

# Youth Empowerment Services

## Levels of Care Recommendations

### **Preventive: Initial community-based supports (Not SED or class member)**

Description: Youth in this level may or may not have a formal diagnosis and their functional impairment does not meet formal Serious Emotional Disturbance (SED) criteria but they may still benefit from structured supports. This level prioritizes prevention and protective factors to reduce future risk and recognizes that early need is still valid and deserving of care.

Types of services may include: Individual therapy and/or medication management

### **Comprehensive: Moderate level community-based treatment (SED and class member)**

Description: Youth in this level meet criteria for Serious Emotional Disturbance (SED) and require consistent, individualized behavioral health services. These may include therapeutic care, family support, and interventions that acknowledge both visible and internalized struggles. This level affirms that youth can be high-functioning in some areas while still requiring support in others.

Types of Services may include: Individual therapy, family therapy, medication management, case management, skill building

### **Intensive: Intensive treatment and supports (SED and class member)**

Description: Youth in this level experience complex behavioral health needs requiring multi-system coordination. These youth are often navigating hospitalization, justice involvement, or out-of-home placement—and require stabilization-focused interventions designed to meet them where they are.

Types of services may include: Therapy, medication management, intensive care coordination, day treatment, partial hospitalization, and other intensive home and community-based services

To learn more about the CANS, SED and other frequently asked questions, scan this QR code with your phone and follow the link.

