

Legacy Services

Psychiatric Evaluation:

A psychiatric evaluation may help to diagnose any number of emotional, behavioral or developmental disorders. An evaluation of a child or adolescent is made based on behaviors present and in relation to physical, genetic, environmental, social, cognitive (thinking), emotional and educational components that may be affected as a result of the behaviors presented. When a treatable problem is identified, recommendations are provided and a specific treatment plan is developed.

Medication Management:

Medication Management includes medication evaluation and ongoing assessment, monitoring for proper medication administration, documentation of behavioral changes as a result of medication, proper coordination of medical treatment and rehabilitation services. Medication management is provided by our Psychiatrists who specialize in the mental health treatment of children, adolescents, and their families.

Psychological Testing:

This is the assessment, evaluation and diagnosis of the recipient's mental status or psychological conditions through the use of standardized testing, methodologies. The recipient is assessed for treatment planning, clarification of diagnosis, school class placement etc.

Psycho-educational Evaluation:

Psychoeducational evaluation helps to identify the individual's intellectual functioning status, present academic achievement levels, and social/emotional needs. Reports and consultations are tailored to provide recommendations which are targeted to improve the student's learning, attention, behavior and academic achievement.

Psychoeducational evaluations provide a practical, realistic read-out of the individual's strengths and needs which forms the basis for appropriate educational instruction and remedial intervention.

Outpatient Therapy Services:

Outpatient Therapy Services are available to assist persons with developing and maintaining coping skills that facilitate adjustment and integration within their living environment and community. Recipients are empowered to make decisions about their care with the expected outcome of an increased quality of life. The overall goal is to maximize strengths, reduce behavior problems or functional deficits stemming from the existence of a mental health disorder that interferes with the recipient's personal, familial, educational, vocational, or community adjustment.

Counseling services are provided in a clinic setting as well as in the community if needed. Therapeutic services are rendered by Masters Level and Licensed Therapists who assist in individual planning and care.

Outpatient Therapy specific areas of focus may include:

- Trauma
- Vocation/Education
- Relationships
- Domestic Violence
- Coping Skills
- Anger Management
- Grief and Loss
- Psychiatric Illness
- Parenting Skills

A wide range of services are organized within a comprehensive therapeutic environment that includes the following:

- Individual Therapy:** The treatment process focuses on the individual's presenting problems and symptoms. The psychotherapist provides a non-judgmental, non-threatening, strength based and supportive approach in which a therapeutic relationship is developed. The individual is provided with the ability to explore and gain insight into their actions and behaviors within a therapeutic environment.
- Couples Counseling:** The focus of treatment is the relationship. Couples therapy focuses on the problems existing in the relationship between two people. The psychotherapist will assist the couple in identifying the conflict issues within the relationship and help the couple decide what changes are needed so that they are both satisfied with the relationship.
- Family Counseling:** Several members of a family are seen in therapy sessions. The treatment focus is to resolve issues and problems that may exist within the family and to help members make change in order to reduce conflict.
- Group Therapy:** Group Therapy is intended to help individuals who would like to improve their ability to cope with difficulties and problems in their lives. Participants meet as a whole group and share with one another personal issues that they are facing. Legacy Behavioral Health Center, Inc. currently provides Supportive and Educational groups for parents and guardians. In additions, a specialized group for parents and guardians of children diagnosed with ADHD is currently available.
- Substance Abuse Services:** Substance abuse education, such as strategies for avoiding substance abuse or relapse, health problems related to substance abuse, and motivational enhancement and strategies for achieving a substance-free lifestyle. Other areas of focus may include: (a) Life skills training such as anger management, communication skills, employability skills, problem solving, relapse prevention, recovery training, decision-making, relationship skills, and symptom management; (b) Non-verbal therapies such as recreation therapy, art therapy, music therapy, or dance (movement) therapy to provide the client with alternative means of self expression and problem resolution; (c) Training or advising in health and medical issues; (d) Employment or educational support services to assist clients in becoming financially independent .

In Home / On Site Services:

- **Therapeutic Behavioral On Site Services (TBOS):** Therapeutic Behavioral On-Site Services (TBOS) are delivered in a non-provider setting, such as home, school, shelter care facility, foster home or detention center, to child and/or caretakers involved in the case. It includes behavioral or developmental assessment of the child in order to define, delineate, and evaluate treatment needs; the development, implementation, and monitoring of a behavioral management program for the child; individual therapy between the child and the Therapeutic On-Site Services practitioner; and family counseling involving the child, the child's family or other responsible persons and the Therapeutic Behavioral On-Site Services practitioner.

- **Therapeutic Behavioral Support Services (TSS):** The Therapeutic Behavioral On-Site Service/Therapeutic Behavioral Support Services (TBOS/TSS) is designed to provide a supportive service to our TBOS clients by Behavioral Technicians at home and school setting. Services provided by the Behavioral Technician must be related to recipient's mental health or substance abuse diagnoses. The TSS program provides the recipient with behavior modification techniques such as socialization skills, consequential thinking and effective communication. This program will teach recipients to better deal with stressful situations, cope with daily emotional life stressors. The recipient will learn how to positively function in their own environment. At time of transition, the recipient will demonstrate the ability to make positive decisions, controlling symptoms of negative behavior.

- **Targeted Case Management:** The Targeted Case Management Program is designed for recipients who meet the admission criteria and to optimized the functioning of recipient's which have complex needs by coordinating the provision of quality treatment and support services in the most efficient and effective manner. The role of the Targeted Case Manager is to link recipients with the appropriate community resources in order to empower our children and families to become self efficient. In assisting recipients in becoming self efficient the Targeted Case Managers assists in many areas such as Housing, Medical, Psychiatric Evaluations, Psychological Testing, Dental, Clothing, Nutrition, Advocacy at the school and court system. The Targeted Case Management Program focuses on building family systems assisting our recipients in becoming productive members of our community.