



## FAMILY BASED MENTAL HEALTH SERVICES

# 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, teens, and young adults (up to age 21) who are experiencing severe emotional and behavioral difficulties. The program helps parents and caregivers increase their effectiveness and reduce the need for out-of-home placement or higher level of care such as residential treatment or psychiatric hospitalization. Services are offered in home and community settings by a team of mental health professionals.

In this intensive program, families work with a **two-person clinical team**. The team meets with families **multiple times a week**, based on the clinical needs of the child and family. The team meets families in their home, in the child's school, or in the community, and supports caregivers to **build skills** and improve a child's and family's functioning.

FBMHS utilizes an evidence-based treatment model called **Eco-Systemic Structural Family Therapy**.

### Services Provided

- Individual and Family Therapy
- 24-hour Crisis Stabilization
- Case Management Services
- 90-Day Overlap Service with Residential Treatment

### Example: 90-Day Overlap Service

The 90-Day Overlap Service assists families to prepare for the child's discharge from residential treatment and increase the likelihood that the child will be successful once they return home.

In this program, a Family Based team works alongside the Residential Treatment Facility (RTF) team to prepare the child to discharge back home. They also work with the parent and caregiver to ensure a smooth and successful transition back to their community setting.

## What is the Focus of Family Based Services?

- Increase the family's ability to manage emotions and a child's high-risk behaviors.
- Teach the family new skills and to build upon their individual strengths.
- Strengthen and maintain family relationships.
- Link the family to resources in their communities.
- Reduce the need for hospitalization or other crisis services.

## How do I pay for services?

The FBMHS program is funded by Medical Assistance. Applications to obtain Medical Assistance can be completed online at [www.dhs.pa.gov](http://www.dhs.pa.gov).

## How can I obtain services?

To begin services, a licensed psychologist or psychiatrist must evaluate the child and recommend FBMHS. Please contact the Director of FBMHS for information about obtaining an evaluation. See contact information on page 2.



# 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).