



Building futures one skill at a time!

Service Information

Psychotherapy: Face-to-face treatment of a recipient's mental illness through the psychological, psychiatric or interpersonal method most appropriate to the recipient's needs.

Skills Training: Designed to help the recipient develop psychosocial skills, self monitor, compensate for, cope with, counteract, or replace skill deficits or maladaptive skills acquired during the course of a psychiatric illness.

Crisis Assistance: Development of a plan to help providers recognize factors precipitating a mental health crisis, identify behaviors related to the crisis, and provide information for resources to resolve the crisis.

MHBA Services: Working directly with the recipient to practice, repeat, reintroduce and master psychosocial skills.



Children's Therapeutic Services & Support
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New Directions

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What is CTSS?

CTSS is one of the rehabilitative mental health packages covered by MHCP. CTSS is a flexible package of mental health services for children who require varying therapeutic and rehabilitative levels of intervention to address the conditions of emotional disturbance that impair and interfere with the individual's ability to function independently. For children with emotional disturbances, rehabilitation means that services are provided to restore the child to a level of functioning that they had either achieved before or would have achieved if normal development had not been impaired because of a mental health disorder. CTSS services are time-limited interventions that are delivered using various treatment modalities and combinations of services designed to reach treatment outcomes.

Who is eligible for CTSS?

- Children under the age of 18 who are diagnosed with an Emotional Disturbance (ED) or Severe Emotional Disturbance (SED).
- Young adults ages 18 through 20 who are diagnosed with a mental illness (MI) or Serious or Persistent Mental Illness (SPMI).
- Divine House, Inc. can complete a Diagnostic Assessment to determine eligibility for services.



What services are provided through New Directions CTSS?

- Psychotherapy (individual, family and group)
- Skills Training (individual, family and group)
- Crisis Assistance
- Mental Health Behavioral Aide Services (MHBA)

How can I make a referral to New Directions CTSS program?

Referrals for the CTSS program can be made by families, case managers, or other providers involved with the individual.