

Description of Services

BEST is a behavioral approach for the treatment of disruptive child behavior problems such as defiant, uncooperative, and hostile behaviors toward authority figures that seriously interfere with the child's day to day functioning.

These services provide skills training to both child and parent to decrease or eliminate the child's behaviors and replace problematic ways of acting with positive interactions with peers, parents, and authority figures such as teachers.

In order to accomplish this goal, the training will focus on enhancing parenting skills as well as skill acquisition for the child. Behavioral approaches will consist of modeling, behavioral rehearsal, role playing, direct observation, and self-monitoring. Specific behavioral modalities will be individualized for each client and family.

These individualized services will be provided for a period of 8-12 weeks. Services will be 2 hours per session for up to 3 days per week. Parents and children will need to attend each session.

Service Components

Psychological Assessments

Tests will be administered to ascertain behavioral excesses and deficits and for selection of the most appropriate behavioral modalities. Subsequent testing will be used to evaluate the effectiveness of treatment.

Individuals/Group Skills Training

Groups or individual sessions will be provided to the child to promote skill development in the areas of communication (social & emotional competence) and behavioral controls.

Family Skills Training

The child and family will receive coaching/training to promote skill acquisition and reduction of identified problem behaviors. Demonstrations of interventions as well as defining, observing, and recording behavior will be utilized.

Family Psychotherapy

The focus of these sessions will consist of instruction in parenting techniques, role playing, practice sessions, observations, and homework assignments.

BEST Team

Ph.D., Psychologist with Board Certification in Clinical Child and Adolescent Psychology

Licensed Marriage and Family Therapist
Mental Health Practitioners

Eligibility

These services are designed for children seven years of age and under who have been diagnosed with an emotional disturbance or severe emotional illness by a mental health professional. The child must show a pattern of disruptive or inappropriate behaviors at home or school that interfere with overall functioning.

Financial Information

Many health insurance plans will cover all or part of treatment; however, individuals five years of age and younger who are uninsured or underinsured will qualify for funding through grant funds from PACT 4.

**For more information or to
make a referral please call:**

320-235-4613

or

1-800-992-1716 Ext. 195