



DEPARTMENT OF MENTAL HEALTH FLEX PROGRAM

Riverside's Department of Mental Health (DMH) Flex team works with youth and their families to personalize services that can deter out-of-home placement for youth with significant emotional disturbances, help youth engage successfully within their family and community, and assist families in supporting the growth and recovery of their child.

DMH Flex team services are voluntary, provided by one or more team members, and based on the needs of each family. We unify services by collaborating among our team members and with other providers that the family identifies.

Because the focus of our work is driven by individual needs and shaped by continued family input, session participants may vary over time. DMH Flex services are intended to help the whole family work together to support the youth's development and maintain positive behaviors and feelings at home, school, and in the community.

The DMH Flex Team

The team is made up of any or all of these roles:

Clinician

Engages the youth and family to support specific treatment goals leading to improved functioning in areas including peer, family, and school relationships. Clinical interventions are designed to manage symptoms, improve self-regulation, and enhance emotional well-being, self-efficacy, social skills, and family resiliency. The clinician provides ongoing safety assessment and crisis support.

Family Partner

Provides education, coaching, modeling, and guidance to parents and caregivers. Supports their development of networking skills, informed and collaborative decision-making, and leadership. Shares personal experiences to encourage hope and offer inspiration.

Therapeutic Support Specialist

Assists the youth, parent/caregiver, siblings, and other family members as they practice and apply skills for coping, daily living, self-regulation, and self-care. Supports youth and family participation in recreational, cultural, and artistic community and social activities. Supports youth in weekly family therapy participation, and in communication and self-advocacy skills. Provides updates to parents and other team members.

Young Adult Peer Mentor

Offers education, modeling, guidance, and support to the youth in the home, school, community, and other settings. Develops a healthy relationship by listening from a peer perspective, encouraging the youth's unique gifts, and fostering their communication with family, friends, and natural support providers. Shares personal experiences to inspire hope and motivation, and to show that recovery is within reach.

Locations

DMH Flex Needham
237 Highland Ave, Suite 2nd Fl.
Needham, MA 02494
781-645-9066

DMH Flex Milford
25 Birch St., Bldg. B, Suite 250
Milford, MA 01757
781-645-9066

Referrals

The youth must be eligible for DMH services; the referral process requires a full DMH application with supporting documentation. Contact us if you need assistance.

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Care**

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Human Services