

## Intensive Home-Based Treatment

Young people struggling with severe mental health issues are often unable to remain safely in their homes. To ensure that more families stay together, PEP Connections now offers Intensive Home-Based Treatment (IHBT). This all-inclusive service engages entire families to help these youth thrive at school, home and in the community.

### What does IHBT look like?

Our experienced IHBT professionals lead whole families in therapy sessions, which occur in the home, twice a week for a total of three to six hours. This is a time-limited service, which lasts for six months. IHBT therapists also provide 24/7 crisis support and case management services.

IHBT helps stabilize the household by helping create a safe environment for the entire family through ongoing safety assessments and detailed safety plans. Therapy focuses heavily on helping youth develop skills to manage troubling behaviors that have resulted from severe mental health challenges.

At the same time, PEP therapists help family members develop skills that allow them to support the child at home and in the community. PEP builds upon the existing strengths of children and families, helping them replace self-defeating beliefs and behaviors with resiliency, knowledge, communication skills and confidence.

### Who's eligible?

IHBT services are available for qualifying youth with serious emotional disturbances ages 3-17. Services can continue for young adults up to age 22 if they are enrolled by age 17. Service eligibility is determined using the Child and Adolescent Needs and Strengths (CANS) tool to gauge the severity of their challenges. Prior authorization is required by the Ohio Department of Medicaid.

IHBT typically serves youth who:

- Have multiple problems and needs resulting from their mental health issues.
- Are involved with multiple systems or at risk of deeper system involvement.
- Are at risk of out-of-home placement or are returning to their families/community from out-of-home placement.

### Why PEP?

PEP's IHBT therapists all boast advanced licensure – many of whom have more than 20-plus years experience in the mental health field. In addition, PEP's IHBT therapists support small caseloads, allowing them to provide the attention children and families deserve. The IHBT team is backed by the expertise of the entire PEP agency, which has served children and families since 1971.

### Referrals