

### ***What does the program cost?***

Intensive In-Home services are designed for families receiving **Medical Assistance** and are provided at **no cost to the family or referring agency**. Agencies may also refer families who are not receiving Medical Assistance on a case-by-case contractual basis.

### ***What can a families expect during treatment?***

Treatment can be provide for up to one year and is divided in four categories:

**Initial Assessment Phase** will consist of a multi-agency meeting to establish goals for treatment, history gathering and an assessment of the family's strengths and weaknesses.

**Treatment Phase** will consist of weekly therapy that may be up to as many as 8 hours a week to work on the goals established during the assessment phase. Treatment plan goal review meetings will be held at a minimum of every 90 days.

**Discharge phase** will focus on aftercare planning and developing a family support network. Actual discharge will occur when the family and the team feel the goals are successfully completed. Families will be contacted and three and six months to help solidify gains made in treatment.

**Emergency On-Call** is provided to all families in the program 24 hours a day, 7 days a week including weekends and holidays.

*Foundations Counseling Center, is owned and operated by Cristie Harbour and*

*Alisa Kelly-Martina. Together they have over*

*20 years experience providing Intensive In-Home services to families throughout southern Wisconsin.*



## **Intensive In-Home Mental Health Treatment Program for Children and Their Families**



**Helping to create emotionally strong, healthy individuals and families.**

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# Intensive In-Home Treatment Program

*“Our success with Foundations has helped our family to become a real family.”*  
- Foster Parent/Adopted Mother

## **What is Intensive In-Home Treatment?**

Intensive In-Home services are designed to serve school-age youth with emotional, mental health or behavioral problems. Treatment services are provided to *all* family members. The intent of the program is to strengthen and preserve the family unit, while decreasing a child's acting out.

*“Foundations staff are open to suggestions and feedback, have great goals, and always list positives as well as areas that need improvement.”* -County Social Worker

## **How are Intensive In-Home services different from other mental health services?**

1. Therapy is provided **in the home**.
2. Treatment includes the youth, their caretaker and **also** extended family, county social workers, school staff, support persons, and other community providers.
3. Treatment can be provided for up to **8 hours** a week.
4. Therapeutic treatment is provided using a **two member treatment team** approach. Which allows for the team to work on several problem areas at once, utilizing different personality styles.
5. **Appointments times are flexible.**
6. The team approach permits modeling of appropriate communication, problem solving and conflict resolution using **real time**, at home scenarios.
7. Services are provided using a **family systems focus**.

## **When is In-Home treatment appropriate?**

- For youth experiencing behavioral difficulties resulting in the need for services from **two or more service areas** such as; school special education, mental health services, county social service involvement, or other special services.
- For youth who may be **at risk for an out-of-home placement** due to abuse, neglect, delinquency, or other out of control behaviors.
- For youth getting ready to reunify with their family **following an out-of-home placement.**
- For **stabilizing a pre-adoptive placement.**
- Or to help **maintain a long-term alternate care placement.**

## **Who are the members of the Intensive In-Home Team?**

The treatment team consists of two people: the primary therapist possesses a Master's degree., the second team member possesses a minimum of a Bachelor's degree. The larger team consists of the youth, primary care giver, family members, county social worker, school officials, and all other professionals working with the child.

*“Foundations staff are a wonderful asset to our wrap-around team. They have been able to implement structure in the home and facilitate change with the family.”*

-Tiffany Congdon, Jefferson County



*“This family was in crisis and I appreciate how quickly a team was put together for them!”*

-Becky Ziemba; Family Support Center

*“Thanks for being there for me and the family when we were going through hard times. You helped a lot!”* -Father

## **Who can make a referral?**

Anyone working or living with a youth who is receiving Medical Assistance, and is experiencing emotional problems can make a direct referral. This includes, but is not limited to, county social workers, teachers, foster parents, parents, guardian ad litem, and other mental health professionals.

**Contact Foundations at 608-424-9100 to speak to one of our staff.**

*“I’ve had more success with my son’s therapy and goals since Foundations has been in place”* - In-Home Parent

## **What areas do you serve?**

We currently serve the counties of Adams, Columbia, Crawford, Dane, Dodge, Grant, Green, Green Lake, Iowa, Jefferson, Juneau, Lafayette, Marquette, Richland, Rock, Sauk and Washington.



*“Foundations went above and beyond helping us with the school.”* - Parent

