

Children's residential services – overview

Decisions about children's mental health interventions can be complex. The goal is to meet the unique needs of each youth and family. There are advantages and disadvantages to any treatment intervention, just as there are benefits and potential side effects of any medication. We want to match your child's needs and goals to the strengths of a particular intervention.

As a parent/caregiver, you are an important advocate for your child. You will have the opportunity to participate and share your goals and perspective throughout the process. This will happen by attending meetings, and talking with the youth's case manager and other professionals who are involved. Your child will have the same opportunity for input into decisions related to their service plan.

Children's residential treatment and group homes

Children's residential treatment is a 24/7 program. There are different types of residential treatment programs, but all of them provide clinically supervised services in a community setting. Services are intended to help the child develop social interaction and coping skills to improve their functioning within their family, school, and community. After this type of service, the goal is for the child to return home or to another place in the community.

A group home offers a range of therapeutic supports while being less restrictive than residential treatment.

Accessing residential treatment services



There are different pathways for accessing children's residential treatment services. Determining the best pathway for your family will be based on factors including medical insurance coverage, any connection to child protection or the court system, and the chosen residential treatment provider.

If you have private insurance through an employer or purchased in a public marketplace, contact your insurance company to explore options for residential treatment services.

For families that are on public health plans (Medical Assistance) or do not have medical insurance, you can start the conversation with your case manager. If you do not have a case manager, you can begin by calling Front Door at Hennepin County- 612-348-4111 or email at socialservices@hennepin.us.

Screening for residential treatment services



Many times, the process to access children's residential treatment services includes a screening process. The screening is done with a team of professionals and includes you and any other family supports you want to bring.

Each person's perspective is important to the screening process. The screening meeting is a time for open, transparent dialogue. You will have an opportunity to present information with the support of your case manager.

At the end of a screening, the team will move to decision-making about the appropriate level of care to meet the child's mental health needs.

You may be able to access residential treatment services without going through the formal Hennepin County screening process. This is known as the "3rd pathway." You can find out more information about the 3rd pathway by talking with your child's case manager or calling Front Door.

Paying for residential treatment services



Payment depends on how the services are accessed. In most situations, your medical insurance will pay a portion of residential treatment costs. In some situations, Hennepin County also covers some of the costs associated with residential treatment services.

It is possible that parents or caregivers will have to pay for part of the services provided. This varies by family and depends on individual factors such as medical insurance coverage and the facility chosen.

If you have questions about the cost of services, we recommend contacting your medical insurance company and/or case manager.

Non-residential service options

Residential treatment services are not always the right choice for every family. There are other options for services. Some examples include:

Children's mental health case management

Monthly care planning to assist with referrals and advocacy, coordinating with providers, crisis planning and support.

High Fidelity Wraparound

Weekly care planning in a team-based model that builds on strengths and culture to address family needs, works to increase caregiver and family capacity, and develops support for the family and youth.

Intensive in-home therapy

An intervention that can happen while youth stay at home, with service providers working with youth and the family multiple times per week.

Day treatment or partial hospitalization

Day treatment is a setting for both schooling and therapy on-site. In partial hospitalization, youth go to their regular school for part of the day, then to a hospital setting for the therapeutic intervention.

If you have questions about these services, ask your case manager.