



Family-Based Support

Program Description

The guiding principle of Family-Based Therapy is that children grow best in their own homes with the support of their families. Consequently, there is an emphasis upon families as partners and resources in treatment planning and in ongoing treatment.

Services are designed to assist children in receiving maximum benefit from school and community activities, and to help families identify and access community resources. The program seeks to ensure coordination of services for those families who are involved with two or more child-serving agencies.

The program ensures that the families receive adequate support from 24/7 therapeutic crisis intervention and through the use of Family Support Funds, or monies used for basic needs and crisis situations.

Our Clients

Family-Based Therapy is for families who need an intensive service. In most cases, outpatient therapy or behavioral health services have been tried and is not enough to help the child.

Other criteria: the child must be 18 years old or younger, with serious emotional or behavioral problems and have medical assistance. The child or adolescent must be at risk of psychiatric hospitalization or other out-of-home placement. Finally, the adult members in the home must agree to participate in the program.

Our Process

Each week, the treatment team made up of one mental health worker and one mental health professional, will see the family three to five times. The family and treatment team will establish treatment goals. The actual services provided by Family-Based Therapy include individual and family therapy, case management, crisis intervention and family support as needed.

Family-Based Therapy is designed to prevent hospitalization or out-of-home placement of a child or adolescent with emotional disturbances and when appropriate, to assist in reuniting families whose child or adolescent has been placed outside of the home.

Our Goals

- Help strengthen and keep families together
- Improve family communication and stress management skills
- Help families learn new problem solving skills
- Improve the coping skills of family members
- Teach parenting skills and new ways of managing children's behavior
- Advocate for children in the school and in the community
- Use Family Support Service funds to help families get other required services
- Assure appropriate school placement
- Collaborate with other agencies

