

## When Do We Start?

Once you are given a prescription for **FBS** by the psychologist or psychiatrist, we contact the insurance company to get approval and then services can begin. CVCA staff will then meet with you, your child, and everyone concerned to develop a plan for change.



CVCA does not discriminate in its programs or activities on the basis of race, color, national or ethnic origin, ancestry, age, religion, disability, sex or gender, gender identity and/or expression, sexual orientation, military or veteran status, or genetic information.

## Mission

Carson Valley Children's Aid is dedicated to delivering services to children, youth and families that ensure their safety, build on their strengths, honor their differences and empower them to achieve their goals for success in life.

## Vision

For children, youth and families to realize their potential and thrive.

## Guiding Principles

Optimism	Unity
Inclusiveness	Trust
Compassion	Accountability



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**Family Based  
Services (FBS)**

## What is Family Based Services (FBS)?

The goal of **FBS** is to strengthen families and children by providing in home individual and family therapy, crisis prevention and intervention, play therapy, conflict resolution, behavior counseling, and more.

By working together to address the child's emotional needs and the broader needs of the family, we hope to prevent the necessity for more intensive mental health services or out of home placement.

Assistance is provided for families who need help meeting their basic needs. FBS can also assist with programs that will help your child's development.

This service is delivered by a highly qualified team which includes both a therapist and a family support worker.



## Who is Eligible?

This service is **free** to you and your family as long as you meet the following requirements:

- You and your child agree to participate.
- Your child is eligible for Medical Assistance.
- You obtain a recommendation from a licensed psychologist or psychiatrist that prescribes the service as medically necessary. A Carson Valley Children's Aid psychologist is available if you choose to use ours.

## How Much Time is Involved?

The specific length of time is determined with you. The maximum length of service is eight months. Each family receives one to six hours per week of service. The number of hours per week will be tailored to your needs. We will meet you in your home and in the community in which you live. The service is matched to the needs of your child and family, and the decision to end services will be discussed with you well in advance of termination. An aftercare plan to support your progress will be developed before the service ends.

