

# Intensive Community Services (ICS) Intensive Home-Based Therapeutic Care

Massachusetts Department of Mental Health (DMH)  
Division of Children, Youth and Families (CYF)



**Intensive Home-Based Therapeutic Care (IHBTC)** is a treatment service for youth (ages 6-22 years) and their families.



- The goal of IHBTC is to work with the youth and family in the home,
- and to prevent or help shorten the length of out of home treatment interventions, should it become necessary.
- IHBTC providers are independent agencies that are contracted by DMH to provide this service.

## Service components and interventions include:

- Culturally sensitive comprehensive assessment to understand youth and family strengths and needs.
- Development of treatment goals based on youth and family strengths and needs through family team process.
- Risk assessment (including substance use and suicide) and safety planning.
- In home family therapy.
- Coordination of care between all the providers you are working with.
- Creating lifelong family and community connections for the youth (permanency planning.).
- Psychiatric consultation.
- Parental support.
- Occupational therapy.
- Youth Peer Mentoring.
- Connection to needed community resources and supports, including help working with school systems.
- 24-hour crisis support and response (by telephone, video or in person as needed).
- Development of community-based respite.

## Family Teaming Process:

While working with the IHBTC, each youth and family are members of a Family Team, along with whoever they invite (such as supportive friends, providers, etc). The family team works together to develop treatment goals and support for the family. The youth's clinician will develop specific, measurable, achievable, realistic goals for the youth and family based on their input and the input of the family team. Further, the clinician assists the family in prioritizing goals with the entire family team to ensure that goals are achievable for everyone.

## Integration with Higher Levels of Care:

If there is need for an out of home treatment intervention (such as Therapeutic Group Care or hospital), the IHBTC team remains involved with the youth and family. The team will continue to lead the treatment and care coordination with the youth and family for the duration of the stay and will play an integral role in transitioning the youth back to the home and community.

## The IHBTC staff include:

- Clinician.
- Occupational Therapist.
- Young Adult Peer mentor.
- Outreach Worker.
- Family Partner.
- Psychiatrist.

## Role of Family

**Full family involvement in the assessment and treatment process is required and critical to success in the service.**

**Note: if youth is over 18, family involvement is contingent on young adult's permission.**