



## CHILD AND ADOLESCENT MOBILE TEAM

60 Academy Road, Albany, NY 12208  
www.parsonscenter.org

### AVAILABILITY OF SERVICES

- CAMT is available Monday through Friday, 11:00 A.M. to 9:30 P.M. The next two phases of the CAMT implementation plan will include expanding the hours of operation to 16 hours and then the availability of CAMT services 24 hours a day, 7 days a week.
- CAMT services are available for Albany, Rensselaer or Schenectady County children and adolescents (up to age 17 or older if still in day school) who are experiencing an emotional and/or behavioral crisis.
- CAMT can be accessed through "gatekeepers" in each of the three counties as follows: Albany County Children's Mental Health Clinic at 518-447-4550 and Mobile Crisis Team at 518-447-9650; Rensselaer County Unified Services at 518-270-2800 and Samaritan Hospital at 518-271-3540; Ellis Hospital at 518-243-3300 and Child Guidance Center at Northeast Parent and Child Society at 518-381-8911 in Schenectady County.

### SERVICES PROVIDED

#### ▪ *Consultation and Information*

Telephone consultation and information is available to the family of a child/adolescent experiencing an emotional and/or behavioral crisis and to those working with such children or adolescents and their families (e.g., social workers, case workers, school personnel). The focus of the consultation can include clarifying the nature of the crisis, identifying options for responding (including screening for a mobile response), providing recommendations for intervention, making a referral to a service agency, or formulating a plan for preventing future crises.

#### ▪ *Crisis Assessment, Intervention and Stabilization*

**Crisis assessment** – following a screening for appropriateness, the CAMT can provide a face-to-face assessment of a child/adolescent experiencing an emotional or behavioral crisis on location in the community (e.g., at home or at school) with parent(s) present. This assessment involves the evaluation of any immediate needs for which emergency services are required and may include, as circumstances permit, evaluation of:

- ✓ the child/adolescent's current functioning, symptoms, life situation and source of stress;
- ✓ risk and safety issues relating to immediate crisis;
- ✓ factors precipitating or contributing to the crisis;
- ✓ the child/adolescent and family's support network;
- ✓ cultural considerations;
- ✓ the level of care necessary for appropriate intervention, and
- ✓ the need for crisis intervention services.

**Crisis intervention and stabilization** – in combination with the crisis assessment, crisis intervention and de-escalation services can also be provided on site at the child/adolescent's location in the community. This face-to-face, therapeutic intervention is intended to:

- ✓ address the immediate safety and crisis issues present;
- ✓ relieve the child/adolescent's distress;
- ✓ help the child/adolescent cope with immediate stressors;
- ✓ identify and utilize the child/adolescent and family's strengths and available resources;
- ✓ assist the child/adolescent and family in resolving situations that may have precipitated or contributed to the crisis;
- ✓ restore the child/adolescent to their pre-crisis level of functioning; and
- ✓ a follow-up phone call is completed within one business day of the initial call for all assessments.

#### ▪ *Facilitation of Alternate Levels of Care*

In the event a child/adolescent does not respond to the interventions provided and requires evaluation for inpatient treatment because of risk to self or others, CAMT can assist with this process. However, admission is always at the discretion of the hospital. A parent or legal guardian of the child/adolescent must be available to sign the child/adolescent into the hospital.

In the event a child/adolescent does not require an inpatient admission but demonstrates significant risk of re-escalation in their current environment, CAMT can assess for appropriateness to refer to a crisis respite service.

### CHILD AND ADOLESCENT MOBILE TEAM STAFF

All crisis services are provided by master's level clinicians and/or a community mental health nurse with expertise in the provision of crisis services for children, adolescents and their families. For more information about CAMT, please call the team's supervisor, Sharon Cohen, at 518-429-2391. ***In an active crisis situation, please contact 911 and/or the gatekeeper corresponding to the crisis location.***