

PEP Connections

Intensive Home-Based Treatment

Intensive Home-Based Treatment, or IHBT, provides support for young people struggling with severe mental health issues who may be at risk of out-of-home placement or who are returning home from placement. With the goal of keeping families together, IHBT is a comprehensive service that engages the entire family and utilizes therapy and supportive treatment services to help these young people thrive at school, home and in the community.



WHO IS ELIGIBLE FOR IHBT?

- Young people with serious emotional disturbances ages 3-17.
- To qualify for services, the young person must first be enrolled in OhioRISE.
- Eligibility is determined by the Child and Adolescent Needs and Strengths (CANS) tool.

WHAT ARE THE CHARACTERISTICS OF YOUTH TYPICALLY SERVED BY IHBT?

Young people who receive IHBT services are typically:

- Experiencing multiple problems resulting from their mental health issues.
- Involved in multiple systems (e.g., special education, child protection, juvenile justice) or are at risk of deeper system involvement.
- At risk of out-of-home placement or are returning to their families/community from out-of-home placement.

WHAT DOES IHBT LOOK LIKE?

Experienced IHBT professionals lead whole families in therapy sessions, which occur primarily in the home twice a week for a total of three to six hours. The young person and at least one adult caregiver must be able to participate in these sessions. This is a time limited service, which lasts for up to six months. IHBT therapists also provide 24/7 crisis support services.

IHBT helps stabilize the household by creating a safe environment for the entire family through ongoing safety assessments and detailed safety plans. Therapy focuses heavily on assisting youth in developing 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, allowing them to replace self-defeating beliefs and behaviors with resiliency, knowledge, communication skills and confidence.

WHAT ELSE SHOULD I KNOW?

- IHBT is an intensive service and requires a significant investment of time – a minimum of twice weekly sessions for a total of three or more hours with both the youth and at least one adult caregiver. To participate in the program, families must be able to make this time commitment.
- Families must have a readiness to make changes that will promote the success of their young person.
- Session times and days are flexible to accommodate the needs of the family.

HOW DOES THE REFERRAL PROCESS WORK?

There is no direct referral route for IHBT. To be considered for this service, a child must first be enrolled in OhioRISE Care Coordination (PEP serves as the OhioRISE CME for central Cuyahoga County). Here is how an IHBT referral is ultimately made.

1. A parent or referral source contacts PEP or OhioRISE (through Aetna) to have the young person evaluated for OhioRISE Care Coordination services.
2. The young person is evaluated using the CANS tool to see if they are eligible for OhioRISE Care Coordination services.
3. If it is determined that care coordination services are appropriate, the young person is enrolled in OhioRISE care coordination.
4. The child's clinical care team will determine if IHBT services would be beneficial and if so, make the referral.*

To start this process, contact:

PEP's Intake Line: 216-361-2441

Why Choose PEP?

PEP's IHBT therapists all boast advanced licensure, and many have more than a decade of 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.

*Though clinical need is one measure of a child's appropriateness for IHBT, other factors such as the family's ability to meet the substantial time commitment, are also considered.