



**PROMISING PRACTICES**  
**Cumberland Mountain Community Services:**  
**Russell, Tazewell, and Buchanan Counties**

***Serving Children at Younger Ages in the Mountain Southwest***

**Headlines—What your community did/services that were created:**

1. Developed Center Based Therapeutic Day Treatment Services in cooperation with Schools
2. Mental Health Screenings to children in Head Start / Develop Head Start Case Management services.
3. Offer Intensive In-Home Services in three counties. Board Certified Child and Adolescent Psychiatrist 2 days/wk.

**Goals and Incentives; Leverage Points:**

- An increasing number of children are being referred to CMCS.
- Mental health symptoms in children are increasing in severity.
- Children are presenting at younger ages than in the past. 801 children served, 12,000+ clinical contact hours in FY 2008

**Barriers:**

The greatest barrier to all new service development remains attracting and retaining Master's level, or Licensed, children's clinicians willing to fill diverse positions and work diverse hours

**Strategies for overcoming barriers:**

- Community Stakeholders in our area are very supportive of service development and tend to refer children vigorously to new services.
- A new internal structure of a dedicated Child and Family Services Division promotes service expansion and community relationship building.
- A new focus on serving children *where they are*, e.g., in school, at home, at probation offices, etc, is well received by families and shows a strong commitment to community partners.

**Strategies for Continuous Quality Improvement:**

- Pre/Post Outcome Surveys with data analysis provided by the Statistics Department at Virginia Tech (2009).
- Supervisors can monitor clinical notes and child's progress through electronic charting system (1999).



- DMHMRSAS Satisfaction Survey 2007 reports 84.7% of caregivers of children were satisfied with services.

**Funding:**

- Medicaid reimbursement supports Case Managers, Intensive In-Home Clinicians, and Day Treatment Therapists once operational.
- Grew services over 20 years with Medicaid revenue/grants.
- System of Care Grant awarded in 2006 provided core funding for 10 additional child-focused positions.
- CMCS is working with CPMTs to develop CSA funded services, such as Intensive Care Coordination, in the future.

**Resources for more information:**

Mike Bush, Director of Child and Family Services., Kim Lowe-Bales, Coordinator of MH/SA Children's Services and Lori Gates-Addison, Coordinator of Prevention and Day Treatment.