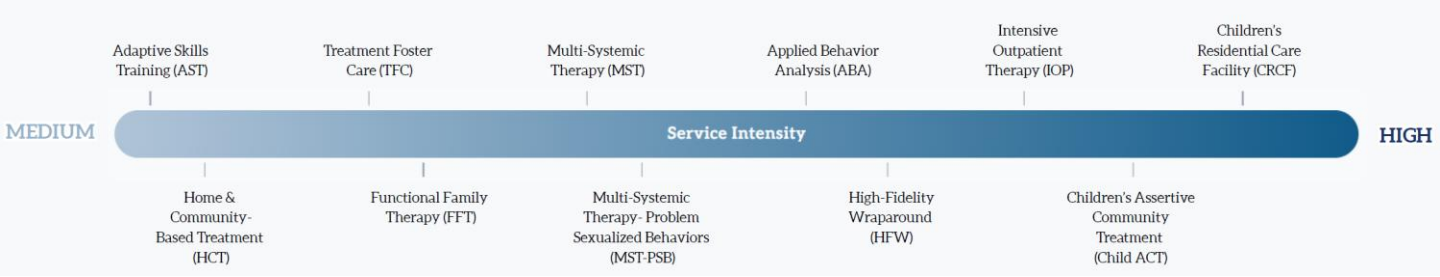
Maine Children's Behavioral Health Services



Medium-to-High Intensity Services that require a Single Assessment

Name of Service	What It Looks Like	Signs This Service Could Help
Adaptive Skills Training (AST)	Coaching to help a child build daily living skills and improve how they function at home, in school, and in the community.	A child who struggles with routines, communication, self-help, or other daily tasks.
Home & Community Based Treatment (HCT)	Therapy and skill-building services provided at home or in the community to help reduce emotional or challenging behaviors.	A child whose behavior is getting harder to manage at home or school and needs support from a team.
Functional Family Therapy (FFT)	Therapy that helps families strengthen communication and problem-solving at home.	A youth ages 11-18 who is having conflict at home, skipping school, acting out, or at risk of legal trouble.
Multi-Systemic Therapy (MST)	Intensive in-home family treatment that addresses serious behavior problems across home, school, and peer settings.	A youth ages 12-17 with serious behavior issues, aggression, skipping school, or at risk of legal trouble.
Multi-Systemic Therapy – Problem Sexualized Behaviors (MST-PSB)	Intensive treatment for youth who show harmful or inappropriate sexual behaviors.	A youth ages 10-17.5 showing sexualized behaviors that create safety concerns.
Applied Behavior Analysis (ABA)	Specialized support that helps children learn new skills and reduce challenging behaviors. Staff use structured teaching strategies to improve communication, routines, and daily functioning.	A child with major behavior or skill challenges related to autism or another developmental disability who needs more structured support than basic coaching.
High-Fidelity Wraparound (HFW)	A family-driven, team-based planning process. The team builds a plan that supports the youth at home, school, and in the community.	A youth whose behavior affects daily life across settings or who is at risk of an out-of-home placement.
Intensive Outpatient Therapy (IOP)	Therapy is provided several times a week while the child continues living at home.	A youth who needs more support than weekly therapy but does not need 24-hour care.
Children's Assertive Community Treatment (Child ACT)	An intensive, team-based service that provides flexible support for your child at home, in school, or in the community. Team members deliver services based on the child's needs, and support is available anytime, day or night.	A child with significant and intensive behavioral health needs who requires support in multiple settings and access to 24/7 care to stay home safely.
Children's Residential Care Facility (CRCF)	A short-term, out-of-home intensive treatment for youth whose current treatment needs cannot be met by a lower level of care within the home and/or community. Treatment is to help reduce symptoms so the youth can return home with in-home and community supports.	A youth with serious behavioral health needs who cannot currently be safely supported at home, even with intensive community and home-based services.

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