**Behavioral Health Intervention Services (BHIS)**

Behavioral health intervention services are skill-building interventions that reduce behaviors and symptoms associated with a mental health disorder that has been assessed and diagnosed by a licensed practitioner.

These services address mental and functional disabilities that negatively affect a member’s ability to function in their home or community. Services are designed to use cognitive, behavioral, or social interventions to reduce or eliminate the symptoms or behaviors and improve the member’s ability to function at the member’s best possible functional level, with a primary goal of assisting the individual and his or her family to learn age-appropriate skills to manage their behavior and regain or retain self-control.

**Eligibility**:

Must be 20 years old or younger

Must be Medicaid eligible **(Hawk-i does not cover BHIS)**- If you lose Medicaid you will no longer be eligible for this service.

Must be diagnosed with mental health disorder by a licensed practitioner

When approved for this service, a counselor will come to your home to work on a set of skills that are individualized to your child's needs. Services must be provided in a confidential location such as your home, the SSFS office, or a private room at a school or library. In order to provide services at a school it must be approved by the school administration and be appropriate to your child's needs.

**BHIS can address the following skills**:

* Cognitive flexibility skills ​
* Communication skills ​
* Conflict resolution skills ​
* Emotional regulation skills ​
* Executive skills ​
* Interpersonal relationship skills ​
* Problem-solving skills ​
* Social skills

BHIS does NOT include: tutoring, tracking, babysitting, mentoring, hygiene (self-care)​

**BHIS is time-limited**. It is not a long-term service. Your child and your family have a set time to work on gaining skills.

**Family involvement is important**. A parent or caregiver must be part of regular BHIS sessions. This will help you and your child learn skills and make changes to reduce symptoms and behaviors. Family sessions may take place in the convenience of your home to help services remain confidential.

**Therapy is recommended.** It may be beneficial for your child to be involved in additional services such as therapy, medication management, etc. This interdisciplinary approach can increase your child's chances for success.

**If you are interested in participating in BHIS please contact Stepping Stone Family Services at 515-276-6338 to schedule an assessment or discuss this with your current therapist.**