



CHILDREN'S THERAPEUTIC SERVICES & SUPPORTS

What is Children's Therapeutic Services & Supports (CTSS)?

Children's Therapeutic Services and Supports (CTSS) is a mental health package covered by Minnesota Health Care Plans (MHCP). CTSS is an in-home mental health service that allows providers to address conditions of emotional disturbance that harm and get in the way with a child's ability to function.

What does Therapy Connections Do?

Therapy Connections is a certified CTSS provider. We provide in-home mental health services, specifically skills training, to children in their homes, schools and communities. Skills training is a type of service designed to improve and repair basic functioning of the child with emotional disturbance. Children live with their family, interact with others at school, and in the community, and we know how important it is to include all these components in our service.

Practitioners may provide creative art exercises and games to help children explore their feelings, life, and how to relate to friends and family. Skills training frequently includes the child's family. The participation of family in the process helps produce the greatest chance for success. Specific games and activities are selected to help children learn the skills they need 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 identified in an individual treatment plan (ITP).

How does it work?

- Therapy Connections receives referrals from county social services, case managers, and the medical providers and families.
- Telephone contact is made with the child's parent/guardian to gather information to ensure applicability of the service, and to schedule an in-home visit by a mental health professional.
- Therapy Connections mental health professionals complete a diagnostic assessment on the child or adolescent, by meeting with the client and their parent or guardian.
- The Clinical Supervisor matches the family with an appropriate Mental Health Practitioner.
- An individual treatment plan is generated which the Practitioner will use to direct their work with the child.
- Practitioners work with children once or twice per week for approximately two hours per visit.
- While we work to assist the child in regaining optimal functioning, we also coordinate with the family and other individuals/agencies involved with the child (e.g. teachers, case workers, etc.) to develop a strong support system and ensure that all available resources are utilized to offer the best chances for success.

Who Qualifies for CTSS?

- Children under 18 diagnosed by a mental health professional with an emotional disturbance or diagnosed mental health problem.
- Children on Minnesota Medical Assistance (including pre-paid Medical Assistance plans). In certain situations, county contracts can be arranged for families without Medical Assistance who are in need of home-based services.
- Individuals between 18 and 21 meeting the criteria for serious and persistent mental illness.

How to request CTSS services

Call the Therapy Connections business office at 763-270-0054. Below is a list of some questions that will be asked.

1. The child's Medical Assistance (insurance) number
2. Birth date
3. Address/phone
4. Previous/current diagnosis
5. Areas of concern: additional information will be requested via phone during the referral.