

## CARING TOGETHER SERVICES OVERVIEW

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Caring Together services include a range of in home and out of the home services for children and families involved with the Department of Mental Health (DMH) and/or the Department of Children and Families (DCF). Services provide clinically intensive treatment and outreach support to help build, strengthen and maintain connections to family, home and community so that children and families can live together successfully. Families who are working with DCF or DMH may be eligible for Caring Together services. **Families should speak with their case worker if they want to know more about any of the Caring Together services or feel that their child may need the services. Caring Together services are listed below.**

#### Services Primarily Used In Youth's Home & Community

**Continuum** is a service for youth (ages 6 to 18) and families in their home and community. Families will have a core team that continues to work with them whether the child is in or out of the home. The main goal of the service is to keep kids successfully at home. The treatment is individualized to families' needs. Continuum can help to shorten or reduce the need for out of home treatment. It can also help safely transition youth back home after out of home treatment and help the youth and family members readjust to living together.

**Follow Along** is a service for youth moving back home from a group home or residential school setting. *It starts prior to the youth's discharge from the group home/residential setting.* Follow Along helps families bring successful strategies used in residential treatment into their home. The group home or residential school clinician works in the home with the family before the child leaves the program, and then for approximately 3 months after the child returns home. Eligible families must live within 22 miles of the program.

**Stepping Out** is a service for youth (ages 16 and over) transitioning out of a Pre-Independent Living or Independent Living Group Home which starts at discharge. Stepping Out provides supportive case management to help youth settle into his/her own independent living situation.

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#### Services Utilized Primarily *Outside* Youth's Home and Community

**Pre-Independent Living and Independent Living (Pre-IL/IL)** are services for youth (16 and over) who need assistance living independently. These services provide support and skill building to youth so they can live in either shared living or independent living situations, with ongoing access to clinical supports.

**STARR** (Stabilization Assessment and Rapid Reunification) is a service for children ages 0-18. It is an out of home shared living environment available for up to 45 days. STARR is primarily used by DCF families but can also be accessed by DMH. STARR programs provide a short term intervention to help stabilize and assess needs. The goal is to support families with a quick return to their home and community. During this time, the family can expect the program to provide individual and family therapy to support a stabilization and reunification plan.

**Group Home 1:4** is a service for children ages 5-18. It is an out of home shared living environment located in the community. There is one staff assigned for every four youth. Eligible youth have emotional, behavioral, and/or mental health needs that prove difficult to maintain in a home setting. Youth are able to attend a community based school and can also receive individual therapy in the community. It is expected that the staff of the group home will work with the family to support plans for the youth to return home.

**Intensive Group Home 1:3** is a service for children ages 5-18. It is an out of home shared living environment located in the community. There is one staff assigned for every three youth. Youth attend a community based school, and will have a higher level of behavioral and/or mental health support than in the Group Home 1:4 setting. Individual therapy is provided and the staff will work with the family to develop and support the plan for the youth to return home.

**Residential School** is a service for children ages 3-18. It is an out of home shared living environment that is typically campus based with a therapeutic school on campus. It provides support to children during the school day and intensive services in residential housing (milieu) where a child received ongoing therapeutic support and treatment. Staff will work with the family to develop and support the plan for the youth to return home.

#### **Intensive Residential Treatment Programs (IRTP)/Clinically Intensive Residential Treatment (CIRT)**

IRTPs are for adolescents ages 13-18 and the CIRT is for children ages 6-12. Both levels of intervention provide 24-hour, clinically intensive treatment. They provide comprehensive mental health treatment for youth with significant behavioral challenges that have not responded to other forms of treatment. Education is provided on site. The CIRT service is not locked. IRTPs are locked, similar to a hospital unit; however, families have full access to their child while they are receiving treatment, unless the Court prohibits that.