



Minnesota Department of **Human Services**

Children's Therapeutic Services and Supports

Children's Therapeutic Services and Supports (CTSS) is a flexible package of rehabilitative mental health services to meet the needs of each individual child. CTSS provides varying degrees of care for children and youth who require more than psychotherapy alone to return lost capabilities and restore them to normal development.

How it works

Children under 18 who have been diagnosed with an emotional disturbance or, youth between the ages of 18 and 21 who have been diagnosed with a mental illness are eligible.

A care provider will assess the child's rehabilitative needs and then design a package of services to meet those needs. CTSS services may take place in an office or at home, school or elsewhere in the community.

CTSS helps children and families develop skills in areas such as anger, aggression, following directions, following rules, relating to peers, anxiety, depression, family conflicts and much more. Goals may include:

- Building self-esteem
- Increasing coping skills
- Improving relationships
- Anger management
- Daily living skills
- Better communications
- Stress management
- Assertive skills

Improving CTSS services may only be offered by a certified provider. CTSS providers include:

- Counties
- Community Mental Health Centers
- Hospitals
- Indian health services
- School districts
- Community agencies



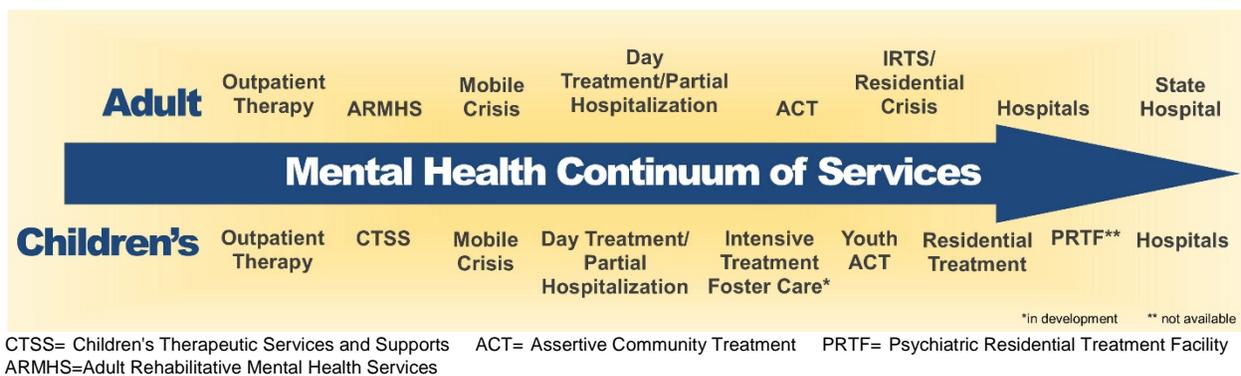
CTSS surrounds the child with services that meet their individual needs

About Children’s mental health

Mental health problems are common, affecting one in every five young people. In Minnesota, nine percent of school-age children and five percent of preschool children have a serious emotional disturbance, which is a mental health problem that has become longer lasting and interferes significantly with the child’s functioning at home and in school. An estimated 109,000 children and youth, birth to age 21, in Minnesota need treatment for serious emotional disturbances.

With appropriate identification, evaluation, and treatment, children and adolescents living with mental illness can achieve success in family life, in school, and in work. However, the overwhelming majority of children with mental disorders fail to be identified and lack access to treatment and supports.

DHS is committed to promoting and supporting the mental health and development of all Minnesota children and youth. DHS believes that these services must be based in research and lead to measurable reduction in mental health symptoms and increases in strengths and functional abilities.



Mental health matters at every stage of life and requires a continuum of services, ranging from prevention to recovery.

For more information, visit
<http://mn.gov/dhs>