



Harrisonburg-Rockingham Community Policy and Management Team



Therapeutic Mentoring Policy

Adopted April 24, 2025

PURPOSE

To provide guidance for Harrisonburg-Rockingham Children's Services Act (CSA) funded therapeutic mentoring services.

CPMT MISSION

Harrisonburg-Rockingham CPMT (HR CPMT) is the local governing body responsible for the oversight and administration of the CSA Program. CPMT shall pursue and encourage collaborative activities that will ensure the provision of child-centered, family-focused, community-based services. The purpose of CPMT is to preserve families and provide appropriate services while protecting the welfare of children and maintaining the safety of the public.

THERAPEUTIC MENTORING DEFINITION

For the purposes related to this policy, therapeutic mentoring will be defined as a structured, one-to-one, strength-based support service between a mentor and a youth to address daily living, social, and communication needs, focusing on skills like age-appropriate behaviors, interpersonal communication, and problem-solving.

FAPT REQUIREMENTS

It is understood that therapeutic mentoring is not a permanent service and discharge planning must be discussed with the parent(s)/guardian(s), child and provider during the initial discussions of therapeutic mentoring. The intention of therapeutic mentoring is to build upon the child's strengths to a point where the child can use those strengths in their regular environment without the assistance of a mentor.

Prior to requesting a therapeutic mentor, case managers must first explore all other evidence-based therapeutic services prior to attending FAPT to request therapeutic mentoring. An explanation must be documented in the IFSP as to why other services are not appropriate or sufficient for the child. The service request must also include a minimum of one goal that is specific, measurable, achievable, relevant, and time-bound to be reviewed each time presented in FAPT. Goals must be in agreement with the provider's goals and documented in the provider's progress reports.



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Therapeutic Mentoring services will only be approved for a maximum of fifteen hours per month for up to six months. After six months, the case manager and the provider will be required to present to FAPT to request an additional maximum of six months. During FAPT's review, the case manager and provider must review the original goals and provide updates as to whether services are effective in respect to the goals. After the first extension (max of twelve months) expires, the case manager and the provider must present to CPMT to continue services.

PROVIDER REQUIREMENTS

All community-based providers who provide therapeutic mentoring services funded by the Harrisonburg-Rockingham Children's Services Act (CSA) to children and youth must demonstrate the ability to provide therapeutic interventions to address individualized goals.

Upon initial contracting, providers are required to meet with the child and determine personalized goals that are specific, measurable, achievable, relevant, and time-bound to the needs of the child. Goals will be documented and communicated in collaboration with the case manager. The providers must also document discharge planning and how the child will incorporate new skills gained from this service in their regular daily environment once services end.

Providers are required to provide detailed progress reports quarterly to the case manager for review. Extension of therapeutic mentoring services will not be approved at FAPT or CPMT if progress reports are not being submitted to the case manager. Providers will be required to attend all CPMT meetings requesting an extension of services.