

CHANCE



**Family Information Guide
to System of Care
for the
South Carolina
PRTF Waiver Grant**

Why Read This Guide?



You may have decided to read this guide because you are concerned that your child needs help getting along with others, controlling his or her behavior, or expressing emotions. Depending on your child's needs and your family's situation, you might look for help from schools, health clinics or hospitals, health insurance providers, community mental health centers, social service programs, and possibly, the courts. When different agencies work together and include you and your family as a team, this is the beginning of developing your child's plan of care.

This CHANCE System of Care Guide was developed to inform caregivers and their families about how to seek help for their children with mental health needs. Families who have received help from previous grants within a system of care and the Federation of Families for Children's Mental Health participated in creating this guide. This Guide provides information on what to ask, expect, know and do to get the most out of their experience.

In seeking appropriate care for their children, family members reported having felt overwhelmed, alone, intimidated, or even blamed. They found strength by sharing their experiences with other families. They have used their experiences to help develop this guide. This guide can help you determine:

- What you need to know,
- What questions to ask,
- What you can expect, and;
- What you can do.

The words "you" and "your" in this guide refer to family members and others who are caring for a child with behavioral or emotional disturbance.

What is the System of Care ?

A process that follows a series of steps to guide the youth, family and professionals in a team approach to supporting and serving children with mental health and behavioral problems and their families.

What is CHANCE ?

- Children's Health Access in Community Environments
- A Medicaid waiver project in South Carolina, developed through a System of Care to serve the needs of seriously emotionally disturbed children (Ages 4 to 19) and their families.

How is CHANCE Different ?

- The family is always at the center of the planning process. You and your family have as much to say about the plan as the providers in your child's plan.
- The family builds the team. You choose who you want to be on your child's team. Your child's coach, teacher, counselor, etc.
- The focus is on the strengths of the child and family. The team will focus on what is working for your child.
- The family and team can make choices.
- Your child's plan is specific to what services and supports your child needs.



What are the steps in the CHANCE process?

Once your child has been approved to participate in the waiver, there are several steps in the process:

- Your family is first connected with a family advocate from the Federation of Families of SC to explain the process and answer any questions you may have.
- A Clinical Care Coordinator will call you to assist in choosing an Assessment provider.

Federation of Families will assist you in choosing a Case Manager in order to begin services.

- Your Case Manager will guide you in choosing the members of your child's and family's team.
- One of your Treatment Teams first steps is to work with you to develop a crisis plan so that you know what to do in the event of a crisis with your child.
- Your Case Manager and Treatment Team will help you develop short and long terms goals for your child and family and find answers for your pressing needs.
- You may choose to have other people on your team, such as:
 - Other family members
 - Family Advocate
 - Friends, neighbors, members of your faith community
 - Your child's friends
 - Service providers that are involved with your child, such as mentors, tutors and therapists.

Plan of Care Team.....

At the Plan of Care Team meeting, you and your team will develop a Plan of Care that is specific to your family.

Each member of your team is responsible for implementing the plan.

The Plan of Care Team is made up of your child and family, Case Manager, Doctor, Counselor and all those involved with the process of your child's treatment.



What are some services you can include in your child's Plan of Care?

Your child's Plan of Care will probably include formal services such as counseling, medical care, or education. You can also put services into the plan that are informal services and supports. These may be activities that interest your child and build on his/her strengths.

Who is your Support System?



Individuals or organizations in your community, family, social or faith communities, such as friends, extended family members, ministers, neighbors and more. These people are your support system.

What is Your Responsibility in the CHANCE process?

With the support of your team you will be expected to:

- Choose your team members.
- Participate in child and family team meetings.
- Discuss the strengths of your child and family in your team meetings.
- Ask questions if you don't understand the care and treatment of your child.

- Participate in developing your crisis plan and Plan of Care,
- Let the team know if something is not working and needs to change, and;
- Call your Case Manager if you are unable to attend a meeting.

Your Case Manager will develop a budget for the Plan of Care and submit the budget for approval. Once the budget is approved by the Clinical Care Coordinator at South Carolina Department of Mental Health, services may begin.

You and your team will meet every 90 days to review the Plan of Care to make certain it is working for your child. Changes can be made if needed. The meetings will be held at a time and a location that is best for you. You may ask for a Plan of Care meeting at any time.

Give your child the
CHANCE
to become a
happier, healthier adult!

**For more information please call:
The SC Federation of Families at 803-779-0402
or SC Dept of Mental Health at 803-898-8652**

**You can also visit us at our website:
www.chance.sc.gov**

**This Demonstration Program is
being
Developed in
Partnership with**



**The Federation of Families for Children's
Mental Health of South Carolina**

and

**Public and Private Providers
Throughout South Carolina**

The CHANCE acronym was developed by Youth Council in Action (YCIA) with The Federation of Families of South Carolina