

INFORMATION AND REFERRALS

The In-Home Therapy and Therapeutic Mentoring is located at Arbour-Fuller Hospital, 200 May Street, South Attleboro, MA 02703. For information or to make a referral, please call the Community Services Director at 508-838-2302 and for emergencies call the 24 hour pager at 508-307-8907. The In-Home Therapy and Therapeutic Mentoring Programs are contracted with the Massachusetts Behavioral Health Partnership (MBHP).

GEOGRAPHIC AREAS OF SERVICE

The Community Services Department serves the Massachusetts southeast region including:

Abington, Acushnet, Aquinnah, Attleboro, Avon, Barnstable, Berkley, Bourne, Brewster, Bridgewater, Brockton, Carver, Chatham, Chilmark, Dartmouth, Dennis, Duxbury, East Bridgewater, Eastham, Easton, Edgartown, Fairhaven, Fall River, Falmouth, Freetown, Gosnold, Halifax, Hanover, Hanson, Harwich, Holbrook, Hyannis, Kingston, Lakeville, Mansfield, Marion, Marshfield, Mashpee, Mattapoisett, Middleborough, Nantucket, New Bedford, North Attleboro, Norton, Oak Bluffs, Orleans, Pembroke, Plymouth, Plympton, Provincetown, Raynham, Rehoboth, Rochester, Rockland, Sandwich, Seekonk, Somerset, Stoughton, Swansea, Taunton, Tisbury, Truro, Wareham, Wellfleet, West Bridgewater, West Tisbury, Westport, Whitman, and Yarmouth.

ABOUT ARBOUR HEALTH SYSTEM

Arbour Health System, the largest private behavioral health system in Massachusetts, consists of Arbour Hospital, Boston; Arbour-HRI Hospital, Brookline; Arbour-Fuller Hospital, South Attleboro; Pembroke Hospital; Westwood Lodge; Lowell Treatment Center; The Boston Center; Arbour SeniorCare; and 11 Arbour Counseling Services sites in the eastern half of the state.

Arbour Health System has a broad continuum of services known for high quality and managed care innovation. The accessible network of crisis evaluations, inpatient programs, partial hospitalization, community-based and outpatient counseling services provides all the components to evaluate and treat children, adolescents, adults and older adults.

For more information on other Arbour Health System sites, please call (800) 22-ACCES or visit our website, www.arbourhealth.com.

ABOUT THE COVER

In all its beauty, the arbour is a symbol of comfort and hope, safety and shelter



COMMUNITY SERVICES PROGRAM

IN-HOME THERAPY AND
THERAPEUTIC MENTORING



ARBOUR-FULLER
HOSPITAL

A Division Of Arbour Health System

200 May Street • South Attleboro, MA 02703
Phone: (508) 838-2302 • Fax: (508) 838-2303
Referral Pager (24 hours/day, 7 days/week): (508) 307-8907

Easy Access to Quality Mental Health Services

www.arbourhealth.com



OVERVIEW

Arbour-Fuller Hospital's Community Services Department provides In-Home Therapy and Therapeutic Mentoring to assist parents and other caregivers in stabilizing children and adolescents under the age of 21.

IN-HOME SERVICES

In-Home Services develop a structured, consistent, strength-based therapeutic relationship between Arbour-Fuller Hospital licensed clinicians and the youth and family for the purpose of treating behavioral health needs, improving the family's ability to provide effective support for the youth, and improve the youth's function within the family.

The in-home therapy team develops a treatment plan using psychotherapeutic approaches and intensive family therapy, works with the family and supports to enhance problem-solving, limit-setting, risk management and safety planning, communication, improve ineffective patterns of interaction, identify and utilize community resources and promote sustainability of treatment gains. Phone contact and consultation are provided as part of the intervention.

Children and adolescents may be referred to the program as a treatment alternative to a higher level of care including hospitalization and/or as a "step-down" program, easing the transition between a foster care, other out-of-home placement, or hospitalization and returning home.

The program uses a multi-disciplinary team approach, focusing on family treatment, parenting and behavior management, along with an awareness of community services and resources. The services are provided by a qualified clinician who may work in a team that includes one or more paraprofessionals. In-Home Therapy has 24-hour urgent response accessible by phone to youth and family 365 days per year.

The goal of In-Home Therapy is to stabilize the home environment by providing transitional support and to assist families in establishing relationships with a permanent support network. The program offers advocacy, consultation and support services to facilitate communication between families and service providers.

THERAPEUTIC MENTORING SERVICES

Therapeutic Mentoring Services offer structured, one-to-one strength-based support services between a therapeutic mentor and a youth under the age of 21 for the purpose of addressing daily living, social and communication needs. Therapeutic mentoring includes supporting, coaching, and training the youth in age-appropriate behaviors including interpersonal communication, problem-solving and conflict resolution, and relating appropriately to other youth and adults. Therapeutic mentoring interventions are also designed to include appropriate participation in recreational, athletic, artistic, educational, vocational and social activities. The service may also address activities of daily living based in the community. The therapeutic mentor develops a behavioral health treatment plan in concert with the family and youth where possible. This plan helps to ensure the youth's success in navigating various social situations, learning new skills and making functional progress while the therapeutic mentor offers supervision of interactions and engages the youth in discussions about strategies for their effective use.

The Community Services program uses a multi-disciplinary team approach, focusing on family treatment, parenting and behavior management, along with an awareness of community services and resources. The Therapeutic Mentor delivers services in accordance with an existing outpatient or in-home therapy treatment plan that is jointly developed with these providers with input from the parent/caregiver/guardian, whenever possible, and may also include parties such as school personnel or significant persons in the youth's life.

PROGRAM COMPONENTS

IN-HOME THERAPY

- Comprehensive home-based behavioral health assessment
- Crisis intervention, including educating families about de-escalation techniques and behavioral support
- Thorough family assessments and individually tailored treatment plans
- Intensive family therapy including evaluation and of individual and family issues, with a focus on finding practical solutions
- Identification of community resources and development of natural support for youth and parent/guardian/caregiver
- Care coordination including with providers, collateral contacts, referral and linkage to services and aftercare planning
- Coaching in support of decision-making in both crisis and non-crisis situations
- Skills training for youth and parent/guardian/caregiver
- Phone crisis response and support available 24 hours a day, seven days a week
- Consultation to the ongoing treatment team, including recommendations for and coordination of future treatment planning
- When requested, the in-home therapy provider may also accompany the family to meetings about the youth's behavioral health treatment needs in schools, day care, foster homes, and other community-based locations.

THERAPEUTIC MENTORING

- Director time with youth in activities in the home and community that are designed to meet the goals in the treatment plan
- Coach, support and train the youth to be successful in navigating various social contexts, learn new skills and make functional progress
- Teach alternative strategies and provide anticipatory guidance
- Role plays and behavioral rehearsal
- Skill acquisition and practice in community
- Provide exposure to social situations in which age-appropriate skills can be practiced
- Enhance conflict resolution skills
- Develops communication skills
- Provide telephone support as needed to the youth
- Complete family and other collateral contacts to support the treatment plan