

## Service Description: Intensive Home Based Services (IHBS)

IHBS services are typically delivered within the context of the Child and Family Team under Intensive Care Coordination. IHBS are individualized, strength-based interventions designed to ameliorate mental health conditions that interfere with a youth's functioning. Interventions are aimed at helping the youth build skills necessary for successful functioning in the home and community and improving the family's ability to help the youth successfully function in the home and community. IHBS can be effective in preventing a youth being removed from home, for admission to an inpatient hospital, residential treatment facility or other residential treatment setting.

- IHBS services assist the youth & family to achieve goals in areas such as school, employment, and independent living (e.g. help with finding and keeping a job, skill building, mentoring, and education about mental health).
- IHBS providers work with the youth and family in the home (home of origin or foster home), school, or other community settings.
- IHBS services are meant to be intensive; thus they need to be made available wherever and whenever needed including weekends and evenings.

### IHBS SERVICE ACTIVITIES

- Positive behavioral plans, modeling interventions for caregivers or significant others
- Development of functional skills to improve self-care, self-regulation, or other functional impairments by intervening to decrease or replace behaviors that interfere with daily living tasks. Skills or replacement behaviors that allow youth to fully participate in the ICC CFT and other service plans (including the Child Welfare plan)
- Improving self-management of symptoms, including self-administration of medications as appropriate
- Education of youth and caregivers about how to manage youth's mental health disorder or symptoms
- Support development, maintenance and use of social networks including use of natural and community resources
- Support to address behaviors that interfere with:
  - Achievement of stable and permanent family life
  - Seeking and maintaining a job
  - Youth's success in achieving educational objectives in an academic program
  - Transitional independent living objectives such as seeking and maintaining housing

IHBS are short term intensive services that require prior authorization by ACBH. Requests for extensions of IHBS are required every 6 months.

