

Grace C. Mae Advocate Center provides mental health services for children, teens, adults and families. We accept most insurance types.

Services we offer:

- ❖ Individual, family, marriage and couples and group therapy
- ❖ Directive and non-directive play therapy
- ❖ Theraplay, Filial and Sand Tray Therapy
- ❖ Trauma informed Care and Yoga
- ❖ Cognitive Behavioral Therapy
- ❖ EMDR
- ❖ Teletherapy
- ❖ BHIS

***Our mission is to restore hope in individuals, families and communities by helping people find solutions to their unique and diverse problems. We envision a community of partnerships that support individuals and families by making the kind of difference that results in happier, healthier citizens.***



**Our offices locations:**

260 33<sup>rd</sup> Ave SW Suite J  
Cedar Rapids, IA 52404

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1052 Marengo Ave  
Marengo, IA 52301

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2501 S. Center St. Suite M  
Marshalltown, IA 50158

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709 1<sup>st</sup> Ave W  
Newton, IA 50208

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420 E. Polk Street  
Washington, IA 52353

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Independence Schools

# BHIS

**Behavioral Health  
Intervention Services**



**Grace C. Mae  
Advocate Center**

**319-361-6529**

**[www.gracecmae.org](http://www.gracecmae.org)**



## What is BHIS??

BHIS stands for Behavioral Health Intervention Services and is the skill development side of mental health treatment.

BHIS offers supportive, directive and teaching interventions that are provided in a community-based environment which is designed to improve a child's level of functioning.

The primary goal of BHIS is to assist the child and their family to learn age-appropriate skills to manage their behavior, improve coping skills and to regain/maintain self-control.

### Is a referral needed to access these services?

No referral is needed. Parents or guardians can call at any time to request BHIS services.

### Who qualifies for BHIS?

Children and teens who have active Iowa Medicaid, Amerigroup or Iowa Total Care insurance through Title 19. Hawk-I policies are not eligible, even if through Amerigroup or Iowa Total Care. Children/ teens must have a mental health diagnosis, such as but not limited to: ADHD, ADD, Adjustment Disorder, Depression, Anxiety, Post-Traumatic Stress, Attachment Disorders, Oppositional Defiant and Conduct Disorder. An assessment with a licensed therapist is required. Once this has been completed, a request for BHIS will be sent to your insurance policy for approval.

### Is BHIS the same as therapy?

BHIS is intended to improve skills and supplement what your child may be doing in therapy sessions. Therapy focuses more on processing mental health issues and treatment. The BHIS program is most effective when done in conjunction with mental health therapy services. However, BHIS can be a brief stand-alone option for your child.

### Where do these services take place?

Sessions are scheduled in our office and by Telehealth through Zoom. BHIS can be done in the school if parents and school staff deem it beneficial to the child.

### What skills would my child be working on?

- ❖ Social skills
- ❖ Emotional regulation
- ❖ Identifying emotions
- ❖ Anger management
- ❖ Communication
- ❖ Problem solving
- ❖ Conflict resolution
- ❖ Coping with fear and frustrations
- ❖ Healthy relationships

### How can BHIS help my family?

Family sessions are included, and required, in BHIS. These sessions are designed to enhance the family's ability to effectively interact with the child and to support the child's functioning in the home, at school and in the community.

Family sessions can teach parents to identify and implement strategies to help reduce negative behaviors and to reinforce appropriate skills.

