

# Holston Children & Youth Services



## **C&Y Outpatient Services**

A team of master's level therapists and support staff provide services to children, youth and their families who present with a variety of problems and concerns. The Holston C& Y team is specifically trained in diagnosing and treating children and youth. The therapist works with the family to find solutions in individual, group and family sessions. The C&Y team also coordinates with other professionals like teachers, juvenile court staff and the family physician.

## **Case Management**

Case management is a home / community based service. Case managers assist children and youth with a history of emotional / behavioral problems by assessing needs, resources and family interventions. They facilitate treatment teams, link clients with appropriate services, assess progress and advocate for the needs of the client. Case managers also assist in managing crisis situations.

## **Regional Intervention Program**

Regional Intervention Program (RIP) is a nationally recognized, parent-implemented, activity-based program for families of young children, 2 to 5 years of age, who are exhibiting behavior problems. Parents learn and practice implementing positive behavior management skills and techniques when dealing with children's behavior issues. RIP teaches parents to take an active role in training their child and teaching other parents to do the same.

**24 hr Crisis Hotline**  
**(877) 928-9062**



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## **Intensive In-Home Services**

### **Continuous Treatment Team (CTT)**

Continuous Treatment Team is an intensive therapeutic in-home program offering both therapy and case management services. It is designed for families whose children are at-risk of hospitalization, out-of-home placement, or are being transitioned back into the home from placement. CTT serves consumers in the eight Tennessee counties served by Frontier Health. CTT Case managers are available 24 hours a day to manage crisis situations.

### **Comprehensive Child and Family Team**

Provides intensive in-home case management and skills building and therapy services to assist youth and their families manage symptoms and eliminate problem behaviors that may result in residential placement or psychiatric hospitalization.

### **Psychiatric Services**

Holston Children & Youth Services has a Child Psychiatrist on staff who specializes in treating children and adolescents. The psychiatrist provides psychiatric evaluations, prescribes and monitors medications and provides consultation on diagnosis and treatment to the team of therapists and case managers.

## **School-Based Services**

### **NET Prevention Program**

The Prevention Program leads students in a small group process and meets three hours weekly, 12 times. It provides a supervised group experience that will allow students to see their personal worth, improve decision making skills, and restore productivity through identifying personal problems and preventing,

### **Student Assistance Program (SAP)**

SAP is a comprehensive and integrated joint school and community partnership that provides students and their significant others with prevention, intervention, counseling, referral, support and educational services. SAP gives schools and students a means to combat problems like peer violence, defiance of authority, suicide, truancy, and alcohol and drug use.

### **Children In the Middle**

A court-mandated program for divorcing parents with children under age 18 is provided using the Children in the Middle curriculum. The moderators use videotaped scenarios and lead discussions concerning the effect of divorce on children. Preliminary Mediation Education is also given explaining access to Sullivan County's Mediation Project.

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