



**Mental
Health
Awareness
Month**

SPECIALTY MENTAL HEALTH SERVICES FOR YOUTH

WHAT ARE SPECIALTY MENTAL HEALTH SERVICES (SMHS) FOR YOUTH?

Mental health services provided through county mental health plans and are accessible to individuals under 21 who meet the medical necessity criteria for specialty

SPECIALTY MENTAL HEALTH SERVICES INCLUDE:

Intensive Care Coordination (ICC)

Intensive Home-Based Services (IHBS)

Therapeutic Foster Care (TFC) & Behavioral Services (TBS)

Individual Group & Family Therapy

Crisis Counseling & Stabilization
Special Day Programs

Inpatient Hospital or other facility-based care
and many other mental health services!



In California



246,000 young adults (ages 0-20) **rely on SMHS**

- Youth ages 12-17 **experiencing major depression** increased between 2021-2022
- About **65% of youth** with major depression **did not receive mental health treatment**
- **23% of youth (ages 0-20)** suffer from reaction to **severe stress**, and **adjustment disorders**

HELP is available!

If you think your child needs Specialty Mental Health Services & Treatment you can **call your local County MHP** for an initial assessment.

If you are **having trouble accessing services**, you can file a grievance and/or appeal with your County MHP and/or call the DHCS Office of the Ombudsman at 1-888-452-8609.

REMEMBER!!

Health Consumer Alliance (HCA) is here to help!
Call the HCA's Statewide Toll-free number to be connected to help in your area.

Contact your local HCA partner for free help at
1.888.804.3536 Healthconsumer.org