

## OUR SERVICES

Family Services provides supports, services and treatment for children and youth birth to 21. We do so by using a Family Systems view, meaning we include parents in the treatment process as much as possible.

### Some examples include:

- Therapy
- Applied Behavioral Analysis (ABA)
- Case Management/Supports Coordination
- Psychiatric Services
- Parent Support Partner
- Infant Mental Health (birth to 4)
- Community Living Supports
- Respite
- 24-hour Behavioral Health Emergency Services



## FOR MORE INFORMATION

To learn more information regarding Family Services please call Community Mental Health of Ottawa County.

### CMH OF OTTAWA COUNTY FAMILY SERVICES

12265 James Street  
Holland, MI 49424

**Main:** (616) 392-1873

**Toll-Free:** 1-877-588-4357

**TTY:** (616) 494-5508

**Fax:** (616) 393-5687

**[www.miottawa.org/CMH](http://www.miottawa.org/CMH)**

If you are not currently receiving Community Mental Health services contact the Access Center to request services.

**Main:** (616) 393-5681

**Toll-Free:** 1-877-588-4357

**TTY:** (616) 494-5508



# FAMILY SERVICES

Services for children  
and youth birth to 21



[www.miottawa.org/cmh](http://www.miottawa.org/cmh)

# One of the many services provided on the family services team is **APPLIED BEHAVIOR ANALYSIS (ABA)**

*Taken from Autism Speaks:*

Behavior analysis is a scientifically validated approach to understanding behavior and how it is affected by the environment. In this context, “behavior” refers to actions and skills. “Environment” includes any influence – physical or social – that might change or be changed by one’s behavior.

## **What is Applied Behavior Analysis?**

Behavior analysis focuses on the principles that explain how learning takes place. Positive reinforcement is one such principle. When a behavior is followed by some sort of reward, the behavior is more likely to be repeated. Through decades of research, the field of behavior analysis has developed many techniques for increasing useful behaviors and reducing those that may cause harm or interfere with learning.

Applied behavior analysis (ABA) is the use of these techniques and principles to bring about meaningful and positive change in behavior.

These techniques can be used in structured situations such as a classroom lesson as well as in “everyday” situations such as family dinnertime or the neighborhood playground. Some ABA therapy sessions involve one-on-one interaction between the behavior analyst and the participant. Group instruction can likewise prove useful.

## WHAT TO EXPECT

1

### **ACCESS AND ELIGIBILITY:**

To access services call our Access Center (616) 393-5681 to request services and have an eligibility assessment completed. As part of the eligibility assessment, a psychosocial assessment will be completed with you and your child prior to the development of the Family Centered Treatment Plan. The assessment will be used during the Family Centered Treatment Planning Process to identify the supports, services or treatments that are medically necessary.

2

### **ASSIGNED A THERAPIST OR SUPPORTS COORDINATOR:**

After the Access Center has determined your child is eligible for services your child will be assigned a therapist or supports coordinator from a contract agency or CMHOC. The therapist or supports coordinator will contact you to set up an appointment to begin the Family Centered Treatment Planning Process.

3

### **FAMILY CENTERED TREATMENT PLAN PROCESS:**

During the planning process you will be asked who you would like to attend your child’s planning meeting, who will facilitate, the location of the meeting, and when it will be held. At the planning meeting you and your child will be asked what hopes and dreams you and your child have for the future. We will work with you to develop goals and objectives to achieve these hopes and dreams. The people attending this meeting will help you decide the supports, services or treatments your child needs, who you would like to provide this service, how often your child needs the service and where it will be provided.

4

### **SERVICES AND SUPPORTS:**

Once the Family Centered Treatment Plan is developed, your child will begin receiving the services and supports identified during the plan. The Family Centered Treatment Plan will be updated at least every three months to review your child’s progress, the Plan can be changed or modified at any time if your child’s needs change.