



THE CHOC CHILDREN'S  
PROJECT HEALTH

(HARNESSING EVERY ABILITY  
FOR LIFELONG TOTAL HEALTH)  
PROGRAM OFFERS AN INTENSIVE  
INTERVENTION PROGRAM FOR  
CHILDREN WITH BOTH  
MEDICAL AND MENTAL HEALTH  
CONDITIONS. SERVICES ARE  
OFFERED IN THE CHILD'S HOME,  
SCHOOL OR COMMUNITY.



CHOC CHILDREN'S PSYCHOLOGY

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*CHOC Children's is exclusively committed to improving the health and well-being of children through clinical expertise, advocacy, outreach, education and research. Our growing health care community includes two state-of-the-art pediatric hospitals in Orange and Mission Viejo, many primary and specialty care clinics, a mental health inpatient center, and four clinical centers of excellence — the CHOC Children's Heart, Neuroscience, Orthopaedic and Hyundai Cancer Institutes.*

*Project HEALTH is supported by the Orange County Health Care Agency and is a Mental Health Services Act Full Service Partnership. The Mental Health Services Act resulted from Proposition 63, passed by California voters in 2004 to increase funding for mental health programs serving California's unserved and underserved communities.*



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PROJECT HEALTH  
HARNESSING EVERY ABILITY  
FOR LIFELONG TOTAL HEALTH

# PROJECT HEALTH



Project HEALTH (Harnessing Every Ability for Lifelong Total Health) at CHOC Children's is a Full Service Partnership wraparound program for children, teens and young adults with mental health and medical diagnoses that provides intensive in-home or community-based mental health and case management services.

The program serves children, adolescents and transitional age youth, ages 3-21, who are Orange County residents and need more intensive mental health services to ensure success and safety in the home, school, health and community.

## PROGRAM SERVICES

The Project HEALTH program provides intensive in-home and outpatient community-based support, intervention and care coordination to address critical gaps in psychosocial and health needs. An individualized plan is developed for each participant and family. Services include the following:

- Case management provided by a Personal Service Coordinator (PSC)

- Behavioral health and skill building
  - Increasing activity level
  - Improving coping skills
  - Improving distress tolerance
  - Improving social and daily living skills
  - Parent training/education
- Mental health services including Individual, collateral, family and group therapy
- Crisis intervention
- Referral to housing and food resources
- Development of and referral to educational programs and employment skills
- Referral to legal assistance with concerns such as guardianship, conservatorship and end-of-life issues
- Referral to community resources and agencies

## CASE MANAGEMENT

Case management is especially important with children and adolescents who have both medical and mental health

disorders as both conditions can interact with each other and worsen the symptoms. Families in the program will work with an identified PSC who will meet with the family in the home or community. The coordinator will:

- Provide a thorough assessment of the patient and family needs
- Develop an individualized care plan to ensure that the patient and family can access needed services
- Work with medical case management to coordinate medical and mental health services

## AN EXPERT TEAM APPROACH

CHOC specialists work together with children and families to determine the needs of the patient and family for successful outcomes. The treatment team for each child consists of a child and adolescent psychiatrist, licensed psychologists, therapists and the PSC.