

Things to Know When Getting A Mental Health Behavioral Aide



Minnesota Department of **Human Services**

**Minnesota Department of Human Services
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Your child will be receiving services from a Mental Health Behavioral Aide.

We all want this service to be helpful and be a good fit for your child and family. There are things you can do to ensure your child gets the greatest benefit this service can offer. The information and suggestions in this guide will help you make the most out of this service.



The mental health behavioral aide

A mental health behavioral aide will help your child practice skills like calming herself in a stressful situation

A mental health behavioral aide can help your child practice the skills they have missed because of their mental illness. The aide will work in your home, community or your child's school to practice and help her learn how to internalize the skills she's been taught.

The aide will work with your child to help them achieve their goals. An individual behavioral plan will be developed with your input which will spell out the things the aide and your child will work on.

How home services work

The aide will arrive at your door at a designated time. You will let her in and spend a few minutes updating her about the day your child has had and any other information that the aide might need to have a good day with your child.

The aide and your child will work together. When they are done with their work for the day, the aide will again talk with you about what they have done that day and tell you when she will be back.



His aide will help him catch up to his peers and friends.

Step by step: what to expect

There are a number of things you can do to ensure this service works well for your child and your family:

- Make sure you know when the aide is coming to your house so you can be sure you're home. The service is put in jeopardy when the aide arrives at an empty house. It costs the agency money and can risk your access to this service.
- Talk with the aide about your child and how best to work successfully with her. Tell the aide about the things she likes and about the things that give her trouble. Be sure to talk about the triggers that set her off. And talk about your family's culture.
- Let the aide know how you've talked about your child's mental illness with her brothers and sisters so the aide can reinforce your message.
- Find a place for the aide and your child to work where they will not be interrupted or distracted.

- Be sure to explain this service to all your children so they understand what will be happening. Help make sure the other children aren't disruptive while the aide is working with your child.
- When the aide arrives at your door be sure to greet him like a welcome guest. Model how you want your child to accept the aide. Help your child to be ready to work with the aide. Make sure she has been fed, been to the bathroom and is not in the middle of something she likes to do. This will make a big difference in how well things go.
- After the session is over, talk with the aide about how things went and what you can do to reinforce the work they've done.
- If your child goes into crisis while the aide is there, you are the person to take charge of that situation. Your aide can phone someone on your crisis plan if needed or escort the other children to a safer place in the house.
- You need to be home when the aide is working with your child. He is not a personal care attendant or babysitter and you may be needed in case of a crisis.

- This is an excellent time to spend quality time with your other children. If they see that they benefit from having an aide in the house they will not resent the loss of privacy nearly as much. Make it a good time for your whole family. Attitude counts!
- If there are things about which you disagree, be sure to have that conversation out of the hearing of all your children. If that isn't possible, set up a time to talk later out of the hearing of your children. A phone call during the school day is a good solution.
- If your aide is not a good fit for your family, please contact the agency and talk with them about it.
- Be sure you know when the aide will return and put it on your calendar.

**Talk with the aide
about your child
and how best to
work successfully
with her.**



Final thoughts

Mental health behavioral aide services are a practical and useful way of helping your child. With your help, she can achieve her goals and be more successful in life.

The agency providing this service is open and anxious to hear your ideas and suggestions. Working together, your aide will be very valuable to your child and family.

Thank you for taking the time to review this guide. We hope you've found it helpful.

Notes

