

## OVERVIEW

Lowell Treatment Center Community Services Department provides In-Home Therapy and Family Stabilization Programs to assist parents and other caregivers in stabilizing children and adolescents under the age of 21. Services develop a structured, consistent, strength- based therapeutic relationship between LTC 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 or 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.

## LANGUAGES SPOKEN

English and Spanish

## GEOGRAPHIC AREAS OF SERVICE

The Community Services Department serves the Massachusetts northeast region including:

Amesbury, Andover, Beverly, Billerica, Boxford, Chelmsford, Danvers, Dracut, Dunstable, Essex, Georgetown, Gloucester, Groveland, Hamilton, Haverhill, Ipswich, Lawrence, Lowell, Lynn, Lynnfield, Manchester, Marblehead, Merrimack, Methuen, Middleton, Nahant, Newbury, Newburyport, North Andover, Peabody, Rockport, Rowley, Salem, Salisbury, Saugus, Swampscott, Tewksbury, Topsfield, Tyngsborough, Wenham, West Newbury, and Westford.

## ABOUT ARBOUR HEALTH SYSTEM

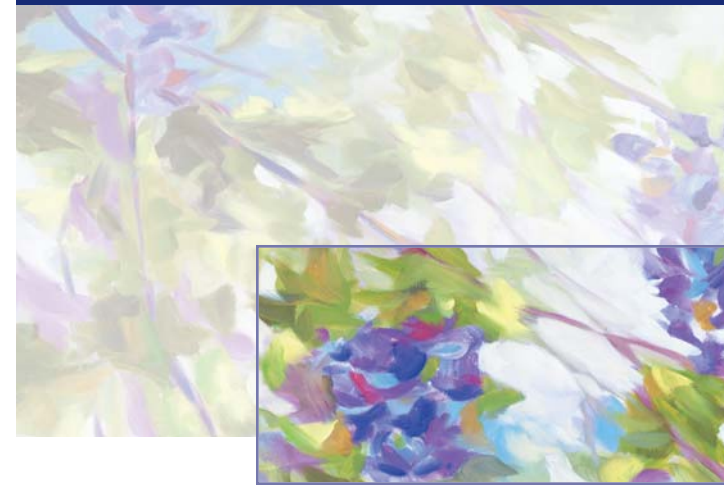
*Arbour Health System, the largest private behavioral health system in Massachusetts, consists of Arbour Hospital, Boston; Arbour-HRI Hospital, Brookline; Arbour-Fuller Hospital, South Attleboro; Pembroke Hospital; Westwood Lodge; Lowell Treatment Center; The Boston Center; Arbour SeniorCare; and 11 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](http://www.arbourhealth.com).

## ABOUT THE COVER

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



## IN-HOME THERAPY AND FAMILY STABILIZATION TEAM



LOWELL  
TREATMENT CENTER  
*A Program of Arbour Health System*

Community Services Department  
391 Varnum Avenue • Lowell, MA 01854  
Phone: (978) 322-5095, ext. 7 • Fax: (978) 322-5097

**Easy Access to Quality Mental Health Services**  
[www.arbourhealth.com](http://www.arbourhealth.com)

## GOALS

The goals of the In-Home Therapy and Family Stabilization Programs are to stabilize home environments 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.

## PROGRAM COMPONENTS

- 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 supports 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.

## PROGRAM STAFF

- Each clinician has expertise in the areas of family treatment, parenting and behavior management and can provide therapeutic support for behavioral health needs
- Each clinician has specialized training in family, adolescent and child treatment to provide direct assistance and support to the parent or caregiver
- Each clinician has extensive knowledge of community services and resources
- Clinicians work directly with clients, their families and treatment teams, providing therapy and case coordination and helping clients to develop coping skills
- With the family's permission, clinicians consult regularly with teachers, school counselors, outpatient therapists and psychiatrists, DCF/DMH/DYS case managers and others who have regular contact with the child and/or family members to coordinate care.

## CLIENTELE

The program has had success treating a variety of patient populations. Populations deemed appropriate for the program include:

- Individuals who are at risk for hospitalization
- Families with limited support networks
- Patients for whom outpatient therapy has been unable to provide stabilization and whose clinicians seek a more systemic understanding to further treatment goals
- Children or adolescents at risk of out-of-home placement

## AREAS OF CLINICAL EXPERTISE

Staff members have extensive experience treating individuals with the following issues:

- Abuse and neglect
- Domestic violence
- Child and adolescent issues
- Chronic mental illness of child, siblings, parents
- Domestic and environmental trauma
- Substance abuse
- Eating disorders
- Developmental delays
- Learning disabilities
- Traumatic brain injury
- Family loss or disintegration, e.g. divorce

Staff is also knowledgeable about community mental health and substance use disorder services, the levels of care, systems of care and wraparound planning process, and other medical, legal, emergency and community services for youth and family.

## INFORMATION AND REFERRALS

The In-Home Therapy and Family Stabilization Team is located at Lowell Treatment Center, 391 Varnum Avenue, Lowell, MA 01854. For information or to make a referral, please call the Community Services Director at 978-322-5095 ext. 7. The In-Home Therapy Program is contracted with MBHP, BMC HealthNet, Neighborhood Health Plan and Network Health. FST has agreements with many commercial insurance companies. For more information on insurance plans accepted, please contact the Community Services office.