



## FAMILY BASED MENTAL HEALTH SERVICES: 90-DAY OVERLAP PROGRAM WITH RESIDENTIAL TREATMENT

# Accompanying People of All Ages IN THEIR COMMUNITIES

**Family Based Mental Health Services (FBMHS)** is an intensive in-home program designed to help families care for their children and adolescents (up to age 21) experiencing severe emotional and behavioral difficulties.

### 90-Day Overlap Service

Gemma provides this **90-day service** to overlap with a child's, teen's, or young adult's stay in a Residential Treatment Facility (RTF) to increase the likelihood that they will be successful upon returning home. The goal of the 90-day program is to address the family's concerns about discharge and to help the youth transition back home and into the other community effectively. Rather than the typical 30-day overlap in other programs, our 90-day overlap service provides for a longer therapeutic alliance between the FBMHS team and the youth and family prior to discharge from the RTF. Our team addresses caregiver concerns, any emotional struggles the caregiver may be having, and provides resources for the family.

During the 12-week program, caregivers build effective management skills and approaches to improving their child's well-being. Youth learn skills to increase their success in school and at home, develop and maintain positive relationships with family members and within the community, and reach expected emotional, social, and academic goals.

Your FBMHS and RTF team will work collaboratively to help your child or teen transition home successfully. This will occur over a period of 90 days. You will be a key partner during the entire process. Services are offered in the home, the RTF program, and community settings by a team of mental health professionals. In this intensive program, the **team meets with families at least three times a week** and helps the family to build skills to improve functioning for the child and family alike.

Our program utilizes an evidence-based treatment model called Eco-systemic Structural Family Therapy (ESFT).

### Benefits of FBMHS include:

- The family and youth are more prepared for the return home.
- Potential reduction in the length of stay in the residential program.
- Providing the family with therapy so they can build competency in their caregiving.
- Reduce the likelihood that the youth will return to a residential program, be re-hospitalized, or go into crisis.

### Services Provided:

- Family and Individual Therapy
- 24-hour Crisis Stabilization
- Case Management Services

### How can I obtain services?

This overlap service is for CBH members only. To begin services, the RTF needs to refer you and your child for the service and provide an evaluation. Please reach out to your RTF contact about participating.



# About Gemma Services

## Our Vision

We envision a world where every person knows they matter.

## Our Mission

Gemma accompanies people of all ages through life's challenges using individualized, data-informed support.

## Our Values

### Unlimited

WE THINK BIG

### Nimble

WE ADAPT AS NEEDED

### Inspired

WE ARE PASSIONATE ABOUT THE MISSION

### Transparent

WE SEEK THE TRUTH TO LEARN

### Effective

WE DO HARD THINGS WELL

### Diverse

WE WELCOME DIFFERENT PERSPECTIVES



Visit Us Online

Formed in 2019 by the merger of Silver Springs – Martin Luther School and theVillage, Gemma represents more than 300 years of accompanying people as they face life's challenges so they know they matter. Today, Gemma provides adoption and permanency services, foster family care, mental health programs, a special education school (Martin Luther School), and prevention programs for thousands of individuals each year.

Gemma is always looking for mission-minded individuals to join our team. Gemma is committed to equal employment opportunities. Please visit our website or contact [hr@gemmaservices.org](mailto:hr@gemmaservices.org) to learn more.

### PHILADELPHIA — MT. AIRY

#### Family Based Mental Health Services

7301 Germantown Ave.  
Philadelphia, PA 19119

### PHILADELPHIA — SOUTHWEST

#### Family Based Mental Health Services

##### Preheim Center

6517 Chester Ave.  
Philadelphia, PA 19142

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Learn more at [www.gemmaservices.org/community/mental-health](http://www.gemmaservices.org/community/mental-health).