Intensive Home Based Treatment

The Intensive Home Based Treatment program is a coordinated package of mental health services for youth who have severe emotional problems. The treatment goal is to help youth avoid out-of-home placements such as inpatient hospitalization or residential treatment. Intensive Home Based Treatment is also used to assist with the transition from these types of placements to help the youth live at home and function successfully in school and the community.

Applewood Centers embraces the philosophy that an array of mental health services that are flexible, intensive, accessible and individually tailored have the highest likelihood of achieving success. That is why this program focuses on the strengths of the family, is driven by the needs of the youth and family, and regards the family as equal partners with staff in planning and delivering care.

Program Criteria

Intensive Home Based Treatment is for any youth under the age of 18 who meets the following criteria:

- Is clinically diagnosed as having a serious emotional disturbance
- Is at risk for out-of-home placement
- Has returned within the previous 30 days from an out-of-home placement or will be returning within 30 days
- Needs a high level of mental health treatment to be stable and safe

Youth ages 18 through 21 who meet the above criteria may also be eligible for the program if they still live at home and meet one or more of the following:

- In school and working towards a high school diploma or its equivalent
- Is under the jurisdiction of juvenile court
- Is in the custody of a public child serving agency
- Receives services from a board of developmental disabilities

How the Program Works

Crisis response is available 24/7. The youth and family members participate in an assessment of risk and safety issues in order to develop a customized safety plan.

Our clinicians, who are licensed by the Ohio Counselor, Social Worker and Marriage & Family Therapist Board, work with the youth, family and others for a minimum of three hours per week. This includes a minimum of two in-person contacts, one of which must be with the youth and family. Total length of treatment generally does not exceed six months.

Our program includes the following services:

- Initial and ongoing assessment and safety planning
- Home- and community-based individual and family therapy sessions
- Intensive interventions and case management services for crisis stabilization, service coordination, advocacy and education
- Referral for psychiatric assessment and treatment services
- Community Psychiatric Supportive Treatment (CPST) services
Community Psychiatric Supportive Treatment Program

Applewood’s Intensive Home Based Treatment program uses Community Psychiatric Supportive Treatment (CPST) as a core service to help families meet the challenges associated with a young person’s emotional and behavioral difficulties. Treatment focuses on helping parents build supportive social networks and empowering them to address their child’s needs more effectively. The program emphasizes long-term change that families can maintain following treatment. Parents also learn skills that allow for effective parenting after treatment is ended. The intended result is that the youth will successfully remain in his or her own home, school and community.

A team of professionals provides intensive treatment and case management services to help families discover and use personal strengths and other sources of support such as relatives, friends and community resources. Treatment is provided in the home, at school, and throughout neighborhood and community settings.

How to Make a Referral

To make a referral or obtain additional information about how Intensive Home Based Treatment services might be beneficial for a student you know, please call us at the numbers below. Our professionals will talk with you confidentially about your concerns and determine if this program would be a good fit.

**Cuyahoga County** 216-521-6511  **Lorain County** 440-324-1300

Office Locations

<table>
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<tr>
<th>JONES CAMPUS</th>
<th>CHILDREN’S AID SOCIETY CAMPUS</th>
<th>LORAIN COUNTY OFFICE</th>
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| 3518 West 25th Street  
Cleveland, OH 44109-1995  
216-741-2241 / fax 216-459-9821 | 10427 Detroit Avenue  
Cleveland, OH 44102-1645  
216-521-6511 / fax 216-521-6006 | Midway Plaza Building  
347 Midway Boulevard, Suite 306  
Elyria, OH 44035  
440-324-1300 / fax 440-324-0070 |

About Applewood Centers

Applewood Centers is a private, non-profit agency providing behavioral health services to children and youth from birth to age 21, and their families. Services are provided from our offices, at clients’ schools, and in your home.

At Applewood Centers we are dedicated to helping youth and their families address a variety of behavioral, emotional, and learning problems. We provide a continuum of care from outpatient counseling and psychiatry services to residential treatment.

Our community-based services include foster care, adoption, and The Gerson School, which is a co-educational alternative day school for students who have not been successful in standard educational settings.