

# My child needs intensive mental health help!

**Q:** What are my options?

**A:** Children's Mental  
Health Wraparound  
Program

## My child...

- is aggressive
- has been suspended multiple times from school
- has experienced psychiatric hospitalizations
- has been involved in multiple disciplinary systems (child welfare, juvenile justice, special education, etc.)
- has an Individualized Education Plan
- has not had success with traditional mental health services
- engages in self-harm or self-injury (hurting his/herself, suicidal, reckless behavior, making hopeless/worthless statements, etc.)

**If you checked several boxes, your child may be eligible for the CMHW program.**

The CMHW program is currently designed to address the needs of youth with complex needs and/or who are in danger of out-of-home placement. The program utilizes a wraparound approach designed to keep children in their communities, producing better outcomes at a lower cost.

### What is High Fidelity Wraparound?

High Fidelity Wraparound is an evidenced-based process that provides a comprehensive, holistic, youth and family driven way of responding when children or youth experience serious mental health or behavioral challenges.

It involves a committed team comprised of family, friends, community and professional supports to collaboratively develop an individualized plan of care. The team creates a plan of care that includes resources, talents and strengths to address the underlying needs of the youth.

## Is my child eligible for the CMHW program?

### The eligibility requirements for the CMHW program are:

- > Child/youth must be between 6 – 17 years of age
- > Child/youth must live in the community
- > Child must be eligible for Indiana Medicaid
- > Child must have two qualifying mental health diagnoses\*

\* An assessment is required to determine eligibility

### How do I get my child into the CMHW program?

Contact your local Community Access Site to schedule an assessment appointment.

The contacts can be found online at: [in.gov/fssa/dmha](http://in.gov/fssa/dmha)

## The High Fidelity Wraparound approach:

### Includes:

- > Family partnerships
- > Different plan for each youth
- > Focus on strengths to resolve problems
- > Professionals partner with families for solutions
- > Natural supports and professional services
- > Single plan with cross-system integration
- > “What happened to you?”

### Does not include:

- > Family blaming
- > Same plan for all youth
- > Focus on problems
- > Professionals have all the answers
- > Only professional services
- > Multiple plans for youth
- > “What’s wrong with you?”

## Principles of the Wraparound Process

- > Family voice and choice
- > Individualized
- > Strengths based
- > Natural supports
- > Collaboration
- > Unconditional care
- > Community based
- > Culturally competent
- > Team based
- > Outcomes based



Division of Mental Health and Addiction

[in.gov/fssa/dmha](http://in.gov/fssa/dmha)