

## Resources on Mental Health Consent

Parent Alliance resources:

<https://www.paparentandfamilyalliance.org/mental-health-faq>

Access to the law and a power point training offered by DHS:

<https://www.dhs.pa.gov/Services/Mental-Health-In-PA/Pages/Act-147-of-2004.aspx>

Federal guidance on HIPAA compliance for teens:

<https://www.hhs.gov/hipaa/for-professionals/faq/516/where-hipaa-applies-does-it-allow-a-health-care-provider-to-disclose-information-to-the-parents-of-a-teen/index.html>

Search the sidebar for guidance in additional areas. Remember PA consent law still applies.

Printable consent to treat tip sheet, English and Spanish version:

<https://midd.me/WQmn>

Provided on the following page are the various levels of care for mental health treatment, with guidelines for meeting the medical necessity criteria for these levels of care. This information is according to HealthChoices behavioral health services.

Psychiatric Inpatient hospitalization provides the most restrictive level of care. The setting is locked and highly focused toward the delivery of intensive, short term treatment. It serves as an appropriate placement for children expressing the sudden onset of acute symptoms, and/or requiring treatment which cannot be managed outside of a 24-hour, secure setting.

This is considered an inpatient level of care. An example of this level of care would be a psychiatric hospital or a psychiatric residential treatment facility (PRTF). PRTF's are certified by the Office of Mental Health and Substance Abuse Services (OMHSAS) as providing mental health services, but are licensed by the Office of Children, Youth & Families (OCYF), and are required to abide by Chapter 3800 regulations.

Residential Treatment facilities provide a stable, open, community living setting for the delivery of comprehensive mental health treatment with 24-hour monitoring and a strong supportive environment from which the child is able to reenter the community. This is a longer-term treatment option for children who require the comprehensive treatment and professional support of this setting to prevent a need for inpatient hospitalization.

This is considered a residential level of care. These are residential programs that can be accredited or non-accredited, licensed by the Office of Children, Youth & Families (OCYF), and are required to abide by Chapter 3800 regulations. Group homes would also fit into this domain.

Partial hospitalization lies between the most restrictive and community-based levels of care. A partial hospitalization treatment program offers a wide range of treatment in a setting segregated from the child's natural setting for part of the day. Effective treatment and stabilization of the child must be possible within the partial hospital program hours prescribed in the treatment plan. Partial hospitalization provides an opportunity to observe a child's behavior and the effects of treatment, for the purpose of developing and confirming a proper course of treatment designed for the effective reintegration of the child into the community.

This is an outpatient level of care.

Outpatient treatment is for children and their families who are seeking help and believe there is a need for mental health services. Services and treatment approaches include, diagnostic testing, crisis intervention services, behavior therapy, individual, group and family psychotherapy, medication, and similar services. The child should be able to maintain sufficient stability in his/her existing support network, to be treated effectively within the hours of outpatient treatment prescribed in the treatment plan. Treatment and services should be directed toward helping the child to remain integrated with his/her natural community and work to prevent the necessity of a more restrictive or intrusive service

.PRTF's would be considered inpatient voluntary mental health treatment. Because of this, a parent or a youth that is 14 years of age and under the age of 18 could consent to treatment at a PRTF. The parent would still need to have a recommendation from a physician, licensed clinical psychologist, or other mental health professional who has examined the youth to be able to provide consent to inpatient