

In-home Family Therapy Services

At Bellefaire JCB, we reach beyond our campus to pursue our mission of providing children with excellent care, treatment and advocacy. Through our In-home Family Therapy services, we assist families in dealing with and resolving stress, while strengthening the family unit itself. It is our philosophy that children and youth respond best when treated in a familiar environment that allows parents, siblings, guardians, and other family-identified parties of importance to comfortably participate and collaborate.

Family Therapy Program

The Parents and Children Together (PACT) Family Therapy Program provides intensive therapy services to families who are experiencing stress due to many factors, including:

- Social or emotional problems such as ADHD, depression or anxiety
- Autism or other developmental disabilities
- Financial, housing, or childcare challenges
- Aggression or self-control problems
- Trauma, separation or loss
- Substance use
- School problems, juvenile court involvement or conflicts in the community

Our program supports children and adolescents in coping with mental health diagnoses and helps parents to understand and manage their child's emotional and behavioral problems. Through training and support, we help parents and youth improve their aptitudes in the following areas:

- Anger management
- Conflict resolution
- Stress/anxiety management
- Self-esteem
- Sobriety
- Relapse prevention
- Communication skills
- Social skills

The PACT team advocates with schools, juvenile courts, community agencies and other mental health professionals. We refer families to community resources, mental health services and positive social and recreational activities.

Two Service Options:

Intensive Home Based Treatment (IHBT) is a mental health service designed to meet the needs of youth with serious emotional disturbances who are at risk of out-of-home placement, or who are returning home from placement. The goal of IHBT is to provide the necessary mental health services and supports to enable youth to live at home—the least restrictive, most normative setting possible. IHBT services are provided in the home, school and community where youth live and function. These services focus on the mental health issues that put the youth at risk, while promoting positive development and health family functioning. IHBT integrates core mental health services (community psychiatric supportive treatment, behavioral health counseling and therapy, mental health assessment and crisis response) into one seamless service. Service is flexibly delivered at a time that is convenient for the entire family and is available around the clock.



Integrated Co-Occurring Treatment (ICT) is an integrated treatment approach that is embedded in an intensive home-based method of service delivery. ICT provides a core set of services to youth with co-occurring disorders of substance use and serious emotional disability, as well as to the families caring for them. ICT therapists seek to provide interventions that impact the contextual factors that are influenced by the youth's co-occurring disorders. To this end, ICT requires both youth and family participation, which means at least one parent/guardian needs to be involved in the intervention process. The ICT model has proven successful in improving the following treatment outcomes for youth and families:

- Decreased substance use disorder symptoms
- Decreased mental health disorder symptoms
- Decreased juvenile justice charges and placements
- Decreased out-of-home placements
- Improved school functioning
- Improved family functioning
- Improved community functioning and involvement