



Call Us For Help

If you know a child that is struggling with mental health or behavioral issues, call us at 1-800-634-2560.

OUR MISSION

We strengthen families and transform lives.



Strengthening Families · Transforming Lives

www.FSNWPA.org



Office Locations

Erie County Office

5100 Peach Street
Erie, Pennsylvania 16509
Phone: 814.866.4500
Fax: 814.864.2677

Downtown Erie Office

240 West 11th Street, Suite 402
Erie, Pennsylvania 16501
Phone: 814.871.0903

Crawford County Office

18360 Technology Drive, Suite 200
Meadville, Pennsylvania 16335
Phone: 814.724.4800
Fax: 814.724.5181

Mercer County Office

7 West State Street, Suite 208
Sharon, Pennsylvania 16146
Phone: 724.704.7227
Fax: 724.704.7224

We are a member of



Contributions to Family Services of NW PA are Tax Deductible.

**FAMILY BASED
MENTAL HEALTH /
SPECIALIZED FBMH**



**Erie County
814.866.4500**



Strengthening Families · Transforming Lives

www.FSNWPA.org

FAMILY BASED MENTAL HEALTH/SPECIALIZED FBMH

at Family Services of NW PA

Family Based Mental Health (FBMH) is an intensive in-home family therapy program that helps parents and/or caregivers care for their children who have serious emotional and behavioral disturbance (SED), who are at risk of placement out of the home.

The program provides a team of professionally trained co-therapists whose goal is to enable children to remain in their homes, schools, and communities by preventing hospitalization or out-of-home placement.

Specialized Family Based Mental Health (SFBMH) additionally provides treatment for those children/adolescents who are the victims of sexual abuse or are acting out sexually in an inappropriate manner.



What To Expect:

- Voluntary 8 month program
- Intensive in-home family treatment (3-5 contacts per week)
- 24/7 crisis on-call availability
- Eco-Systemic Structural Family Therapy – working with the adult caregivers
- Goals of stability in the home and creating healthy relationships
- SFBMH further provides assessment on the impact of sexual victimization or sexual behaviors on psycho-sexual functionality, self-esteem, and emotional well-being.
- Trauma-informed techniques focus on psycho education, emotional regulation, and processing of the sexual abuse.
- Mindfulness-based approach available.

Eligibility Requirements:

FBMH/SFBMH serves adolescents ages 0-21 who:

- Have a mental health diagnosis and are at risk of hospitalization, out-of-home placement or returning to the home from hospitalization or placement
- At least one adult caregiver must give consent to participate in treatment.
- A psychiatrist or Licensed Psychologist must certify that FBMH/SFBMH services are medically necessary.

Referrals:

Referrals can be made by:

- Completing the referral packet (CCBH Best Practice Letter and Pre-Certification Form) with a psychiatrist or Licensed Psychologist signature certifying FBMH is medically necessary.
- Calling Family Services of NW PA at **814-866-4500**
- Calling Erie County Care Management (ECCM) at **814-528-0600**

Why We're Different

Family Services of NW PA was the first agency in the Erie community to offer Family Based Mental Health Services, beginning in 1988. We now offer FBMH in four counties across northwestern Pennsylvania.

We have provided help to over 2,500 families, and clients are notably happy with the services that we provide, remarking, “The caseworkers treated me and my family with respect,” and that our “...therapists were authentically concerned with our family and helped guide us in a positive direction.”

Program Outcomes:

- 88% of clients remained in the home and out of the hospital
- 96% of families would recommend FBMH services to other families.



www.FSNWPA.org