

FIT PROGRAM

Family-based Intensive Treatment (FIT) provides a comprehensive combination of medically necessary intensive family therapy, robust care coordination (targeted case management), and Family Partner engagement for MassHealth youth under the age of 21 who have a serious emotional disturbance (SED) and are enrolled in MassHealth Standard or CommonHealth.



www.gandaracenter.org

Family-Based Intensive Treatment Program And CSA Locations

Holyoke
413-846-0445

Worcester
508-762-1331

Fitchburg
978-503-7520

Boston
857-366-7040

Pittsfield
413-241-3683

Brockton
508-232-6670

New Bedford
774-406-4620

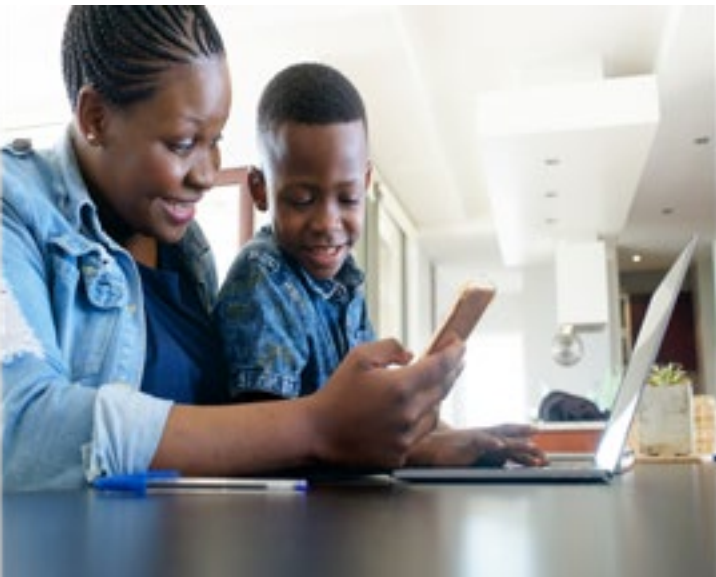
Request Services at
QR Code Below



FAMILY-BASED INTENSIVE TREATMENT (FIT)

WHAT IS FIT?

The Family-based Intensive Treatment (FIT) Program will provide intensive, short-term (on average, 4 to 6 months) in-home stabilization and treatment to youth and their families, supporting reintegration into the community post-hospitalization, diversion from psychiatric hospitalization, and other out-of-home placements.



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Our team includes a Therapist, Case Manager, and Family Partner who help families manage difficult situations and provide stability at home.

The FIT team supports youth and their families at home, helping them safely manage a wide range of emotions in their natural environment.

We provide services in the home and community, tailored to each family's unique needs.

Gándara Center
Culturally Sensitive Care



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WHAT TO EXPECT NEXT?

- Intensive therapeutic treatment with-in 48 hours of the start of services
- Referrals for additional therapeutic services to address identified concerns
- 3-5 sessions per week with the FIT team throughout treatment to your families clinical needs
- Safety planning, monitoring and skill development.

