



Child, Adolescent and Family Services

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Deputy Director



# Child, Adolescent, and Family Services Division



- **The Department of Behavioral Health is building a system of care for children, youth and their families that supports prevention and early identification of behavioral health needs, and provides community-based treatment and supports that are able to meet multiple and changing needs.**
- **We are guided by the principles that services must be easy to access, culturally and linguistically competent, and family-driven and youth-guided.**
- **A range of treatment and support services for children, youth and their families are available, including specialized evidence-based practices for youth and families recovering from trauma, emergency care and ongoing treatment primarily through certified, community based mental health providers.**
- **Ongoing treatment includes individual, group, and family counseling, diagnostic assessment, medication management, and family support. In addition, community based providers are certified to provide substance use disorder treatment. The Department also operates a children's clinic, provides services in public and public charter schools, and manages an alcohol, tobacco drug prevention and awareness campaign called DrugFreeYouthDC.**



# Access to Behavioral Health Services

**1(888)7WE-HELP or 1-888-793-4357 (Mental Health Hotline)**

**202-673-6495 (The Community Response Team)**

**202-481-1440 Child and adolescent Mobil Psychiatric Service (ChAMPS)**

**988 (The Suicide and Crisis Lifeline)**

The Mental Health Hotline is the primary enrollment point to get connected to services.





# Crisis Services

## Mobile/Emergency

- **Children and Adolescent Mobile Psychiatric Service (ChAMPS)**
- Goal is to stabilize, assess, and facilitate hospitalization/FD12
- The Children and Adolescent Mobile Psychiatric Service (ChAMPS) provides on-site immediate help to children facing a behavioral or mental health crisis whether in the home, school or community. Services are geared toward children and youth 6-21 years of age. The goal is to stabilize them and avert inpatient hospitalization or placement disruptions in the case of foster children. The mobile crisis teams also make follow up visits and connect the family to needed support services.
- The on-call, mobile emergency service is available 24 hours a day, seven days a week by calling (202) 481-1440.



# Physicians' Practice Group (Urgent Care Clinic)



**Board Certified in Child, Adolescent, and  
Adult Psychiatry**

Dr. Otema Adade: [Otema.Adade@dc.gov](mailto:Otema.Adade@dc.gov)

Dr. Wanda Gnahoui  
[Wanda.Gnahoui@dc.gov](mailto:Wanda.Gnahoui@dc.gov)

We provide:

- Psychiatric evaluations
- Medication Management
- Brief Case Management
- Referral/Linkage and Follow-up

We serve:

- Children and young adults ages 4 – 21 with complex emotional, behavioral and mental health challenges.
- Youth receiving services within the DBH provider network
- Youth linked to child-servicing agencies such as CFSA, DYRS, DCPS and court-involved youth.
- Parents of the children participating in the P.I.E.C.E. Program



# Mental Health Evidence Based Practices

## ■ Intensive/Family Services

- Community Based Intervention (CBI)- Levels 2 and 3
- Functional Family Therapy (FFT)
- Multi-systemic Therapy (MST) CBI- Level 1
- High Fidelity Wraparound

## ■ Trauma Services

- Trauma-Focused CBT (TF-CBT)
- Trauma Systems Therapy (TST)
- Child-Parent Psychotherapy (CPP)

## ■ Early Childhood Services

- Child Parent Psychotherapy (CPP)
- Parent- Child Interaction Therapy (PCIT) & PCIT Toddlers
- Attachment & Biobehavioral Catch-up (ABC)





# **SCHOOL BASED BEHAVIORAL HEALTH PROGRAM**



# School Based Behavioral Health Model



- **Prevention Services:**

These services are aimed at preventing the development of serious mental health problems and promoting positive development among children and youth. SBBHP utilizes evidence based or evidence informed programming for most prevention programming.

- **Early Intervention Services:**

These services are targeted interventions for students in need of early mental health services. The aim is to provide interventions once a student is identified as “at risk”, before a more serious (i.e., diagnosable) mental health problem develops.

- **Treatment Services:**

In schools, treatment services are offered to students experiencing severe, chronic, diagnosable problems. Treatment services are offered through individual, group and family therapy or any combination of the three depending on the student’s need. Treatment services provided by SBBHP are not to fulfill IEP/504 related service requirement.





# Additional Services

- Teacher and Parent Consultation
- Teacher and Parent Workshops
- Risk Assessments
- Fully Integrated Into the Schools- attend different committee meetings
- Crisis Response at schools after a death or tragedy
- Provide workshops to other programs and in the community throughout the year



# Meeting the Needs of Every Child

Mayor Bowser and DC Council have invested to support a clinician in every public school within the District.

Using a public health approach, the School-based Behavioral Health Program provides a range of prevention, early intervention and treatment services to students in the DC public and public charter schools.

Services are individualized per school and are based on the School Behavioral Health Team's School-centric Assessment and the School Strengthening Work plan.



# Expansion of School-based Services

The District's Coordinating Council on School Behavioral Health, led by DBH, is guiding the multi-year expansion through partnerships with Community Based Organizations (CBOs). There are currently 13 CBOs providing School Based Behavioral Health Services.

- In SY 18-19, Cohort 1 included 52 schools
- In SY 19-20, Cohort 2 included 67 schools
- In SY 20-21, Cohort 3 included 47 schools
- In SY 21-22, Cohort 4 included 91 schools
- In SY 22-23, the total landscape of schools is 253 schools

**Behavioral health services are currently being provided in 155 or 61 percent of public schools.**

**There are currently 25 public and public charter schools that do not yet have a CBO provider.**



# Early Childhood

## DC's Healthy Futures Model

- Each consultant provides early childhood mental health consultation to 5-8 Centers each
- Relationship with centers starts with a Center Director guided needs assessment and implementation plan
- Mental Health Consultants provide services at the child, teacher, classroom, and center/program levels. Services include classroom observations, prevention/early intervention activities, modeling, and consultation with parents, teachers, and center directors.
- Clinician embedded in centers 1 to ½ day per week



# Early Childhood Intervention and Treatment Services

## Parent Infant Early Childhood Enhancement Program (P.I.E.C.E.)

Services children 7.6 years of age and under and their families

- Our mission is to provide culturally competent-community based mental health services to infants, toddlers and school-age children that are responsive to individual family needs.
- The goal is to intervene early with evidence-based services designed to prevent social emotional/behavioral challenges and/or reduce stressors within the parent-child relationship and family from adversely affecting the developing child.



# Substance Use Services

- Prevention Services
- Youth Treatment Services
- Youth Recovery Services
- Community Engagement





# Family Wellness and Support Program

- DBH launched Parent Support Program in September 2020 in response to the multiple stressors and challenges parents facing due to pandemic
- Parent Support Services include:
  - Wellness Wednesday (virtual parents support session in English and Spanish)
  - **Up to 3 free consultation sessions for parents; accessed through the DBH Hotline**
  - On-demand library
- Additional funds help to enhance the DBH Parent Support Program
  - Continue and strengthen Wellness Wednesday
  - Provide additional services, events, and activities for Families (both in-person and virtual)
  - Increase awareness of services and supports through a Social Marketing Contract



# Wellness Wednesday

- 5:30 pm the last Wednesday of the month
  - Available in Spanish and English
- Virtual platform
- Meeting Information
  - Link: [https:// bit.ly/2Kr4PDk](https://bit.ly/2Kr4PDk)
  - WW20
  - SPWW20





# DBH Teacher Support Program

- Enhancement mirrors Parent Support Program but targets teachers
  - Easy access to mental health services through hotline
  - Individualized consultation (not all teachers have access to EAP services; DBH clinicians can provide up to 3 free behavioral health sessions)
  - Teacher Support Network (activities and events to support the wellbeing of teachers)
    - Healthy Teachers DC: virtual support sessions beginning February 2023
    - In-person and virtual workshops and professional development sessions



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# SUD Prevention Services

**Goal: Prevent the age of first use and reduce the progression of substance abuse risk among individuals, families/caregivers, and communities.**

- Utilization of a Five Step Data-Driven Planning Strategic Prevention Framework (SPF) Process to address substance use.
- Data driven social marketing strategies aimed at addressing substance use.
- 4 DC Prevention Centers (DCPCs) who serve as prevention hubs across the 8 Wards of the District.



# DC Prevention Centers (DCPCs)

## WARDS 1 + 2

1419 Columbia Road NW  
Washington, DC 20009  
(202) 660-1636

## WARDS 3 + 4

5335 Wisconsin Avenue NW  
Suite 440  
Washington, DC 20015  
(202) 686-4856

## WARDS 5 + 6

1022 Maryland Avenue NE  
Washington, DC 20002  
(202) 543-5796

## WARDS 7 + 8

3939 Benning Road NE  
Washington, DC 20019  
(202) 388-3001



# Social Marketing Strategies

Quantitative data from surveys and qualitative data from Community Conversations are used to create content and to shape each strategy...

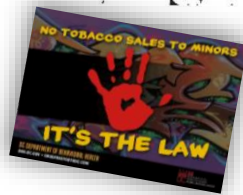
Drug Free Youth DC Website



Synthetic Prevention for Adults



Synar Merchant Education



Synthetic Prevention for Youth



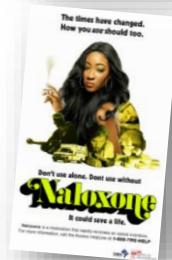
Marijuana "The Blunt Truth"



Underage Drinking "There's a Reason"






Opioid Awareness (Adults)



Opioid Awareness (Youth)



# Stay in Touch

- **Drug Free Youth DC website** (<https://drugfreeyouthdc.com/>)
- **Requests for materials, trainings, or presentations**  
(email: [suds.prevention@dc.gov](mailto:suds.prevention@dc.gov))
-  @drugfreedc
-  @drugfreedc
-  Drug Free Youth DC @drugfreedc





# SUD Youth Treatment and Recovery



# SUD Youth Treatment Services

## DC CITY/TREE Grant

- **Target Population:**
  - Youth ages 12–25 and their family/caregivers with SUD and/or co-occurring mental disorders (COD)
- **Goals:**
  - Enhance and expand youth SUD treatment services.
  - Provide tobacco/vaping use counseling and interventions.
  - Increase access for youth/TAY and their families to COD/ SUD/mental health services and supports.
  - Develop social marketing strategies to promote SUD treatment.
- **Outcomes:**
  - Adolescent Substance Abuse Treatment Expansion Program (ASTEP) providers are using the EBP, the Adolescent Community Reinforcement Approach (A-CRA) as this is focused on increasing protective factors for youth.



# Adolescent Substance use Treatment Expansion Program (ASTEP) Providers

Latin American Youth Center  
(LAYC)

1419 Columbia Road, NW,  
Washington, DC 20001  
(202) 319-2225

Hillcrest Children and  
Family Center

915 Rhode Island Avenue, NW,  
Washington, DC 20001  
(202) 232-6100





# Questions

