

## The IHBT Program:

- Family Focused:  
We partner *with* families — we do not do a service to a family but meet needs with them.
- System Oriented:  
Each family makes up their own unique system, with rules, roles and boundaries — we work with all parts of that system to help create positive change.
- Intensive:
  - ▶ 2-to-5 sessions per week
  - ▶ 4-to-10 hours per week
  - ▶ Time-Limited: 3-to-4 months of services — most provided in the home
- Safety Concerned:
  - ▶ Risk/Safety Assessments for each youth and family
  - ▶ Written Safety Plan
  - ▶ 24/7 Crisis response available



## Admission Criteria:

- ▶ Youth is under the age of 18
- ▶ Youth with serious emotional disorders
- ▶ Youth is at-risk for out-of-home placement
- ▶ Youth is returning from out-of-home placement
- ▶ Youth requires a high level of mental health interventions to stabilize potential safety concerns

Due to the high level of services provided, there is a limited number of spots available in the IHBT program at any given time. A waiting list is maintained.

**To Obtain Information or Make a Referral to IHBT, please contact the IHBT Coordinator at:**

## Appleseed Community Mental Health Center

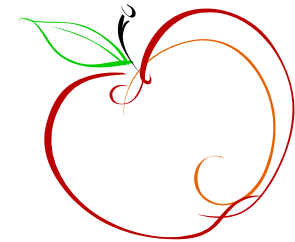
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*Funded by the Mental Health and Recovery Board of Ashland County, the United Way of Ashland County, and the Mohican Area Community Fund*

## Intensive Home-Based Treatment



## Appleseed Community Mental Health Center

The purpose of Intensive Home-Based Treatment (IHBT) is to provide the necessary services and supports that enable a youth with serious emotional disturbance (SED) to live and function successfully in his or her home, school, and community in the least restrictive, most normative environment. These intensive mental health services are designed to prevent the out-of-home placement of youth with SED and to facilitate the successful transition back to the home of a youth with SED being reunified from a more restrictive placement.



## Intensive Home-Based Treatment

Intensive Home-Based Treatment (IHBT) is an intensive, time-limited mental health service for youth and their families, provided in the home, school and community where the youth lives, with the goal of safely maintaining the youth in the least restrictive environment. IHBT may include a range of mental health and supportive services with the main focus of improving the youth's mental health issues and strengthening the family structures and supports. It is need-based rather than service-based: rather than trying to fit families into existing services, services are designed to meet the identified needs of the family.

### Principles:

IHBT is grounded in principles of resiliency, which works to:

- ▶ Generate hope and optimism;
- ▶ Build resources and supports;
- ▶ Focus on building competencies and skills;
- ▶ Build youth, family and community connections;
- ▶ Structure supportive (resilient) environments with high expectations
- ▶ Help youth establish positive activities and positive peer relations
- ▶ Build upon each family's ability to manage and be self-sufficient



### IHBT Benefits to Families:

- ▶ Families view IHBT as a family and child friendly service.
- ▶ Families feel valued and respected and are a true partner in the care of their child.
- ▶ Increased youth and family access to services (availability; flexibility; responsiveness).
- ▶ IHBT addresses and meets the multiple needs of the family.
- ▶ Families are empowered and gain skills.
- ▶ Preserves families and family bonds.



### IHBT Benefits to the Community:

- ▶ IHBT offers direct service supports to other child-serving systems (education, juvenile justice, child welfare) and assists them in safely maintaining youth in less restrictive settings.
- ▶ Cost Effective: Treating youth and families in our community can offer significant cost savings (over placement out-of-county, residential treatment, etc.).
- ▶ IHBT addresses and meets the multiple needs of the family.
- ▶ Assists other systems in achieving their stated positive outcomes.
- ▶ IHBT actively assesses and manages youth and family risk.
- ▶ Decreased dependency on the system.

