

Therapeutic Mentoring Services

- Direct 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
- Enhance conflict resolution skills
- Develop communication skills
- Provide phone support as needed to the youth

INFORMATION AND REFERRALS

For more information, referrals or emergencies, please call the Community Services Director at 508-838-4193. Referrals can also be sent via fax to 508-838-2303 or emailed to FullerIHTTM@uhsinc.com.

The In-Home Therapy and Therapeutic Mentoring Programs accept referrals of patients who have Massachusetts Behavioral Health Partnership (MBHP), Neighborhood Health Plan (NHP), BMC HealthNet and Tufts Health Public Plan. Please call the program for more information on other insurances accepted.

GEOGRAPHIC AREAS OF SERVICE

The Community Services Department serves the Massachusetts Southeast region including: Abington, Acushnet, Attleboro, Avon, Berkeley, Bridgewater, Brockton, Carver, Dartmouth, Duxbury, East Bridgewater, Easton, Fairhaven, Fall River, Freetown, Halifax, Hanover, Hanson, Holbrook, Kingston, Lakeville, Mansfield, Marion, Marshfield, Mattapoisett, Middleborough, New Bedford, North Attleboro, Norton, Pembroke, Plymouth, Plympton, Raynham, Rehoboth, Rochester, Rockland, Seekonk, Somerset, Stoughton, Swansea, Taunton, Wareham, West Bridgewater, Westport, and Whitman.

ABOUT THE COVER

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

Arbour-Fuller Hospital is a division of Arbour Health System, the largest private mental health system in Massachusetts. In addition to Arbour-Fuller Hospital, Arbour Health System consists of Arbour Hospital, Jamaica Plain; Arbour-HRI Hospital, Brookline; Pembroke Hospital; Westwood Lodge; Lowell Treatment Center; The Boston Center; The Quincy Center; Arbour Counseling Services, with many locations throughout Eastern Massachusetts; and Arbour SeniorCare.

Arbour-Fuller Hospital is licensed by the Department of Mental Health and Department of Public Health, Bureau of Substance Abuse Services (BSAS), and is accredited by The Joint Commission.



COMMUNITY SERVICES PROGRAM

In-Home Therapy and Therapeutic Mentoring
South Attleboro, Massachusetts



ARBOUR - FULLER
HOSPITAL

A Division Of Arbour Health System

Easy Access to Quality Mental Health Services

www.arbourhealth.com

200 MAY STREET, SOUTH ATTLEBORO, MA 02703
PHONE: 508-838-4193 FAX: 508-838-2303



PROGRAM DESCRIPTION

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 Therapy

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

The in-home therapy team develops a treatment plan using psychotherapeutic approaches and intensive family therapy. The team works with the family and supports to enhance problem-solving, limit-setting, communication, risk management and safety planning skills, and to 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 or as a step-down, easing the transition home from foster care, hospitalization or other out-of-home placement.

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 for current clients.

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

Therapeutic Mentoring offers 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 Therapeutic Mentor delivers services in accordance with an intensive care coordination, 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 and individually-tailored treatment plans
 - Crisis intervention, including educating families about de-escalation techniques and behavioral support
 - 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 with providers and collateral contacts, referral and linkage to services, and aftercare planning including accompanying to meetings when needed
 - 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 24/7
 - Consultation with the treatment team as well as recommendations for and coordination of future treatment planning
- 