

## Care facilitation and skills training

*Oaklawn care facilitators and skills trainers are an important part of our treatment team. They help families identify their strengths and needs and, working together, set goals to help families thrive.*

### Care facilitators

Oaklawn care facilitators specialize in:

1. managing the care provided to youth and families
2. helping youth and families gain access to the services they need to meet their goals

Care facilitators link youth and their families to providers and services, such as skills trainers, therapists, psychiatrists, primary care physicians, nurses and schools. They also make sure everyone is on the same page and communicating with each other.

Some ways care facilitators can help:

- Evaluate the family's need for services (medical, social, education, etc.) using the Child and Adolescent Needs and Strengths Assessment (CANS)
- Develop a plan of care with the family that maps out what steps should be taken and what services should be received for the family to meet its goals
- Refer the family to programs and services that support its goals
- Follow up to make sure the family is receiving services and those services are helping
- Evaluate the family's progress toward achieving its goals

### Skills trainers

Skills trainers help children, teens and parents/caregivers develop and build the skills they need to meet their goals.

Skills trainers work with youth at school, home and community settings to:

- identify what skills are needed, based on the CANS Assessment
- teach new, positive skills
- help youth put newly-learned skills into practice

Skills trainers will also work with parents on any issues related to their child's behavior or emotional health.

Skills trainers meet with youth two or three times a week for one to two hours at a time. Parents/caregivers are expected to participate as well. Services usually last six months to a year, but may be shorter or longer depending on each youth's need.

Some specific skills that trainers teach include:

- identifying and expressing feelings in a positive way
- cooperating with peers/adults
- communicating needs in a healthy manner
- organizing self for home, school and activities
- managing impulsive behavior and anger
- making better choices and solving problems

### Criteria for eligibility

To receive care facilitation or skills training services, youth must:

- be 18 years of age or younger
- meet screening criteria that demonstrate a significant need for services
- ***have family willing to participate in the program***

### Contact Us

Call Oaklawn's Access Center and ask for an assessment for these services.

- Elkhart County: (574) 533-1234
- St. Joseph County: (574) 283-1234

[oaklawn.org](http://oaklawn.org)

