



## YAP'S BEHAVIORAL HEALTH PROGRAMS

Youth Advocate Programs (YAP®), Inc. is a nationally recognized nonprofit, accredited by the Council on Accreditation (COA), exclusively committed to the provision of community-based alternatives to out-of-home care. Founded in 1975, YAP operates programs in 35 states and Washington, DC, serving over 17,000 individuals and families annually. ***YAP's mission is to deliver and advocate for safe and effective community-based alternatives to residential care and incarceration that empower individuals, families, and neighborhoods to thrive.***

YAP's first Behavioral Health program was founded in York, Pennsylvania in 1996. YAP's Behavioral Health programs have since expanded to a full network of services in several states that offer individualized services in the home, school, and community aimed at helping children, youth and adults lead healthy, safe, and productive lives. In addition to providing quality services to children and youth with various mental health challenges, YAP also specializes in working with individuals with autism spectrum disorders, cross-system youth, and youth who have experienced trauma.

## YAP'S APPROACH

YAP's approach draws from our 47+ years of experience delivering Wraparound Advocacy services to complex need children and youth involved in the child welfare, youth justice, and other systems of care. YAP focuses on the unique needs of each young person served; understanding that behavior is communication. Many times, changes in behavior at home, at school, or in community settings are indications of underlying issues and challenges that need to be addressed.

When mental health or behavioral challenges present themselves, YAP is there to work as partners with the whole family to develop life skills, coping strategies and to support safe family functioning to include communication skills, household management, and other identified areas of concern. YAP's Behavioral Health services address the many factors that can contribute to mental health conditions, including biological factors, environmental factors, and adverse childhood experiences.

In all programs, YAP works to remove the barriers many families face in accessing mental health services. We employ a culturally diverse workforce who deliver services at non-traditional times; most services are delivered in the homes of participants, removing the need for transportation. Most YAP services are provided at no cost to individuals with health insurance through Medicaid or their state's Children's Health Insurance Plan (CHIP). Sliding scales are available for certain locations and services.

**"MENTAL HEALTH CHALLENGES IN CHILDREN, ADOLESCENTS, AND YOUNG ADULTS ARE REAL, AND THEY ARE WIDESPREAD. BUT MOST IMPORTANTLY, THEY ARE TREATABLE, AND OFTEN PREVENTABLE."**

**-Vivek H. Murthy, M.D., M.B.A. Vice Admiral, U.S. Public Health Service, Surgeon General of the United States**



Mental health challenges are a leading cause of disability and poor life outcomes in young people, with up to 1 in 5 children ages 3 to 17 in the United States having a mental, emotional, developmental, or behavioral disorder.

[1]



"Socioeconomically disadvantaged children and adolescents-for instance, those growing up in poverty-are two to three times more likely to develop mental health conditions than peers with higher socioeconomic status."



"The pandemic era's unfathomable number of deaths, pervasive sense of fear, economic instability, and forced physical distancing from loved ones, friends, and communities have exacerbated the unprecedented stresses young people already faced."

[2]

YAP's Behavioral Health services are holistic, individualized, strength-based, and family-focused. Using wraparound principles, YAP develops individualized treatment plans that are based on the needs and strengths of each family. Plans are developed through a comprehensive intake and assessment process that identifies needed services and supports in multiple life domain areas including family, education, social development, employment and training, finances, housing, legal, spirituality, recreation and culture, mental health, medical and safety. Behavioral Health services can include therapeutic interventions such as Cognitive Behavioral Therapy, behavioral support, skills training, and others as identified in each individualized plan. Through a continuum of interventions based on the goals developed for each life domain area, families can maintain consistency and fluency in their natural environments while receiving needed Behavioral Health services in their home, school, or community.

## KEY COMPONENTS OF YAP'S BEHAVIORAL HEALTH SERVICES:



**Individualized Range of Services:** YAP's services are grounded in the wraparound treatment approach that empowers children, youth, and families to identify, address and overcome mental health and behavioral obstacles that they face. These services are rooted in the principles of self-determination, wellness and recovery, and community inclusion.



**Connection to Community-Based Services and Supports:** YAP staff develop a holistic system integrated with the physical healthcare system to address all wellness needs, such as proper sleep, nutrition, and medical needs. YAP staff also connect children, youth and families with additional services and supports located within their communities that provide continued support after YAP's services have ended.



**Trauma-Informed, Person-Centered Care:** Through YAP's core service delivery principles, use of evidence-based practices and staff training, YAP can meet the needs of all individuals receiving services, including LGBTQ+ youth. As a trauma-informed organization, YAP is committed to Creating Relationships and Environments of Awareness, Trust, Empowerment and Safety (CREATES). All staff are trained in trauma-informed care.



**Cultural and Linguistic Competence:** Services are tailored to reflect the family's values, culture, and needs, while building on pre-existing strengths and interests. YAP's staff are recruited from the communities served and reflect the cultural and linguistic characteristics of families. All YAP staff members complete new-hire and annual training comprising cultural competence, sensitivity, and affirmation. These attributes are consistent with YAP's overall commitment to cultural diversity, cultural competence, and cultural affirmation.



**Accessibility:** YAP's services are provided in homes, schools, or other accessible community settings as well as through telehealth as appropriate. Day and times of services are not prescribed to the family but are based on their needs and availability. YAP's offices are also located in the neighborhoods and communities where services are delivered.



**Affordability:** Most YAP services are provided at no cost to individuals with health insurance through Medicaid or their state's Children's Health Insurance Plan (CHIP). Sliding scales are available for certain locations and services.

## Wraparound Research

Research has demonstrated that the "evidence-based" wraparound process can produce significantly better outcomes for families with substantial needs than traditional approaches, including increased permanency and stability; improved behavior and mental health symptoms; improved school outcomes; decreased family safety issues and risk factors; increased family protective factors; increased family engagement and satisfaction with services; and increased family resources to support their own children.

## CONNECTING TO YAP'S BEHAVIORAL HEALTH SERVICES:

Referrals can be initiated by a multitude of social service agencies, as well as school personnel, doctors, social workers, or individual families. Upon completion of referral, the child and family will begin services in accordance with state regulations governing behavioral health services. Most YAP services are provided at no cost to individuals with health insurance through Medicaid or their state's Children's Health Insurance Plan (CHIP). YAP staff represent varying levels of educational backgrounds and/or experience in psychology, social work, or a human service-related field depending on the program type and state requirements.

## YAP'S BEHAVIORAL HEALTH HIGHLIGHTS:

### PENNSYLVANIA:

YAP provides a rich array of Behavioral Health services, including Intensive Behavioral Health Services, Family Based Services, and Outpatient Clinics. YAP's services are offered in-home, in-office and via telehealth and include:

- Intensive in-home, school, and community-based supports including Behavior Consultant (diagnostic assessments and treatment plans), Mobile Therapist (individual and family therapy), and Behavioral Health Technician (skills training and support).
- Team-delivered family support to children and adolescents, and their families. Service intensity is individualized and, on average, it ranges from 3-10 hours per week for up to 8 months.
- Psychiatric evaluation, medication management, diagnostic assessments, individual & family psychotherapy

### TEXAS:

YAP has provided outpatient mental health and psychiatric services, Targeted Case Management, and Mental Health Rehabilitative Services in the Dallas, Texas area since 2000 and has expanded to include service areas in and around Fort Worth, Houston, and Austin. In 2013, YAP became the first private Comprehensive Waiver Provider of YES Waiver services in Texas at YAP's Tarrant County location and has since expanded to serve 13 additional counties. As a Comprehensive Waiver Provider, YAP is responsible for the provision of a full range of intensive, community-based, and non-traditional services to youth with severe emotional disturbances at risk of psychiatric hospitalization.

In 2019, YAP was one of five organizations selected by the Texas Health and Human Service Commission (HHSC) as a grantee of the Medicaid Services Capacity for High-Needs Children in the Foster Care System Grant Program. Through this grant program, YAP was able to contract with the National Wraparound Implementation Center (NWIC)'s Texas Center to receive training and implementation support for Level of Care-4, Intensive Case Management/Wraparound Services.

YAP is credentialed and contracted with the Texas Medicaid and Healthcare Partnership and all Managed Care Organizations serving our locations, including Superior Health Plan, the health plan for all youth residing in foster care. In 2021, YAP provided over 60,000 hours of behavioral health and YES Waiver services to more than 750 youth throughout Texas.

To learn more about  
the Behavioral Health  
services available in  
your area:

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### ENDNOTES:

[1] [https://www.cdc.gov/mmwr/preview/mmwrhtml/su6202a1.htm?s\\_cid=su6202a1\\_w](https://www.cdc.gov/mmwr/preview/mmwrhtml/su6202a1.htm?s_cid=su6202a1_w)

[2] <https://www.hhs.gov/sites/default/files/surgeon-general-youth-mental-health-advisory.pdf>