

Community Mental Health Center	
Program	Contact Information
FMRS Health Systems	www.fmrs.org Fayette-304-574-2100 Monroe-304-772-5452 Raleigh-304-256-7100 Summers-304-466-3899
<p>Outpatient Services FMRS provides an array of individual, group and family therapies targeted toward children, adolescents and families. Two particular specialty areas include Parent-Child Interaction Therapy (PCIT) and Trauma Focused Cognitive-Behavioral Therapy (TF-CBT).</p> <p>Resiliency for Appalachia - Youth Overcoming Trauma (RAPP) The RAPP project is funded by the Substance Abuse and Mental Health Services Administration and is a category III network member of the National Child Traumatic Stress Network. The primary goal of the RAPP project is to bring evidence-based, trauma-informed treatment to the children of Southern West Virginia. RAPP is a collaboration between FMRS Health Systems, Inc.; Southern Highlands Community Mental Health Center; and Seneca Health Services, Inc. Therapists across the three comprehensive agencies are trained in evidence-based treatment models to better serve our region. RAPP is working to change how all child-serving agencies approach children and families by facilitating trauma informed care training throughout the region.</p> <p>Parent-Child Interaction Therapy (PCIT) PCIT is an evidenced-based treatment model with highly specified, step-by-step, live-coached sessions with both the parent/caregiver and the child. It is targeted towards families with children ages 3-7, but can be modified for children as old as 10. The goals of treatment are improvement in the quality of the parent-child relationship, a decrease in child disruptive behavior problems with an increase in prosocial behaviors, an increase in parenting skills including positive discipline, and a decrease in parenting stress.</p> <p>Trauma Focused Cognitive-Behavioral Therapy (TF-CBT) TF-CBT is an evidence-based treatment model targeted to treat children and adolescents ages 3-21, both males and females, with Post Traumatic Stress Disorder (PTSD) or other problems related to traumatic life experiences, and their parents or primary caregivers. TF-CBT has the strongest research evidence of any treatment model for traumatized children. (NCTSN 2014) Key components of TF-CBT include use of gradual exposure, education about child trauma and trauma reminders, parent skills education, relaxation skills for youth and parent, affective modulation and cognitive coping skills, trauma narrative processing and enhancement of safety skills. A traumatic grief component is also offered. Goals of treatment include a decrease in child behavior problems related to post traumatic stress such as depression, anxiety and anger, while increasing the youth and family's ability to cope with stress.</p> <p>Expanded School Mental Health The Expanded School Mental Health program is a collaborative effort between FMRS Health Systems, Inc. and Raleigh County Schools, designed to address the emotional and behavioral difficulties that negatively impact school performance, grade point average, and the development of healthy relationships with other students and school authority figures; and optimize overall student health and well-being. The program is housed within Beckley Elementary and Stratton Elementary schools and is designed to operate throughout the regular school year.</p> <p>Children's Wraparound Services "Wraparound" is a process that is designed to help groups of people involved in a family's life work together to support the family and their child who is returning from, or at risk of being sent to, an out-of-home placement in order to receive services. "Wraparound" is based on the belief that youth make progress when family and community are involved in their care and treatment. The process is used to support families by bringing a group of people together as a team for planning and delivering supportive services that build on family strengths, and address critical unmet needs to accomplish the outcome of keeping families together. The youth considered for the program must be in parental custody and living in Raleigh County (surrounding counties will be considered); are between the ages of 0 to 21 (with priority given to youth between the ages of 5-12 and 17-21); have a diagnosis of a severe emotional or behavioral disturbance that impacts their daily function; are currently in or at risk of placement in an acute psychiatric hospital or an out-of-state psychiatric residential treatment program, and could be served in the community successfully and safely with extra support. To participate in the Wraparound Program, families must voluntarily agree to receive services in their home and community. For more information about applying for Wraparound, please contact The Children's Wraparound Facilitator at 304-256-7100</p> <p>Children's Mobile Crisis Response The FMRS Children's Mobile Crisis Response team helps Raleigh County youth who are experiencing emotional or behavioral crisis by interrupting the immediate crisis and assisting youth and their families in becoming safe and supported. Crisis specialists and a parent support specialist provide support and teach skills necessary to return youth and families to routine functioning; maintaining children in their home or current living situation, school, and community whenever possible</p> <p>Parent Peer Support FMRS provides a Parent Peer Support Specialist to help children and families navigate services and ensure they receive the most appropriate level of care. Parent peer support is typically used when a family has multiple needs due to caring for a child with severe behavioral or developmental problems. The Parent Peer Support Specialist can assist the child and their family in navigating complex systems by providing advocacy and linkage/referral to community resources. The Parent Peer Support Specialist facilitates parent support groups and meets one on one with families throughout the region.</p>	
Evidenced Based Practices	