

Know the Signs

It can be hard to recognize emotional, behavioral, and mental health challenges in children. Sometimes they can seem like normal childhood behavior. Some general signs to watch for are listed below, but please see a licensed mental health professional.

- Changes in mood
- Intense emotion/feeling stressed
- Changes in behavior
- Difficulty concentrating
- Physical symptoms (Unexplained weight loss/gain, difficulty sleeping)
- Decline in grades/school functioning
- Changes in social interactions
- Physical harm
- Substance abuse

Treatment Works

Get help as soon as possible. Experience and research have shown that dealing with mental health challenges early can make a positive difference. Getting professionals involved when concerning behaviors first appear can help prevent or reduce the risk of developing a behavioral health problem.



Department of Services for Children,
Youth and Their Families

Division of Prevention and Behavioral
Health Services

DPBHS Access: 1-800-722-7710

Crisis Services:
1-800-969-HELP (4357)

<http://www.kids.delaware.gov/>

1 in 5

Children and Youth

Experience a
Mental Health Challenge



We Can Help

Services for Prevention, Early Intervention,
Behavioral Health and Substance Abuse



Department of Services
for Children, Youth and Their Families

Division of Prevention
and Behavioral Health Services



Mental Health is Important for Overall Health and Well Being

Children of all ages, even babies, can experience emotional, behavioral, and mental health challenges. The signs of mental health challenges are not always as easy to see as broken bones, but treating them is just as important so children and youth can live a happy and productive life.

You don't have to deal with it alone. We can help you learn the signs and connect you with services and support to get the help you need. Our dedicated and highly-trained staff will work with you to understand the available services in your community for children from birth to 17 experiencing mental health challenges.



carf
Commission on Accreditation
of Rehabilitation Facilities

Get Help

We provide help statewide for children who are without insurance or are enrolled in Medicaid/CHIP and require services more intensive than 30 hours of outpatient treatment in the Medicaid basic child health benefit provided through Managed Care Organizations (MCOs).

Our Services

- **Information & Referral**
- **Prevention/Early Intervention**
- **Early Childhood Mental Health Consultation**
- **Child Priority Response (Crisis)**
- **Outpatient** (Beyond initial Medicaid benefit)
- **Therapeutic Support for Families**
- **Day Treatment/Day Hospital**
- **Psychiatric Residential Treatment**
- **Psychiatric Inpatient Hospital**

Prevention Services

These services are directed towards promoting health and wellness, as well as to prevent children, families, and their communities from engaging in risky behaviors. We work with children, youth, families, communities, schools, and more to prevent: child abuse and neglect, dependency, juvenile delinquency, truancy, mental health disorders, substance abuse, domestic violence, and other risky behaviors.

Community Treatment

We work with several organizations that provide in office and/or mobile outpatient services for mental health and substance abuse that can evaluate your needs and can provide individual, family, and group therapy. These services focus on supporting healthy children, families, and communities.



Care Coordination Services

When a family needs coordination services, one of our clinical coordinators will guide you every step of the way and answer your questions and concerns.

The coordinator will also work with you to make a plan that fits the strengths and needs of your child and family. Your family will be part of the decisions about treatment for your child and your family.

Our services are voluntary so it's up to you if you want to use them. If your child is receiving services from other agencies we will work with you to coordinate your child's services. All information about your child and your family will be kept confidential.



Child Priority Response (Crisis)

If a child is in a behavioral health or substance abuse crisis or has recently been exposed to a traumatic or violent event call toll free:

1-800-969-HELP (4357)

Child Priority Response (Crisis) Services include:

- **Statewide on-site response when needed**
- **Mental health risk assessment**
- **Intensive follow-up care for the child/family for up to 30 days in child's home, school and community**

Our Child Priority Response service may not transport or use physical restraint with any child due to legal and safety issues. If you are experiencing a medical emergency, please call 911 first.