Parent Crisis Management Training

Parent education classes are an effective and tangible way for parents to learn new tools and techniques for managing their child in a crisis. Family Based Services provides this unique training to help parents and caregivers learn how to gain a better understanding of their child’s behavior, learn how to listen, gain skills in resolving conflicts that arise from your child’s emotional outbursts, and grow and change as a person. Ask us about the next set of classes.

WellSpan Philhaven is south central Pennsylvania’s most comprehensive behavioral health organization, serving the community through 54 programs and 27 care locations. For more than 65 years, we have focused on treating the whole person – mind, body and spirit. We offer services for all ages and various levels of care, including hospitalization, day programs, outpatient counseling, and services in the home, school and community. WellSpan Philhaven is part of WellSpan Health, an integrated health system serving the region with approximately 1,500 employed physicians and advanced practice clinicians, a home care organization, eight respected hospitals, more than 19,000 employees and more than 170 care locations.

WellSpan Philhaven
283 S. Butler Road
P.O. Box 550
Mt. Gretna, PA 17064
(800) 932-0359
www.WellSpanPhilhaven.org

Referrals
Family and Community Liaison
T: (800) 932-0359 ext. 2396
F: (717) 270-2448
Family Based Services

We believe that children are unique and special and should have the opportunity to discover what hope, healing and wholeness can mean for them. We also believe that every family member has an important role to play in the future health of their children. Family Based Services is a treatment program where a team of specialists partners with the family and their natural support systems in order to enhance the child’s success. The program is designed for children who add significant stressors to the whole family and might be at risk for out-of-home placement or hospitalization.

Our Successful Process

Your family will be assigned two WellSpan Philhaven family based therapists to work with you and your child for a maximum of thirty-two weeks. During that time, you will meet with your team between three to five times each week. A comprehensive treatment plan will be developed in collaboration with you and your child to ensure a successful outcome. That plan will include family therapy, individual therapy, parenting sessions and crisis intervention as needed. Your team will guide you through a treatment review every month in order to determine whether changes and modifications need to be made and to help you rate your progress.

Our Goals for Outcomes

For the Child
- Use positive coping and resiliency skills
- Develop better ways to manage their impulses and anger
- Use effective ways to communicate with family members and others

For Parents
- Use skills to emotionally support your child
- Implement effective routines and structures for the home
- Use crisis intervention skills to de-escalate your child

For the Entire Family
- Practice interacting positively with each other
- Build a family system that contributes to family success
- Utilize community resources to meet family needs