

## Who is eligible to receive services?



Eligible children include those between **birth and 21** whose clinical condition warrants the intensity of the services. The youth must carry MassHealth insurance either as primary or secondary insurance. The youth must reside in a family home environment and have a parent or caregiver willing to participate.

If you have questions regarding a youth's eligibility or want to make a referral, please contact the phone number listed below.

### Referrals/Inquiries

Please contact our Intake Coordinator at 508.977.8129



## CCBC'S MISSION AND GOAL

The purpose and mission of Community Counseling of Bristol County, Inc. (CCBC) is to develop and deliver compassionate, responsive, culturally competent, and quality mental health and substance abuse services to meet the prevention, education, treatment, rehabilitation and recovery needs of those in our community. These services are based on the latest evidence-based approaches to respond to the complex needs of children, adolescents, adults, elders and families as part of a locally integrated health-care delivery system linked to regional and statewide delivery systems.

CCBC's goal is to create a continuum of care that allows our clients to receive the level of care that best meets their needs and assist them in achieving their goals. We seek to accomplish this for each individual in our care by:

*Conveying respect and affirming the dignity of those we serve, delivering treatment based upon current evidence based practices, utilizing a strength-based person-centered approach, focusing on recovery, and maintaining a commitment to continuous quality improvement.*



## IN-HOME THERAPY PROGRAM

*Located at:*

One Washington Street  
Taunton, MA 02780  
Tel: 508.828.9116  
Fax: 508.824.0111  
[www.comcounseling.org](http://www.comcounseling.org)



## What is IHT?

IHT (In-Home Therapy) is a structured, consistent, strength-based therapeutic relationship between a master's level clinician and a youth and their family for the purpose of treating the youth's behavioral health needs, including the family's ability to provide effective support for the youth to promote his/her healthy functioning within the family.

Interventions are designed to enhance and improve the family's capacity to improve the youth's functioning in the home and community and may prevent the need for a youth's admission to an inpatient or other treatment setting.

The other important component of this service is the availability for a Therapeutic Training and Support (TT&S) staff person to be a part of the therapeutic team. The TT&S staff assists in implementing the therapeutic objectives of the treatment plan by working with the family to address the youth's emotional and mental health needs, while teaching the youth skills to understand, direct, interpret, manage, and control feelings and emotional responses.

## What We Do



The IHT Team, which includes the family and youth, develops a youth and family-centered treatment plan, using established therapeutic techniques and intensive family therapy, either with the entire family or a subset of the family, to implement strategic interventions and behavioral techniques to:

- Enhance problem-solving skills
- Manage risk and safety plan
- Improve communication and patterns of interaction
- Build skills to strengthen the family
- Advance therapeutic goals
- Develop and maintain community resources and natural supports to promote sustainability of treatment gains
- Foster an understanding of the family dynamics and teaching strategies to address stressors as they arise
- Teach the youth to understand, direct, interpret, manage and control feelings and emotional responses to situations and to assist the family to address the youth's emotional and mental health needs.

## Our IHT Team

The trained professionals on our team are dedicated to:

- High quality planning and problem-solving
- Being youth and family-driven, team based and collaborative
- Being sensitive and respectful to the culture, values, and experience of the family
- Opportunity for choice
- Individualization
- Consistency and reliability
- Honesty
- Listening/seeking to understand
- Recognizing/celebrating successes
- Improving resiliency and quality of life

### *To better fit your family's needs we can:*

- ⇒ Offer 24 hour/7 day a week emergency phone support to assist in difficult crisis situations.
- ⇒ Offer services 7 days a week from 8 am to 8 pm.
- ⇒ Offer an appointment within 24 hours of referral.
- ⇒ Be flexible and collaborative to meet your needs.