



COMMUNITY MENTAL HEALTH PROGRAMS

PHMC's community mental health programs provide a continuum of behavioral health services to help children, youth and families build skills, achieve their goals and realize their potential. Each program utilizes comprehensive, trauma-informed and culturally sensitive approaches that focus on improving the emotional, behavioral, social and spiritual well-being of each child and family.

FAMILY BASED MENTAL HEALTH SERVICES

Intensive continuum of family therapy, case management and other support services delivered directly in the family's home. The program has teams that specialize in providing services to families impacted by trauma, families managing ongoing medical issues, and Spanish-speaking families. The program aims to prevent out-of-home placement of children and adolescents with serious emotional issues.

- Services:**
- In-home family therapy
 - Family education and skill-building
 - 24/7 crisis intervention services
 - Medication management (if applicable)

Contact: William (Bill) Mayer | wmayer@phmc.org | 4601 Market Street, Philadelphia, PA 19139

INTENSIVE BEHAVIORAL HEALTH SERVICES (IBHS)

Behavioral health treatment and services for children with emotional and behavioral health issues delivered in home, school and community settings. The program aims to help children and adolescents successfully manage their behaviors and emotions by providing individual supports and treatment in the settings where they need it most.

- Services:**
- Behavioral specialist consultation
 - Mobile therapy
 - One-to-one behavioral support
 - Support strategies for parents/guardians, teachers and other adults

Contact: Mary McCann | mmccann@phmc.org | 4601 Market Street, Philadelphia, PA 19139

MULTI-SYSTEMIC THERAPY FOR PROBLEM SEXUAL BEHAVIORS (MST-PSB)

Evidence-based, intensive treatment program that works with youth who have engaged in problematic sexual behaviors. Community-based services are family-driven and maintain victim, community and client safety as the top priority. The program aims to have youth abstain from any harmful sexual behavior, be actively engaged in educational and/or vocational activities, remain living at their own home and disengage from any other delinquent or illegal activities.

- Services:**
- Intensive family therapy
 - Safety planning
 - Youth and parent skill-building
 - Resource development

Contact: Terry Sullivan | tsullivan@phmc.org | 4601 Market Street, Philadelphia, PA 19139

CHILD FIRST

This national, evidence-based, two-generation model works with very vulnerable young children and families, providing intensive, home-based mental health services that support children 0-5 and their families who face major adversity. The interventions build resilience and promote healing to prevent the damaging effects of poverty, trauma, abuse, neglect and chronic stress.

- Services:**
- Individual, family and child/parent psychotherapeutic intervention
 - Home-based
 - Care coordination
 - Case management

Contact: Tyrese Mayo, LPC | tmayo@phmc.org | 4601 Market Street, Philadelphia, PA 19139

Public Health Management Corporation (PHMC) is a nonprofit public health institute that creates and sustains healthier communities. PHMC uses best practices and evidence-based guidelines to improve community health through direct service, partnership, innovation, policy, research, technical assistance and a prepared workforce. PHMC has served the region since 1972. For more information on PHMC, visit www.phmc.org.