

# CHILDREN'S THERAPEUTIC SUPPORT SERVICES

## What is CTSS?

Children's Therapeutic Support Services (CTSS) are services for children who have mental health concerns that interfere with daily functioning. CTSS rehabilitates the child with the necessary supports to function effectively for their development. These children must have MA or PMAP insurance to have CTSS services. Children and their families may receive services in office, home, school or the community (within 15 miles of the Waite Park office).

Two services included with CTSS are Psychotherapy and Skills Training. Some families may decide that they would only like one of these services; however, if they decide they want both, the providers work together as a team.

## Skills Training

Skills Training is only available through CTSS. A mental health practitioner provides this service under the supervision of a mental health professional. Skills taught may include social skills, coping skills, or any other behavioral skills designed to help a child function as well as possible.

## Psychotherapy

Psychotherapy allows the child to explore thoughts and feelings that might be contributing to decreased daily functioning. This service is provided by trained therapists. CTSS requires the therapist to actively collaborate with team members (including the skills practitioner) and document progress every 90 days.

## Family Involvement

We recognize that parents/guardians are vital to the success of this program. We are pleased to include the family in the treatment planning process and require written approval by the parent/guardian. This is needed before services begin and every 90 days for these services to continue. Parents/guardians provide valuable feedback on what changes have occurred and what is yet needed for the child to be successful. They also reinforce learned skills and therapeutic concepts every day to provide the most potential for success. Children who can use the skills in multiple situations with multiple people tend to improve much faster!

With CTSS, children's mental health needs are met in a high-quality way. These services can prevent (or be a step-down from) more intensive services such as day treatment or residential services. To qualify for CTSS, a therapist must complete a Diagnostic Assessment (DA) and make a referral for therapy and/or skills. CMMHC is pleased to be able to offer these services as we believe it is a beneficial component to our continuum of care.

**To begin with services call 320-230-0611**