



LaunchPAD Behavioral Health Access Early Intervention Guide:

Entry Points Across
Philadelphia, Delaware
and Montgomery
Counties



Welcome to the Behavioral Health Access & Early Intervention Guide

Raising young children can be joyful, challenging, and sometimes overwhelming—especially when you're not sure where to turn for help. This Behavioral Health Access & Early Intervention Guide was created to give families in Philadelphia, Delaware, and Montgomery Counties clear, trusted starting points for support during pregnancy and early childhood.

This guide was brought together by Gemma Services and the Young Child Wellness Council (YCWC), with a shared commitment to strengthening families, supporting caregivers, and promoting the emotional well-being and mental health of young children.

About Gemma Services

Gemma Services accompanies people of all ages through life's challenges using individualized, data-informed support, with a vision that every person knows they matter. With more than 300 years of combined history, Gemma provides a wide range of services including prevention programs, family support, mental health services, foster care and adoption, and specialized education.

About the Young Child Wellness Council

The Young Child Wellness Council is a collaborative initiative of Gemma's LaunchPAD Program. The Council brings together parents, caregivers, educators, healthcare professionals, and community partners to improve coordination across child-serving systems, elevate family voice, and increase access to early childhood wellness and mental health resources for children from birth through age eight.

Interested in being part of the Young Child Wellness Council?

Families, caregivers, and community partners who would like to learn more or get involved can visit:

www.gemmaservices.org/community/launchpad-program

You may also reach out by email at launchpad@gemmaservices.org.

Together, Gemma Services and the Young Child Wellness Council developed this guide to make support easier to find, easier to understand, and easier to access. You don't need to know the system—you just need to know where to begin.

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Family Check-Up®: Flexible Parenting Support for Families



Family Check-Up® offers families two supportive, evidence-based ways to strengthen parenting skills and support children's healthy development: **Family Check-Up® Online** and **Family Check-Up® In-Person (Home Visiting)**. Families may choose one option or use both together, in any order, based on what works best for them.

Who Can Participate

- Families must currently have a child between the ages of 2–8 to enroll
- These tools are helpful for parents of children of any age, since parenting strategies can grow and adapt as children develop (program intent and design)
- Participation is voluntary, strengths-based, and free

Family Check-Up® Online

A flexible, web-based parenting support option

Family Check-Up® Online is a mobile-friendly, evidence-based program families can complete from home. It helps caregivers reflect on what is going well, identify goals, and learn positive parenting strategies that support children's emotional and behavioral health. Families receive personalized feedback and support throughout the process.

Learn more

www.gemmaservices.org/community/launchpad-program

Key features

- Easy-to-use online parenting tools
- Information on child development, routines, behavior, and caregiver well-being
- Evidence-based parenting strategies
- Personalized feedback and support from trained community partners
- Can introduce new topics or reinforce strategies learned through in-person support

Availability

- Philadelphia County
- Delaware County
- Montgomery County

Family Check-Up® In-Person (Home Visiting)

Relationship-based support delivered in the home or community

Family Check-Up® In-Person is offered through Gemma's Family Support Program. Families work one-on-one with a Family Support Partner who provides individualized, in-person support. The program begins with a brief Family Check-Up assessment and continues with tailored sessions focused on family strengths, goals, and everyday challenges.

Learn more

www.gemmaservices.org/community/prevention

Key features

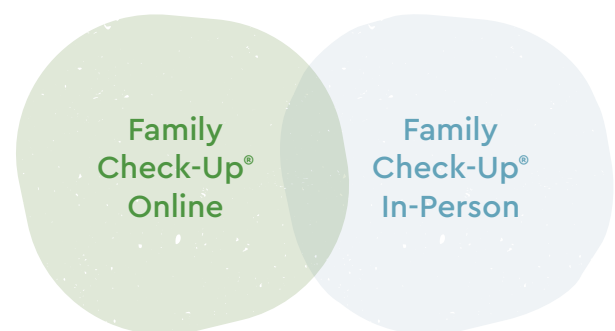
- Family-centered, collaborative approach
- Initial Family Check-Up® assessment with feedback and recommendations
- Focus on strengthening parent-child relationships
- Practical strategies tailored to each family
- Flexible, short-term home visiting support

Availability









- Philadelphia County
 - Delaware County
- (Not currently available in Montgomery County)*

Using Online and In-Person Together

- Families do not have to choose just one option.
- Programs can be used together or separately
- Families may start with online and add in-person support later, or begin with home visiting and use online tools to reinforce learning
- Programs may be completed in any order, based on family preference and availability
- The online program can help introduce ideas, while in-person support can deepen skills through relationship-based guidance—or vice versa.



Program Comparison

Feature	 Family Check-Up® Online	 Family Check-Up® In-Person
 Format	Web-based, self-paced	In-person home visiting
 Child Eligibility	Child ages 2–8	Child ages 2–8
 Focus	Parenting strategies, child development, caregiver well-being	Parent-child relationships, family goals
 Flexibility	Log in anytime	Flexible scheduling
 Cost	Free	Free
 Counties	Philadelphia, Delaware, Montgomery	Philadelphia, Delaware



Philadelphia County

Prenatal Resources

Home Visiting Programs

Mommy's Helping Hands – Provides services to pregnant women who are struggling with or who are in early recovery from substance use disorders. Contact Community Behavioral Health to reach this program at 1-888-545-2600.

Maternity Care Coalition – Supports families from pregnancy through age 3 by providing in-home case management, family support, and health education. Services in Spanish and English. Phone: (215) 972-0700 | maternitycarecoalition.org

Nurse-Family Partnership – For first-time mothers who have not delivered. Their mission is to empower first-time mothers. Phone: (215) 287-2114 | nursefamilypartnership.org

Mabel Morris Family Home Visiting Program (4-month waiting period) – A voluntary, no-cost program for Philadelphia families with children aged five and under. Phone: (267) 341-7285 | patreferrals@phmc.org

Kutest Kids' Parents as Teachers Program – Provides a family empowerment coach that will visit your home to provide support. Phone: (610) 227-0388 | info@kutestkids.com

Philly Linking Infants and Families to Service (Philly LIFTS) – Supports families of infants diagnosed with Neonatal Abstinence Syndrome (NAS), along with families affected by substance use disorder. Phone (215) 776-4406 | [Carla Calabrese carla.calabrese@phila.gov](mailto:Carla.Calabrese@phila.gov)

Community Doula Support Program – Supports pregnant and postpartum parents, with a focus on those parents with a history of substance use disorder. Phone: 215-685-5269 | DoulaSupportProgram@phila.gov

Philadelphia Department of Public/Health Healthy Start Program – Provides case management, home visiting, and health education to help pregnant women get the care they need to have healthy babies. Phone (215)-685-5225 | www.phila.gov/health/mcfh/healthystart

Early Head Start – A child development and family support program for pregnant women living in Philadelphia and families with children less than 3 years old. Provides weekly parent-child interaction in the family's home, play groups twice a month, and provides information on health and nutrition.

- **Health Federation of Philadelphia** – Provides services to families that live in the following zip codes 19120, 19121, 19122, 19124, 19126, 19132, 19133, 19140 and 19141. Phone (215) 223-5200.
- **Children's Hospital of Philadelphia Early Head Start** – Provides services to families that have permanent residence in identified areas of West Philadelphia. Phone (267)425-9900 | ehsinfo@chop.edu

Philadelphia County

Gemma Services

Family Support Program – Supports families with young children ages 2–5 (with some expanded services for older children in select areas) through voluntary, in-home family support focused on strengthening parenting skills, routines, and healthy child development. Families work with a Family Support Partner using an evidence-based home-visiting model and connection to community resources.

Ages: Children 2–5 (some availability up to age 8)

Phone: (215) 730–2240 | www.gemmaservices.org/community/prevention/

Early Intervention Programs

Birth to Age 3

Childlink-Philadelphia Infant Toddler Early Intervention Program - Provides services for infants and toddlers from birth to 3 years who have or are at risk for developmental delays. All services provided under this program are delivered at no cost to the family.

Phone: (215) 685–4646 | Birthto3EI@phila.gov

Early Head Start Programs - Assists families with their child's growth and development during the first three years of life:

- **Health Federation of Philadelphia** – Early Head Start services are available to families with children under the age of 3 that live in the following zip codes 19120, 19121, 19122, 19124, 19126, 19132, 19133, 19140 and 19141. Phone (215) 223–5200.
- **Children's Hospital of Philadelphia Early Head Start** – Services are available to families with children under the age of 3 that have a permanent residence in identified areas of West Philadelphia.
Phone: (267) 425–9900 | ehsinfo@chop.edu

Age 3 – 5

Elwyn SEEDS – Children between the ages of 3 and 5 who do not meet developmental targets may be eligible for preschool special education to help maximize their potential for learning. Families that are concerned that their child is experiencing a developmental delay or may have a disability should contact Elwyn SEEDS to request a multidisciplinary evaluation.

Phone: (215) 222–8054

Philadelphia County

Behavioral Health Resources

Community Behavioral Health (CBH) – 1-888-545-2600

- CBH provides telephonic support, you can request the children's mobile crisis team and guidance regarding 302 petitions

Philadelphia Crisis Line at 988 or call 215-685-6440

Hours of Operation – 24 hours/7 days per week

- Children's Mobile Crisis Team provides short-term rapid response, crisis stabilization, and case management services to children and young people up to age 21. Services are provided for 72 hours following the initial referral to ensure immediate stability and linkage to supports.

Gemma Services

Family Based Mental Health Services (FBMHS) – Delivers intensive, in-home mental health services for children, teens, and young adults with significant emotional or behavioral challenges, focusing on stabilizing families and preventing higher levels of care.

Ages: Up to 21

Phone: (215) 730-2270 | www.gemmaservices.org/community/mental-health/

Intensive Behavioral Health Services (IBHS) – Provides community-based behavioral health services delivered in homes, schools, and community settings to help youth build coping skills, emotional regulation, and resilience.

Ages: Up to 21

Phone: (267) 297-5170 | www.gemmaservices.org/community/mental-health/

Applied Behavior Analysis (ABA) – Offers ABA services for children and adolescents, including those with autism spectrum disorders, focused on skill development, behavior support, and improving daily functioning across home, school, and community environments.

Ages: Children and adolescents (generally up to 21)

Phone: (267) 297-5170 | www.gemmaservices.org/community/mental-health/

Outpatient Mental Health Services – Provides outpatient mental health treatment for children, adolescents, and young adults, including individual therapy, family therapy, trauma-focused CBT, play therapy, PCIT, and psychiatric evaluation and medication management. Services available in person and via telehealth.

Ages: 2-21

Phone: (215) 730-2326 | www.gemmaservices.org/community/mental-health/

Elwyn Children's Behavioral Health Services - Offers a variety of programming and support for children ages 3 to 21 with social, emotional and behavioral challenges.
www.elwyn.org/services/children-s-behavioral-health-services

Intensive Behavioral Health Services (IBHS) – 215-222-8054

Intensive Behavioral Health Services are community-based and tailored to the specific needs of each child. Our clinical team, whose expertise reaches multiple disciplines, offers families and children the tools to succeed within the least restrictive educational and living environment possible. These services are provided through Behavior Consultant (BC), Mobile Therapy (MT) or Behavioral Health Technician (BHT) and take place in the home, school, and community.

Outpatient Therapy Program – 215-222-8054

Outpatient therapy can help children and adolescents manage the many emotions and feelings they may experience on a regular basis. Depression, anxiety, trauma, school-related problems, bereavement, stress, anger, and family problems can interfere with daily life and functioning.

The Center for Autism - A PHMC Affiliate

Headquarters	Additional Location
4601 Market Street	2801 Grant Avenue
Philadelphia, PA 19139	Philadelphia, PA 19114-1007
215-878-3400	215-878-3400

- Creating Opportunities for Relating & Engaging **C.O.R.E Program** – A center-based program for children ages 2 to 6 years old. The program is held Monday through Friday from 9am to 2pm at the Market Street & Grant Avenue locations; the program operates year-round.
- **Outpatient Program** – The Outpatient Therapy Program at the Center for Autism works with any child under the age of 14 and must be accompanied by an adult. Family participation is preferred and welcomed. Sessions are operating both in person and via Telehealth.

Children's Hospital of Philadelphia (CHOP) Behavioral Health and Crisis Center

This is a 24/7 walk in facility that evaluates children 5-17 years old with immediate mental health needs and provides short-term therapy, so the youth is safe to return home and move into outpatient therapy for follow-up care.

501 S. 54th Street, Philadelphia, PA 19143 | 445-428-5800

Philadelphia Children's Crisis Response Center

Accessible to public transit, and on-site parking is available. The center serves children and adolescents, ages 3-17. No appointment necessary. Evaluations, immediate interventions and referral services are available at all times.

3300 Henry Avenue Falls Two Building 3rd Floor Philadelphia, PA 19129

Phone: 215-878-2600 | Hours of Operation: 24 hours/7 days per week

PATH

Headquarters
1919 Cottman Avenue, Philadelphia, PA 19111
Main Number: 215 728-4600

Additional Location
8220 Castor Avenue, Philadelphia, PA 19152
Intake: 215-728-4565

Services are provided in the community, in the home, wherever assistance and support is required. Office appointments are available as needed.

PATH Children's Urgent Care Center (UCC)

The UCC serves children/youth who are experiencing a serious behavioral health issue that needs to be addressed as soon as possible.

Ages served: 3-18 who continue to receive children's services if they continue to be enrolled in school, or they continue to be in custody of Philadelphia Department of Human Services.

A telephone Language Line service is used to communicate with families for whom English is not the primary language.

The staff of the UCC will work with you and your child to resolve any current crisis situations and link to ongoing services, if needed.

PATH Children & Youth Mobile Intervention Services (CMIS)

Ages served: Children and youth up to the age of 21

CMIS teams work with families to de-escalate and/or resolve a mental health or behavioral crisis. Brief crisis intervention services focused on improving communication, resolving stressors, and providing education, based on the chosen goals for the child and family. The length of services varies based on the needs of your child and family for up to 6 weeks.

PATH Children and Youth Mobile Crisis Team (CMCT)

The CMCT serves children/youth to age 18 who are experiencing a significant behavioral health crisis.

CMCT's primary goal is to resolve the crisis so that your child can remain safely in their home and community. Your child's team includes a behavioral health crisis worker and a family advocate. The maximum length for this service is 72 hours.



Delaware County

Prenatal Resources

Foundation for Delaware County/Family Village

Family Village is a centralized hub where new and expecting parents and caregivers can access wraparound services from pregnancy through early childhood. Through Family Village, our nurses, doulas, community health workers, and WIC nutritionists work together to connect families with the care, resources, and community they need to thrive.

Our programs are designed to work together, meeting families where they are and help them be healthy, stable, and successful.

Learn more about Family Village at www.delcofamilyvillage.org. Phone: (610) 497-7452

Healthy Start Program

Offers expecting and new parents a full range of support during pregnancy and postpartum. Healthy Start enrolls pregnant and postpartum families in Chester, Eddystone, Woodlyn, Parkside, Upland, Chester Township, Linwood, Marcus Hook, and Trainer. Families who are enrolled in Keystone First and live anywhere in Delaware County are also eligible for Healthy Start services.

Nurse-Family Partnership Program

Prenatal, infancy, parenting, and support services. During visits, your nurse will check in to see if there are any health issues related to your pregnancy or with your baby and answer your questions with trusted information.

As your baby approaches two years of age, your nurse will help you assess your baby's development and plan for what comes next for your family, including Family Village programming that can provide ongoing support.

Birth to Age 5 Resources

Gemma Services

Family Support Program – Supports families with young children ages 2-5 (with some expanded services for older children in select areas) through voluntary, in-home family support focused on strengthening parenting skills, routines, and healthy child development. Families work with a Family Support Partner using an evidence-based home-visiting model and connection to community resources.

Ages: Children 2-5 (some availability up to age 8)

Phone: (215) 730-2240 | www.gemmaservices.org/community/prevention/

Early Head Start (babies & toddlers) 610-938-9000 ext. 8208

This free program supports families with children from 6 weeks to 3 years old, and pregnant women, through home visits or high-quality childcare.

Delaware County Intermediate Unit

DCIU offers early childhood programs for children from birth to age five, including Early Head Start, Head Start, Pre-K Counts, and Early Intervention. These services provide support for learning, development, and school readiness during a child's early years.

www.dciu.org/birth-5/early-childhood-education

Delaware County Infant/Toddler Early Intervention (Birth–2 years and 10 months):

Referral: (610) 713-2406 | CONNECT Helpline: 1-800-692-7288

Early Intervention (Ages 3–5):

Phone: (610) 938-2830 ext. 6502 or 6503

Head Start & Pre-K Counts (ages 3–5)

Phone: 610-938-9000 ext. 8208

Full-day preschool at no cost to eligible families. Caring teachers and small class sizes, health, dental, and family support, free meals, and support for English learner students.



Delaware County

Behavioral Health Resources

Gemma Services

Outpatient Mental Health Services – Provides outpatient mental health treatment for children, adolescents, and young adults, including individual therapy, family therapy, trauma-focused CBT, play therapy, PCIT, and psychiatric evaluation and medication management. Services available in person and via telehealth.

Ages: 2–21

Phone: (215) 730–2326 | www.gemmaservices.org/community/mental-health

Elwyn

Delaware County Crisis Connections Team (DCCCT)

Phone: 1–855–889–7827

Elwyn's Delaware County Crisis Connections Team (DCCCT) provides 24/7 in-person crisis support services for individuals of all ages throughout Delaware County. DCCCT provides professional crisis intervention and follow-up support that is accessible to all Delaware County residents including those with no prior mental health treatment.

IBHS – Individual Applied Behavior Analysis (ABA) Services

Phone: 215–222–8054

Applied Behavior Analysis services promote skill acquisition commensurate with the child's developmental abilities by building on their individualized strengths, preferences/motivators, and needs. These services may provide an opportunity for skill acquisition, targeted behavior reduction, peer/sibling interactive learning, transfer of skills to parent/caregiver, and supervised practice/generalization of skills. These services take place in the home, school, and community.

IBHS – Group Applied Behavior Analysis (ABA) Services – After School Program and Summer Camp

Phone: 215–222–8054 | Ages served: Children aged 3–21

Group ABA services are intended to support children who have limited ability to participate in mainstream socialization activities with age-appropriate peers. Group ABA Afterschool Program is based in Media, PA on Elwyn's main campus.

Group ABA Summer Camp is a 7-week program that addresses development of age-appropriate social skills, of children, adolescents, and young adults with an autism spectrum diagnosis through the expansion of social skills and social communication skills. Group ABA Summer Camp is based in Media, PA on Elwyn's main campus.

Outpatient Therapy Program

Phone: 215–222–8054

Outpatient therapy can help children and adolescents manage the many emotions and feelings they may experience on a regular basis. Depression, anxiety, trauma, school-related problems, bereavement, stress, anger, and family problems can interfere with daily life and functioning.

Montgomery County

Prenatal Resources – The programs below are specific for home visiting programs

Central Referral for Montgomery County Family Supports

Central Referral for Montgomery County Family Supports

Pregnant women and families with children under age six can benefit from evidence-based family support programs shown to improve maternal and child health, prevent child abuse and neglect, and improve family literacy and economic security.

The Maternal and Early Childhood Consortium (MECC) has created a coordinated referral system, consisting of agencies with evidence-based programs. Individuals who would like to participate in these programs can call 888-404-0620.

- Maternity Care Coalition's Early Head Start and Healthy Families of America programs
- Family Services' Parents as Teachers
- MCH Consortium for Chester County's Parents as Teachers
- Jefferson Einstein Montgomery Hospital's Nurse-Family Partnership
- Montgomery County's Office of Public Health Nurse Home Visiting Program

www.montgomerycountypa.gov/3258/Central-Referral-for-Montco-Family-Suppo

Birth to Age 5 Resources

Montgomery County Early Intervention Program (Birth-3):

Phone: (610) 277-7176

Children from birth to age 3 who have been found eligible with developmental delays or disabilities are eligible to receive early intervention services at no cost to families.

www.montgomerycountypa.gov/745/Early-Intervention

Montgomery County Intermediate Unit (MCIU) Early Intervention (Ages 3-5):

Phone: (610) 755-9400

mciu.org/office-of-early-childhood-services/early-intervention

Behavioral Health Resources

Gemma Services

Outpatient Mental Health Services – Provides outpatient mental health treatment for children, adolescents, and young adults, including individual therapy, family therapy, trauma-focused CBT, play therapy, PCIT, and psychiatric evaluation and medication management. Services available in person and via telehealth.

Ages: 2–21

Phone: (215) 730–2326 | www.gemmaservices.org/community/mental-health

Montgomery County Mobile Crisis

Phone: 1 (855) 634–4673) provided by Access Services

Montgomery County Mobile Crisis provides immediate support for crisis situations, as well as assistance with managing recurring crisis situations and preventing future crises.

The Montgomery County Mobile Crisis team is available 24 hours a day, 7 days a week. All services are provided free of charge to anyone currently in Montgomery County. Crisis workers offer emotional support and crisis intervention to individuals and their loved ones who may be struggling.

Montgomery County Behavioral Health/Developmental Disabilities Department

Phone: (610) 278–3642

www.montgomerycountypa.gov/150/Mental-HealthDev-DisabilitiesEarly-Inter

Magellan Behavioral Health of PA

Phone: 1–877–769–9784 (24/7)

www.magellanofpa.com/

Central Behavioral Health – Early Childhood & Family Services

Provides outpatient mental health services, early childhood therapy, and family-based supports for young children, including play-based and parent-child interventions. Accepts Medical Assistance and county funding.

Ages: Young children through early childhood (including 0–5)

Phone: (610) 277–4600

www.centralbh.org

Montgomery County Children's Behavioral Health Services Guide

Comprehensive county-issued guide listing all publicly funded behavioral health services, including early childhood and prevention programs.

Ages: Birth–21

www.montgomerycountypa.gov/1219/Mental-Health

You Are Not Alone

Every parent deserves support, and every child deserves a strong start. The resources in this guide are here to help you—whether you are expecting a baby, caring for a newborn, or raising a preschooler.

If you ever feel unsure, remember: one phone call can open the door to the right services for your family.



Thank You

Gemma Services extends our sincere gratitude to the Young Child Wellness Council for their guidance insight and partnership in the development of this Behavioral Health Access & Early Intervention Guide.

The Council's collective wisdom grounded in lived experience professional expertise and deep commitment to young children and families helped shape this guide into a resource that is practical, inclusive, and responsive to the real needs of families across Philadelphia, Delaware, and Montgomery Counties. Through thoughtful feedback, collaboration, and shared vision the Young Child Wellness Council ensured that family voice and community perspective remained at the center of this work.

We are grateful for the time, care, and dedication each Council member brings to strengthening early childhood wellness and mental health. This guide reflects your leadership and commitment to ensuring families have clear pathways to support connection and hope.

Together we are building stronger systems and brighter futures for young children and the people who care for them.

~ Gemma Services



because
you
matter

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www.gemmaservices.org | info@gemmaservices.org