

Mental Health Services for Children & Adolescents

New Vista centers treatment plans around the child.

Continuum of Care

- **Early Childhood Expertise.** Staff work with young children and families to provide nurturing and attachment support, along with strategies for addressing emotional and behavioral acting out.
- **Outpatient Therapy.** We make connections with children and caregivers to understand the reasons therapy services are needed and measure progress at every session to help families reach and maintain recovery.
- **School-Based Therapy.** Throughout our 17-county service area, New Vista provides counseling to children and families at school to prevent time away from the school.
- **IMPACT Targeted Case Management.** IMPACT is for children diagnosed with severe emotional disturbance and seeks to empower families by identifying their strengths and creating a plan to support the family.
- **High Fidelity Wraparound Services.** Wraparound services are for children whose severe behavioral health issues are causing significant disruptions to the life of the child and family. Services offered in Clark, Fayette, Madison and Scott counties.
- **Physician Services.** Individual circumstances may require medication treatment. These services occur in tandem with therapy services and are not standalone services. We believe in prescribing medication on a limited basis and only as a part of therapy.
- **Community Support Services.** These trained specialists assist families by teaching parenting skills, budgeting, coping skills and consumer skills.
- **Peer Support Services.** Peers provide emotional support from their own similar experiences and are trained to work with families.

What to Expect

Our caring team of professionals guides you throughout the process to ensure a positive experience. You will find a supportive environment where you are treated with dignity and respect. Our goal is to establish an open and honest partnership with you and your child.

How Long Does Therapy Last?

An average length of treatment is 6 months. Remember, no two children are alike and no two paths to recovery will be the same. We look forward to working with you to develop an plan to meet the needs of your family.

Who Works With My Child?

Our staff of nearly 200 masters' level clinicians and psychiatrists are certified and licensed to treat children and families.

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www.newvista.org | 859.253.1686



For Support, Crisis and Appointments:
24-Hour Help Line 1.800.928.8000

Intellectual & Developmental Disability Services for Children

New Vista centers service plans around the child.

First Steps

First Steps is an early intervention program for children from birth to age three who have a developmental delay. Staff provide screenings, determine eligibility, and coordinate services for families.

Potential Developmental Concerns

- One-year-old who is not crawling or cruising furniture
- Two-year-old who does not have 50 words and not using two-word phrases
- Child who does not play with toys appropriately
- Child suspected to be on the autism spectrum or has an autism diagnosis

If you are concerned a child under the age of three is not meeting developmental milestones, call one of our First Steps Point of Entry Offices. For children in the Bluegrass Central Kentucky area, call 859.271.9448. For children who live in the Lincoln Trail area, call 270.737.5921.

New Vista Access

New Vista Access strives to provide meaningful experiences and opportunities for individuals with Intellectual and Developmental Disabilities (IDD) with the goal for individuals to live and participate in their community. We provide services to support an individual's emotional, mental and physical well-being to live their best life.

New Vista Access is the central point of intake for all IDD services located at 1351 Newtown Pike, BLDG 5, Lexington, KY 40511. For questions or to make a referral, call 859.272.7483.

Access Services for Children

Michelle P. Waiver is a Medicaid waiver allowing children to remain in their homes with support and services. Participants have an individualized service plan which is developed in conjunction with a case manager as well as other community providers.

Participant Directed Services support waiver recipients who choose to direct their own services. Case managers provide support with management of service expenditures to recruit, employ and train staff chosen by the family.

State General Funds Services meet the individual needs of children who are not currently recipients of a Medicaid waiver. State General Funds Services include case management, community living supports and personal assistance.

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