to trauma. Youth learn skills for relaxation, challenging upsetting thoughts, social problem-solving, and processing traumatic memories and grief. The goals of CBITS are to reduce symptoms related to trauma exposure, build skills, enhance resilience to stress, and build peer and caregiver support.

### 🧑 Is CBITS right for me?

Youth (ages 11-18) struggling to manage the following trauma reactions may benefit from CBITS

- Unwanted memories of the trauma
- Nightmares and sleep problems
- Lack of positive emotions
- Intense ongoing fear or sadness
- Angry outbursts
- Acting helpless, hopeless, or withdrawn
- Avoiding places or people associated with a traumatic event

### 🏠 Core Components

CBITS teaches six cognitive-behavioral techniques

- Education about reactions to trauma
- Relaxation training
- Cognitive restructuring
- Real life exposure
- Stress or trauma exposure
- Social problem-solving



### Don't Miss Out!

Call CBH Member Services at 888-545-2600 and ask for CBITS.

For more detailed information, visit [DBHIDS.org/EPIC](https://www.dbhids.org/EPIC).



## DIALECTICAL BEHAVIOR THERAPY (DBT)

A treatment approach for adolescents and adults with uncontrollable or harmful behaviors

# ASK FOR IT BY NAME: DBT

### ? What is Dialectical Behavior Therapy (DBT)?

DBT provides individuals the skills to manage painful emotions and decrease conflict in relationships. DBT helps clients to achieve a life that is worth living with balanced relationships, meaning and purpose by teaching them how to regulate their emotions, thoughts and actions.

### 🧑 Is DBT right for me?

Individuals struggling to manage the following may benefit from DBT

- Emotions
- Behaviors
- Relationships
- Self-awareness knowing who you are, what you value, and building a life worth living

### “ Testimonials

#### Michelle

In my family relationships became, for the first time, a help rather than a burden. With DBT skills, can get better and better. See a confidence never felt before because we always been insecure with myself. My family was distant from me because of my erratic behavior, but they see a change in me. ”

#### Jack

My favorite DBT skill is radical acceptance. Think a lot of my suffering came from not accepting things in my life that were happening and not realizing I played a role in those things. DBT helped me view myself in those parts of my life and accept what is happening.”

### 🚗 DBT Treatment Modes

- Individual Therapy
- Group Skills Training Sessions
- Between Session Coaching



## Don't Miss Out!

Call CBH Member Services at 888-545-2600 and ask for DBT.

For more detailed information, visit [DBHIDS.org/EPIC](https://DBHIDS.org/EPIC).

# See What Your Child Can Do

Tips for raising happier, healthier children with developmental delays

1. When children receive warm, loving care, they are more likely to feel safe and secure with the adults who take care of them.
2. Teach your child to know when it's time for bed by developing routines such as singing a song and pulling the curtains—daily routines and rituals associated with pleasurable feelings are reassuring for children.
3. Recognize and respond to sounds, movements, and expressions that your child makes. This will help your child feel secure and attached.
4. Children grow at different rates. Their needs and feelings about themselves reflect, in large measure, parents' and caregivers' attitudes toward them.
5. Parents need care too. When you are exhausted, irritable, depressed, or overwhelmed, you may have a harder time meeting the needs of young children.

## Pennsylvania Office of Child Development and Early Learning

*Serving Children with Developmental Delays*  
...helping families develop their child's potential.

Funding for Early Intervention is provided through the Pennsylvania Office of Child Development and Early Learning, your local county offices of developmental services, Intermediate Units, and state/local contracted Early Intervention agencies.

Early Intervention Contacts:

Birth to 2: **215-685-4646**

Ages 3-5: **215-222-8054**

**Statewide CONNECT Line: 800-692-7288**

*Serving Children with Developmental Delays*  
...helping families develop their child's potential.



# My child was referred for Early Intervention Services... What now?



**All children grow and develop in different ways. Some children need a little extra help. Early Intervention can help your family with how your child develops, learns and behaves.**



## Have More Questions?

If your child is **0-3 years old** call 215-685-4646.

If your child is **3-5 years old** call 215-222-8054.

Once your child begins Early Intervention, a service coordinator can answer ongoing questions you may have.



### **Why was my child referred for Early Intervention?**

All children develop at their own pace and in their own way. Some children need a little help to catch up. Getting help early from Early Intervention can have a big impact.

### **What is Early Intervention?**

Early Intervention provides services to young children and their caregivers to help the child communicate, learn and get along with others. Early Intervention will help your child prepare for entering school.

### **How much does it cost?**

Early Intervention is provided at no cost to you.

### **Where do I have to go to get Early Intervention?**

Early Intervention can be provided in your home, or another location such as a childcare program. Early Intervention can be provided in your native language.



### **What do I need to do?**

You can help your child reach his or her goals. The Early Intervention professional will show you fun ways to teach your child. These activities will help your child grow and develop.

### **What happens now that my child has been referred for early intervention?**

**There are 5 steps.**

**Step 1:** An intake coordinator will call you to complete the referral and answer your questions.

**Step 2:** A service coordinator will call to set up a time to meet.

**Step 3:** The service coordinator will visit with you and your child, usually in your home.

**Step 4:** An Early Intervention team will come to your home to evaluate your child. They will determine if your child is eligible for Early Intervention. If your child qualifies for services, then you and the team will make a plan to help your child.

**Step 5:** Early Intervention begins. An Early Intervention professional will come to your home and work with you and your child.



### **What if I am not available during the day?**

The Early Intervention professional will work with your schedule. They can provide services in the evening or on weekends as needed.

### **How long will my child receive services?**

Your child can receive free services through age five if he or she needs them.