

# Child and Family Behavioral Health summary for Tribes

## Table of contents

|                                                                         |          |
|-------------------------------------------------------------------------|----------|
| <b>Child and Family Behavioral Health summary for Tribes .....</b>      | <b>1</b> |
| Table of contents .....                                                 | 1        |
| The array of services and supports .....                                | 3        |
| Accessing services for youth and families .....                         | 3        |
| Accessing services and programs to add to Tribal BH service array ..... | 3        |
| Promotion, Prevention and Early Intervention .....                      | 4        |
| Mental Health Promotion and Prevention .....                            | 4        |
| School-based mental health partnerships .....                           | 4        |
| Suicide Prevention, Intervention, and Postvention .....                 | 4        |
| Home-and Community-Based Treatment and Support Services .....           | 5        |
| Mobile Response and Stabilization Services .....                        | 5        |
| Intensive In-Home Behavioral Health Treatment .....                     | 6        |
| Intensive Treatment Services .....                                      | 6        |
| Psychiatric Day Treatment .....                                         | 7        |
| Fidelity Wraparound .....                                               | 7        |
| Youth Substance Use Disorder Programs .....                             | 8        |

|                                                                           |    |
|---------------------------------------------------------------------------|----|
| Supports for Youth and Young Adults .....                                 | 8  |
| Young Adults in Transition (YAT) Residential Treatment Homes .....        | 9  |
| Youth Hubs.....                                                           | 9  |
| Early Psychosis and the Early Assessment and Support Alliance (EASA)..... | 9  |
| Supports for Justice Involved Youth.....                                  | 10 |
| Restorative Services .....                                                | 10 |
| Psychiatric Security Review Board.....                                    | 10 |
| Supports for young children and their families .....                      | 10 |
| Child-Parent Psychotherapy (CPP).....                                     | 10 |
| Generation Parent Management Training, Oregon Model (Gen PMTO) .....      | 11 |
| Parent-Child Interaction Therapy (PCIT).....                              | 11 |
| Family and youth education and supports .....                             | 11 |
| Benefits .....                                                            | 12 |
| Early and Periodic Screening, Diagnostic and Treatment.....               | 12 |
| Youth Adults with Special Health Care Needs (YSHCN).....                  | 13 |
| Provider supports .....                                                   | 13 |

## The array of services and supports

Children, youth and families need an array of services and supports to meet their individual needs. [This graphic illustrates the full continuum](#) as defined in the 2021 [The Evolution of the System of Care Approach](#). Oregon has most of these services and supports and is working to develop the others.

Oregon Health Authority's Child and Family Behavioral Health Unit maintains fact sheets on all programs and services covered in this document. [Fact sheets](#) are updated yearly to provide the most current and relevant program, data, and funding information.

### Accessing services for youth and families

Individuals who are American Indian or Alaska Native can be enrolled in Oregon Health Plan (OHP) Open Card. See page 34 of the [Oregon Health Plan Open Card Member Handbook](#). Members can contact [CareOregon](#) to access services and should also request care coordination for support and system navigation.

### Accessing services and programs to add to Tribal BH service array

Please connect with one of our three Behavioral Health Tribal Liaison's to assist with communication and access to any of our programs and subject matter experts.

Angie Butler: [Angie.L.Butler@oha.oregon.gov](mailto:Angie.L.Butler@oha.oregon.gov)

Tribal Behavioral Health Continuum of Care Advisor

Carisa Dwyer: [Carisa.S.Dwyer@oha.oregon.gov](mailto:Carisa.S.Dwyer@oha.oregon.gov)

Tribal Behavioral Health Specialist

My'kee Martinez: [Michael.Martinez@oha.oregon.gov](mailto:Michael.Martinez@oha.oregon.gov)

Tribal Alcohol, Tobacco & Other Drug (ATOD) Prevention Specialist

# Promotion, Prevention and Early Intervention

## Mental Health Promotion and Prevention

Mental Health Promotion and Prevention (MHPP) projects across Oregon build awareness of mental health, normalize help-seeking behaviors, and lift communities. MHPP programs are coordinated through local agencies including public health, culturally specific, and mental health agencies.

Services are available through 20 county mental health department (CMHP) as shown on the linked fact sheet, and there are currently no additional funds available.

## School-based mental health partnerships

School Based Mental Health providers are master's level therapists or qualified mental health professionals, are available on school campuses or via telehealth and provide brief, short-term individual, group and family therapy along with care coordination, suicide prevention, and crisis services.

Services are available through 17 county mental health department (CMHP) as shown on the linked fact sheet, and there are currently no additional funds available.

Contact for both Mental Health Promotion and Prevention and School-based mental health partnerships:



Fran Pearson [fran.pearson@oha.oregon.gov](mailto:fran.pearson@oha.oregon.gov)  
School-Based Mental Health Program and Policy Coordinator  
Mental Health Program Policy Analyst  
Phone number: 503-890-3559

## Suicide Prevention, Intervention, and Postvention

OHA led development of the state of [Oregon Suicide Prevention Framework](#) to guide comprehensive suicide prevention, intervention, and postvention across the state. The Framework guides the [Youth Suicide Intervention and Prevention Plan \(YSIPP\)](#) and [the yearly initiatives](#) chosen by suicide prevention partners throughout Oregon. Read detailed updates on the 2024 YSIPP initiatives in the [Annual Report](#). Initiatives include prevention, intervention, and postvention response and training.

OHA supports a [menu of training options](#) for prevention, intervention, and postvention including [guidance on which trainings are right](#) for various community and professional roles. These trainings are all available to Tribes for low or no cost.

All of the Nine Federally recognized Tribes of Oregon receive suicide prevention, intervention, and postvention funding. Suicide prevention, intervention, and postvention technical assistance is available from any of the suicide prevention staff.

Contacts for suicide prevention, intervention, and postvention:



Jill Baker [jill.baker@oha.oregon.gov](mailto:jill.baker@oha.oregon.gov)  
Youth Suicide Prevention Policy Coordinator  
Phone Number: 503-339-6264



Shanda Hochstetler [shanda.hochstetler@oha.oregon.gov](mailto:shanda.hochstetler@oha.oregon.gov)  
Youth Suicide Postvention Program Coordinator  
Phone Number: 503-890-3575



Roger Brubaker [roger.brubaker@oha.oregon.gov](mailto:roger.brubaker@oha.oregon.gov)  
Youth Suicide Prevention Program Coordinator  
Phone Number: 503-979-8592

## Home-and Community-Based Treatment and Support Services

### Mobile Response and Stabilization Services

Mobile Response and Stabilization Services (MRSS) are developmentally appropriate crisis response services for children, youth and young adults (through age 20) and the families or caregivers of children, youth and young adults. When someone calls [988](#) or their [Community Mental Health Program \(CMHP\)](#) local crisis line, a crisis counselor will link them to MRSS if they need it. These services provide an in-person, face to face crisis response, connect youth and their families to rapid behavioral health supports at home and in their communities, help de-escalate situations, and prevent unnecessary trips to emergency departments and interactions with law enforcement.

MRSS is in implementation in all counties through CMHP, and counties are required to work with tribal partners to develop an MOU where the tribe is interested.

### **Intensive In-Home Behavioral Health Treatment**

Intensive In-Home Behavioral Health Treatment (IIBHT) is a set of services that include an intensive community-based alternative to residential treatment and inpatient hospitalization. IIBHT services are tailored to meet the individual needs of the child and family and include access to a multidisciplinary team of professionals and 24/7 proactive and crisis response to the home.

Services are available through Coordinated Care Organizations (CCO's) as shown on the linked fact sheet. Tribal members should also request care coordination.

Contact for questions about MRSS and IIBHT:



Beth Holliman [beth.holliman@oha.oregon.gov](mailto:beth.holliman@oha.oregon.gov)  
Intensive Community-Based Services Coordinator  
Phone number: 503-820-1197

### **Intensive Treatment Services**

Oregon's Children's System strives to offer a comprehensive continuum of care. We work with communities to build and support trauma-informed treatment programs that can serve mental health needs close to home.

Because day and residential treatment options are an essential part of a holistic continuum of care, Oregon's Children's System includes providers across the state that operate evidence based and trauma informed residential treatment programs for children and youth with mental health conditions that cannot be safely treated in their home, school and community-based programs.

Throughout Oregon, private agencies operate intensive psychiatric services at a variety of levels of care. Depending on the agency, youth with commercial insurance and/or Oregon Health Plan receive appropriate levels of care.

Services are available through Coordinated Care Organizations (CCO's) as shown on

the linked fact sheet. Tribal members should also request care coordination.

- Psychiatric Residential Treatment
- Secure Inpatient Psychiatric Treatment
- SAGE Residential Program
- Subacute Psychiatric Treatment

## **Psychiatric Day Treatment**

Sometimes referred to as “partial hospitalization,” this level of care offers individualized therapeutic services, social environment supervision, in the moment coaching of relationship skills, groups, and medication management.

Day treatment programs are usually provided during school hours. They offer education services in collaboration with the mental health treatment providers.

Services are available through Coordinated Care Organizations (CCO’s) as shown on the linked fact sheet. Tribal members should also request care coordination.

For questions about Intensive Treatment Services and Psychiatric Day Treatment, contact:



Sage Neilson [Sage.S.Neilson@oha.oregon.gov](mailto:Sage.S.Neilson@oha.oregon.gov)  
Children’s Intensive Treatment Services Coordinator  
Phone number: 503-551-5225

## **Fidelity Wraparound**

Fidelity Wraparound is a voluntary care coordination model offering a unique set of community services and supports. Youth and families will work with a team of individuals, including their chosen supports, to develop a plan towards achieving their goals and vision for the future. Together they will create and review this plan of care as well as a crisis and safety plan. Children, youth, and young adults may be referred to Wraparound up to the age of 21 if they experience complex mental health challenges, are involved in mental health and one other system, and are currently receiving Medicaid. Fidelity Wraparound is available in every county.

Services are available to Tribal Fee for Service members and through Coordinated Care Organizations (CCO's). Fidelity Wraparound programs can be [viewed by county here](#).

Contact for questions about Fidelity Wraparound:



Christianna Rhoads [christianna.c.rhoads@oha.oregon.gov](mailto:christianna.c.rhoads@oha.oregon.gov)  
Wraparound and System of Care Coordinator  
Phone number: 503-508-3816

## **Youth Substance Use Disorder Programs**

OHA works with a variety of partners, programs and systems to promote prevention, best practices, and cross-system collaboration throughout Oregon's SUD treatment system.

[NARA Northwest](#) offers culturally relevant services for American Indian and Alaska Native clients including a residential family treatment center and an outpatient treatment center. There are several other youth residential treatment facilities in Oregon listed [here](#).

[Recovery high schools](#) in Oregon support adolescents recovering from substance use disorders by providing an alternative environment to support recovery.

Youth Substance Use Disorder treatment services are available through Coordinated Care Organizations (CCOs). There are currently no additional funds available. Contact for Youth Substance Use Disorder Programs:



Katie Clemo [Katherine.L.Clemo@oha.oregon.gov](mailto:Katherine.L.Clemo@oha.oregon.gov)  
Youth and Young Adult SUD Policy Coordinator  
Phone number: 971-273-8614

## **Supports for Youth and Young Adults**

OHA supports several programs that provide individualized supports and opportunities to young adults living with behavioral health challenges in order to prepare young adults for a successful transition into adulthood.

## Young Adults in Transition (YAT) Residential Treatment Homes

(YAT) Residential Treatment Homes are for young adults (17.5 to 25 years old) who experience complex behavioral health challenges. They provide 24-hour supervision and support, focusing on helping residents develop the skills needed to manage their mental health symptoms and transition into adulthood. There are currently seven homes located in Albany, Eugene, Grants Pass, Pendleton, Portland, Salem and Tigard. Referral information is provided on the page linked above, and homes are available to all tribal youth if space is available in the homes.

## Youth Hubs

Hubs are designed to engage marginalized and disconnected young adults through accessible, holistic, non-stigmatizing and developmentally appropriate services including educational, employment, and housing support, case management, peer support, mental health support, and skills training. A list of current Hubs is located on the page linked above.

## Early Psychosis and the Early Assessment and Support Alliance (EASA)

EASA is a statewide network of programs which identify youth with symptoms of psychosis as early as possible and provide support and treatment based on current research. Services include training, consultation, outreach, assessment, links to appropriate care, coaching, family groups and peer support. Supports are available to all tribal youth as needed; contact the county mental health program (CMHP) to access services.

Contact for questions about supports for young adults:



Christie Taylor [christie.taylor@oha.oregon.gov](mailto:christie.taylor@oha.oregon.gov)  
Young Adult Service Coordinator  
Phone number: 503-551-8948

# Supports for Justice Involved Youth

## Restorative Services

Restorative Service are 90-day service episodes provided in the youth's community or on an outpatient basis. Service are provided in allocation and time that is convenient for youth and family and include case management, skills training and forensic evaluation. Restorative Services continue until a judge decides that the youth is "fit to proceed" or "unlikely to become fit to proceed" in court proceedings.

## Psychiatric Security Review Board

Judges will place young people found Responsible Except for Insanity (REI) under the jurisdiction of the Oregon Psychiatric Security Review Board (PSRB) if:

- The court finds that the young person has a serious mental condition (defined as major depression, bipolar disorder or psychotic disorder); or
- The court finds that the young person has a qualifying mental illness other than a serious mental condition and represents a substantial danger to others, requiring conditional release or commitment to a hospital or facility.

Contact for questions about supports for justice involved youth:



Jessica Stout [jessica.l.stout@oha.oregon.gov](mailto:jessica.l.stout@oha.oregon.gov)

Juvenile Fitness to Proceed Coordinator

Phone number: 503-757-4722

# Supports for young children and their families

## Child-Parent Psychotherapy (CPP)

Child-Parent Psychotherapy (CPP) is for children aged birth through 6 years who have experienced trauma. OHA and Greater Oregon Behavioral Health, Inc. (GOBHI) fund

training for 31 agencies statewide, including relief nurseries, mental health clinics, and adult residential substance use disorder programs for parents housed with young children. The central goal of CPP is to support and strengthen the child-parent relationship. In turn, the stronger relationship will restore and protect the child's mental health. Depending on the diagnosis, the Oregon Health Plan, private health insurance and other payers may cover CCP.

### **Generation Parent Management Training, Oregon Model (Gen PMTO)**

Gen PMTO is an evidence-based intervention to help parents strengthen families at all levels. The intervention promotes parenting skills and social skills and prevents, reduces, and reverses the development of moderate to severe conduct problems in children and youth. Generation PMTO can be tailored for diverse populations and has flexibility in delivery format, age range, family circumstances, intervention length, service provider and billing options.

### **Parent-Child Interaction Therapy (PCIT)**

PCIT is a highly effective brief intervention for families of children 2-7 years old who have significant social-emotional and behavior problems related to anxiety, moderate to mild autism, hyperactivity, chronic trauma or neglect. PCIT is covered under the Oregon Health Plan and may also be covered by private health insurance. Local PCIT programs are listed here.

Contact for questions about supports and services for young children and their families:



Amy Chandler [amy.b.chandler@oha.oregon.gov](mailto:amy.b.chandler@oha.oregon.gov)  
Early Childhood Program and Policy Development Specialist  
Phone number: 503-551-3897

## **Family and youth education and supports**

OHA supports families to help them advocate for their needs, navigate multiple systems and get the care they choose.

On demand resources are updated regularly and currently include:

- Youth and Young Adult Substance Use Prevention and Recovery Symposium
- Eating Disorder Treatment Series
- Parent-Child Interaction Therapy
- Nurtured Heart Approach
- Collaborative Problem Solving for Oregon parents and caregivers
- Uplift: Peer training for Oregon youth ages 14-19
- Youth Mental Health First Aid

#### Family Support Specialists

- Each county or region may offer Family Support Specialist services through different organizations, including family organizations such as the Oregon Family Support Network. To find your local Family Support Specialist contact, visit [www.reachoutoregon.org](http://www.reachoutoregon.org)

#### Parent/Family Help Line

- Family Support Specialists with special training and practical experience parenting their own children, youth or young adults answer the warmline and chat room.

#### Oregon Family Support Network

- The non-profit Oregon Family Support Network (OFSN) is the primary contractor for behavioral health, parenting and wellness-focused Family Support Specialist services.

#### Resources for Oregon Health Plan families

- Includes complaint process guidance

#### A Time for Families

- Weekly drop-in discussion hour for parents and family members

## **Benefits**

### **Early and Periodic Screening, Diagnostic and Treatment**

Early and Periodic Screening, Diagnostic and Treatment (EPSDT) benefits are for OHP members under age 21. These benefits include comprehensive preventive health care services from birth until they turn age 21. Coordinated care organizations (CCOs) cover these benefits for CCO members. The Oregon Health Authority (OHA) covers

EPSDT benefits for members not enrolled in a CCO (these members have fee-for-service OHP, also known as open card coverage).

### **Youth Adults with Special Health Care Needs (YSHCN)**

Beginning January 1, 2025, Oregon Health Plan will offer more benefits to youth adults ages 19 and 20 who have special health care needs including physical, intellectual and developmental disabilities, long-standing medical conditions, and behavioral or mental health conditions. Eligibility will expand to people ages 21 to 25 over the coming years.

## **Provider supports**

### **Oregon Psychiatric Access Line about Kids (OPAL-K)**

OPAL-K is a statewide psychiatric consultation service that supports treatment for children and youth up to age 18. The service provides local primary care and mental health providers quick access to consultation with a child psychiatrist, and limited access to consultation with a developmental behavioral pediatrician. The program also offers phone consultations specifically for medical providers treating children in foster care who have complex psychiatric medication prescribed.

Any medical provider in Oregon can use OPAL-K for professional consultation about psychiatric treatment issues or medication concerns involving young people. There is a separate service for adults, OPAL-A.

Providers can register by visiting the OPAL website: [www.ohsu.edu/opal](http://www.ohsu.edu/opal) or by calling the office number 503-346-1000 or toll free 1-855-966-7255.

---

You can get this document in other languages, large print, braille or a format you prefer free of charge. Contact the Child and Family Behavioral Health unit at [Kids.Team@odhsoha.oregon.gov](mailto:Kids.Team@odhsoha.oregon.gov) or 971-388-2582. We accept all relay calls.

Behavioral Health Division  
Child and Family Behavioral Health  
<https://www.oregon.gov/oha/HSD/BH-Child-Family>

