



HOME-BASED INTERVENTION

WHAT IS HOME-BASED INTERVENTION AND WHAT DOES IT ACCOMPLISH?

No matter how much we love our children, raising them to become responsible, productive, fulfilled adults can be a challenge. Many families struggle with their children's emotional problems or unruly behavior, sometimes to the point where they consider placement in foster care, residential care or correctional settings. Home-Based Intervention (or "HBI") is an intensive type of mental health counseling designed to help stabilize difficult family situations so that children can continue to live at home and families can remain intact. HBI is an intensive, time-limited process that takes place in your home and can help you and your family discover solutions to the challenges you face.

By talking about your problems with an HBI professional, you and your family can discover new ways to understand your difficulties, develop new skills to help you cope with life's demands and improve family relationships. More importantly, you and your family can learn a lot about yourselves as people find ways to better meet your own and each other's emotional needs and live a more satisfying family life.

WHAT CAN I EXPECT FROM THE HBI STAFF?

- First, HBI professionals cannot magically remove the problems from your family's life or make anyone immune to the stresses of life -- nor can they make important life decisions for you. Your HBI therapist will listen carefully to understand your situation and needs and will provide caring support and direction to help you and your family discover the solutions that will work best for you.
- No matter what you say or do, your HBI professional is unlikely to criticize you or any family member as persons. However, he/she may suggest different ways of behaving or looking at problems. He/she may also teach you new ways of handling discipline, coping with stress or communicating with others. At times, it might feel like your HBI therapist is pushing or challenging you, but this is normal and often a sign of future progress.
- At the very start of HBI services, you and the HBI professional will work together to set clear goals for treatment. With clear treatment goals, therapy can be much more effective.
- Your HBI professional may also sometimes make "homework assignments" for you and your family members to do between sessions to help you practice new skills.
- During HBI, intervention specialist might suggest other kinds of additional treatment services such as a Family Resource Specialist to provide additional individual guidance for your children, a Children's Case Manager to help coordinate all of the mental health, medical, educational and other agency services that affect your children, or another mental health therapist who can provide on-going assistance once your home-based services have ended. If you agree to participate in those services, your HBI professional will help set them up for you and will work closely with those other service providers to make sure they are helpful.

- In some cases, your HBI professional might suggest that you or a family member see one of the agency's psychiatrists to determine if medication might improve functioning or emotional well-being. However, if you or another family member agrees to take medication, realize that medications are only for symptom relief. By themselves, they do not solve the underlying problems causing the symptoms. If you or a family member uses medication, it is very important to continue with your regular mental health services while you are taking your medication.
- Your HBI professional and all other professionals from The Counseling Center keep all information about you and your family, even the fact that you're in therapy, in strict confidence. They will not share any information about you with anyone outside of The Counseling Center without written permission. The only exceptions would be (a) if you are under 18 years old or a dependent adult (in which case, parents or other legal guardians have the right to know about your therapy), (b) if you or another family member shares information that raises concern about your or someone else's safety or (c) if professionals from The Counseling Center are ordered by a court of law to provide information about you or your family members.

HOW MUCH TIME DOES HBI TAKE?

HBI is intensive. HBI sessions may involve several hours, several times a week. HBI is time-limited, usually lasting 90 days. It is not intended to be long-term. If you or your family needs more than the typical 90 days, your HBI professional may either provide more sessions or arrange a referral to another mental health professional for additional care.

HOW CAN I MAKE HBI THERAPY SUCCESSFUL FOR ME?

- HBI cannot guarantee results. You and your family will get as much out of it as you all put into it.
- To help assure that HBI services are as successful as possible, you will need to be completely honest and open with your HBI therapist about your experiences, thoughts and feelings.
- Be open to new ways of looking at your problems and new ways of behaving.
- Be on time for all scheduled appointments. Your HBI professional may look at missed appointments or cancellation with less than 24-hour advance notice as signals that you or your family is not ready for change. If that is true, your therapist may suggest ending HBI therapy so he/she can be available to other families needing his/her services.
- While you and your family are in HBI, don't abuse alcohol or drugs and be sure to take any medications only as prescribed. Abuse of legal, illegal or prescription chemical substances, is one of the most common reasons why any type of mental health therapy is unsuccessful.
- Don't drop out too early. It's OK to have uncomfortable thoughts or feelings, to feel frustrated and to be tempted to quit, especially in the early stages of therapy. But experience shows that, if you can push beyond those thoughts and feelings, you and your family can make significant gains.
- Above all, remember that the only person who can make changes happen for you is you. Your HBI therapist can be a valuable assistant as you attempt to make positive changes in your and your family's life. But, in the end, you are responsible for making your own life decisions.