

# Talking Points: Child & Family Services

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## About Child & Family Services:

Integral Care provides personalized care for children and families, beginning with a thorough, expert assessment to understand each child's unique needs. Our team works closely with families to uncover underlying challenges and develop a tailored care plan that supports mental health and well-being. Services may include individual therapy, family counseling, in-home and in-school visits in Austin, Pflugerville, Del Valle, and Manor, medication management, treatment for substance use, and suicide prevention.

## Why is mental health care important?

- Mental health issues impact all of us, including the youngest in our community. Research shows:
  - 1 out of 5 children have a diagnosable mental health need and
  - 50% of all mental illnesses are diagnosable by the age of 14.
- With early intervention and ongoing care, recovery from a mental health issue is possible.

## What services does Integral Care provide – high-level?

- Integral Care provides counseling, psychiatric care and case management to support the emotional health of our children and youth. Services are available in clinics, in schools and in the community.
- Integral Care also provides specialized care – supporting youth on probation, small children who experience developmental delays and children, children and youth who experience complex behavioral issues, and youth who are at risk of using drugs and alcohol.
- Integral Care serves over 1300 children and youth per month.

## What services does Integral Care provide – detailed?

- Integral Care supports families and children – from infants to teenagers.

- We provide counseling, psychiatric care and case management to support emotional health.
- We help youth at risk for suicide.
- We offer mental health care with support from a psychiatrist to support a person's health and well-being.
- We teach families how to talk to each other and work through problems.
- We support youth on probation.
- We teach children how to take care of their health and build healthy bonds with other people.
- We help children from birth to age 3 who experience developmental delays build strong brains and bodies.
- We help youth who are at risk of using drugs and alcohol.

### **What are some of the issues these programs support?**

- Depression, anxiety and thoughts of self-harm.
- Trauma such as child abuse, bullying, domestic violence, divorce, immigration trauma, and grief and loss.
- Feelings or behavior that disrupt daily lives.

### **What interventions does Integral Care use to support children and youth?**

- Integral Care uses therapies appropriate to the age of the children and youth we serve.
- Our therapists work with children and youth to build communication and coping skills, and navigate relationships at home and school.
- Integral Care prescribes medicine to support mental health when needed.

### **How does Integral Care work with parents?**

- We know that family involvement is important to the health and well-being of the children and youth we serve.
- Counseling services always involve the parent or family and can support therapy outcomes.
- Integral Care works closely with parents to provide ongoing support at home. We give parents tools that help with family communication, managing emotions and understanding developmental milestones.
- Parent support can vary depending on the program or service.

## Who is Integral Care?

Integral Care is the Local Mental Health Authority (LMHA) and Local Intellectual and Developmental Disability Authority (LIDDA) for Travis County. Since 1967, our mission has remained the same: to provide accessible, high-quality mental health care and social services—at low or no cost—to individuals affected by mental health conditions, substance use disorders, and intellectual or developmental disabilities. We support people in achieving well-being and independence through compassionate care available 24/7.