THE CENTERS

Intensive Home-Based Treatment (IHBT)

Be seen. Be heard. **Be healthy.**

Intensive Home-Based Treatment (IHBT) is a behavioral health service designed to meet the needs of youth 7-17 years old who are at risk of out-of-home placement – such as inpatient hospitalization or residential treatment – or who are returning from placement.

This program provides intensive treatment services targeted at problem behaviors, emotional difficulties, and relationship issues at home and in the community.

The goal of IHBT is to provide support and integrated behavioral health services through reduction of intensity in emotional symptoms and stressors for the youth and the family, as well as strengthening interpersonal success and coping skills to help them stay in the home successfully.

KEY COMPONENTS OF IHBT SERVICES ARE:

- A 3–6-month, time-limited program that is family-focused, strength-based, and culturally sensitive for youth 7-17 years old
- Four hours of counseling each week with at least one hour involving parents/family
- Services are provided in the client's home, school, or in the local community for the convenience of the client and their family
- Flexible scheduling to provide minimal disruption to the client and their family
- 24/7 on-call availability of a therapist for crisis support
- Development of an ongoing safety plan to help families address potential risks and dangers
- Therapists work closely with any open services to ensure consistent progress toward identified goals

For more information, contact

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