



# 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

*DMH Flex 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.

## Group Therapy

The DMH Flex program also offers support groups for DMH clients and youth in the community, and can be held in schools or elsewhere in the community. Recent groups include an LGBTQIA+ group, vacation group, parent support group, grandparent group, and summer camp. Each group needs at least four DMH client participants.

## Program Referrals

This is a closed referral process that requires a full DMH application with supporting documentation; the youth must be eligible for DMH services. *If there is a youth who needs community support, please call Heather Percy, Program Director at 617-420-5696 x5712 for assistance. We may be able expedite the referral.*

**Call services are available 24 hours a day, 7 days a week, including holidays.**

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