

Southwest Iowa Families, Inc.

enhancing the lives of children & their families in southwest Iowa



215 E. Washington St.
Clarinda, IA 51632

Phone: (712) 542-3501
Toll Free: (888) 486-9599
Fax: (712) 542-4725

Email:
snfamilies@mediacombb.net
Website:
southwestiowafamilies.org

Dear Parent or Caregiver:

Welcome to Behavioral Health Intervention Services (BHIS). We want to tell you about the services your child is getting.

1. BHIS is up to you. You decide to take part. You choose an agency to provide the service.
2. Your child must have a mental health diagnosis to get BHIS. Talk to the clinician who assessed your child. You can learn about your child's diagnosis if your child has one. Your child will need to see a therapist at least periodically if they are going to have BHIS.
3. BHIS improves skills. It helps with:
 - Anger management
 - Conflict resolution
 - Coping
 - Social skills
 - Communication
 - Emotions
4. BHIS has time limits. It does not keep going. Your child and your family have a set time to work on gaining skills. With the clinician, you decide on the right amount of time for your child. It usually starts with six months.
5. Family involvement. A parent or caregiver must be part of regular BHIS sessions. This will help your child make changes in behavior. Family sessions may take place at home. It is convenient for you, and it helps keep services confidential.
6. Other local programs such as mentoring, sports or music may help refine skills they have learned in therapy or BHIS.
7. Concerns? Talk to your BHIS provider first. If the matter is not resolved contact Angela Wallick, Southwest Iowa Families, Inc. Clinical Director, (712) 542-3501.

We look forward to working with you and your child. We hope BHIS helps with your family's journey toward recovery.