



Gándara Hispanic Specialty In-Home Therapy Services

In-Home Therapy (IHT) Services are delivered by one or more members of a team consisting of professional and paraprofessional staff, offering a combination of medically necessary In-Home Therapeutic Training and Support.

In-Home Therapy is a structured, consistent, strength-based therapeutic relationship between a clinician, a youth, and the youth's family for the purpose of treating the youth's behavioral health needs. This treatment includes improving the family's ability to provide effective support in promoting the youth's healthy functioning within the family. Interventions are designed to enhance and improve the family's capacity to improve the youth's functioning in the home and community and may prevent the need for the youth's admission to an inpatient hospital, psychiatric residential treatment facility, or other treatment setting. The In-Home Therapy team develops a treatment plan and, using established psychotherapeutic techniques and intensive family therapy, works with the entire family (or a subset of the family) to implement focused interventions and behavioral techniques to: enhance problem-solving, limit-setting, risk management/safety planning, communication, build skills to strengthen the family, advance therapeutic goals, and improve ineffective patterns of interaction; identify and utilize community resources; develop and maintain natural supports for the youth and family in order to promote sustainability of treatment gains. Phone contact and consultation are provided as part of the intervention

Therapeutic Training and Support is a service provided by a qualified paraprofessional, working under the supervision of a clinician, to support the implementation of the clinician's treatment plan and assist the youth and family in achieving the goals of that plan. The paraprofessional assists the clinician in implementing the therapeutic objectives of the treatment plan designed to address the youth's mental health, behavioral, and emotional needs. This service includes teaching the youth to understand, direct, interpret, manage, and control feelings and emotional responses to situations and to assist the family in addressing the youth's emotional and mental health needs. Phone contact and consultation are provided as part of the intervention.

In-home therapy services may be provided in any setting where the youth is naturally located, including, but not limited to, the home (including foster homes and therapeutic foster homes), schools, childcare centers, respite settings, and other community settings.

For more information or to make a referral to the Gándara Hispanic Specialty In-Home Therapy Services, call 413-846-0445

