



CHILDREN'S BEHAVIORAL HEALTH SERVICES (CBHS) FREQUENTLY ASKED QUESTIONS

WHO IS ELIGIBLE TO RECEIVE SERVICES FROM CBHS?

A youth who:

- Is 0 up to 21 years old
- Has [MaineCare](#) (or those under age 19 with MaineCare's [Katie Beckett waiver option](#))
- Has impairment in functioning at home, school, or in the community
- Qualifies with a mental health diagnosis, autism, or developmental disability
- Is under age 6 and at risk of developing or exhibiting behavioral health challenges

WHAT SERVICES DOES CBHS OFFER?

CBHS provides information and assistance with referrals for children and youth with developmental disabilities/delays, Autism Spectrum Disorders, mental health disorders, and intellectual disabilities, and contracts with private providers to provide treatment and support services for those needs.

An array of home and community-based behavioral health treatment [services](#) are offered to meet the specific treatment needs of the youth and family:

- [Crisis Services](#)
- [Targeted Case Management](#)
- [Behavioral Health Home](#)
- [Outpatient Treatment](#)
- [Rehabilitative and Community Services \(RCS\)](#)
- [Assertive Community Treatment \(ACT\)](#)
- [Intensive Home-Based Treatments:](#)
 - [Home and Community Treatment \(HCT\)](#)
 - [Multi-Systemic Therapy \(MST\)](#)
 - [Multi-Systemic Therapy for Problem Sexual Behavior \(MST-PSB\)](#)
 - [Functional Family Therapy \(FFT\)](#)
- [Children's Residential Care Facilities Treatment \(CRCF\)](#)
- [Medication Management](#)
- Inpatient Psychiatric Hospital

HOW CAN I REFER A YOUTH FOR CBHS SERVICES?

A parent or legal guardian or any support entities such as schools, primary care physicians, juvenile corrections offers, with guardian permission, may refer to any CBHS services.

For more information about CBHS visit the [Children's Behavioral Health website](#) or scan the QR code.



A case manager or other provider can help you apply for services. If you do not have [a case manager](#), contact the [CBHS Family Information Specialist](#) or a local [Family Support Organization](#) for assistance.

MOBILE CRISIS SERVICES

If a child or youth in Maine is currently experiencing a mental health crisis, regardless of insurance status, please call the following number for crisis support:

Maine Crisis Line
1-888-568-1112