



AREAS OF SERVICE

The Arbour Counseling Services has five sites providing In-Home Therapy (IHT) for the neighboring cities and towns.

Insurance plans accepted include BMC HealthNet, Fallon, Massachusetts Behavioral Health Partnership, Neighborhood Health Plan and Tufts Health Public Plan. Self-pay arrangements are also available.

Arbour Counseling Services, Allston

14 Fordham Road, Allston, MA 02134

Servicing: Greater and Metro Boston

Languages spoken: Spanish, Haitian Creole, Cape Verdean Creole

Arbour Counseling Services, Fall River

1082 Davol Street, Fall River, MA 02720

Servicing: Southeastern Massachusetts

Languages spoken: Portuguese, ASL

Arbour Counseling Services, Lawrence

599 Canal Street, 3rd floor, Lawrence, MA 01840

Servicing: Northeast Region of Massachusetts

Languages spoken: Spanish

Arbour Counseling Services, Worcester

411 Chandler Street, Worcester, MA 01609

Servicing: All of Central Massachusetts

Languages spoken: Spanish

Arbour Counseling Services, West Yarmouth

134 Ansel Hallet Road, West Yarmouth, MA 02673

Servicing: All of Cape Cod and Martha's Vineyard

Languages spoken: English only

INFORMATION AND REFERRALS

For program information and referrals, please call 617-782-0505. For after-hour referrals or the crisis line call 617-782-3985.

In-Home Therapy program clinicians are available to schedule appointments between 8:00 a.m. and 8:00 p.m. seven days a week.

ABOUT THE COVER

In all its beauty, the arbour is a symbol of comfort and hope, safety and shelter.

Arbour Counseling Services is accredited by the Commission on Accreditation of Rehabilitation Facilities (CARF), and is licensed by the Massachusetts Department of Public Health.



IN-HOME THERAPY PROGRAM



**ARBOUR
COUNSELING SERVICES**

A Division Of Arbour Health System

Easy Access to Quality Mental Health Services

www.arbourhealth.com

14 FORDHAM ROAD, ALLSTON, MA 02134
PHONE: 617-782-0505 FAX: 617-782-6444
AFTER-HOURS REFERRAL/CRISIS LINE 617-782-3985



PROGRAM DESCRIPTION

Arbour Counseling Services (ACS) Community Services Department provides the In-Home Therapy (IHT) program to aid parents and caregivers in stabilizing children and adolescents in their home by providing transitional support and helping the family establish relationships with a permanent support network.

Clinicians develop a structured, consistent, strength-based therapeutic relationship with the youth and family in order to treat behavioral health needs, improve the youth's function within the family and improve the family's ability to provide effective support for the youth.

Developing a treatment plan of psychotherapeutic approaches and intensive family therapy, and utilizing a multi-disciplinary approach provided by a qualified clinician and one or more paraprofessionals, the team focuses on family treatment, parenting and behavior management with the family to enhance problem-solving, limit setting, risk management, safety planning, communication skills, improve ineffective patterns of interaction and promote sustainability of treatment gains.

The program also identifies community services and resources that can support the family and offers advocacy, consultation and support services to facilitate communication between families and service providers.

Children and adolescents under age 21 may be referred to the program as a treatment alternative to a higher level of care, including hospitalization and/or as a "step-down" program, easing the transition between foster care, other out-of-home placement or hospitalization with a direct return home.

Arbour Counseling Services is contracted by the Department of Mental Health to provide Individual Family and Flexible Support Services (IFFSS).

PROGRAM COMPONENTS

- Comprehensive home-based behavioral health assessment
- Crisis intervention, including educating families about de-escalation techniques and behavioral support
- Thorough family assessments and individually-tailored treatment plans
- Intensive family therapy including evaluation and of individual and family issues with a focus on finding practical solutions
- Identification of community resources and development of natural supports for youth and parent/guardian/caregiver
- Care coordination including with providers, collateral contacts, referral and linkage to services and aftercare planning
- Coaching in support of decision-making in both crisis and non-crisis situations
- Skills training for youth and parent/guardian/caregiver
- Phone contacts and consultation provided as well as crisis response and support available 24 hours a day, seven days a week
- Consultation to the ongoing treatment team, including recommendations for and coordination of future treatment planning
- Accompany the family to meetings about the youth's behavioral health treatment needs in schools, day care, foster homes, and other community-based locations
- With the family's permission, clinicians consult regularly with teachers, school counselors, outpatient therapists and psychiatrists, DCF/DMH/DYS case managers and others who have regular contact with the child and/or family members to coordinate care.

PROGRAM STAFF AND AREAS OF CLINICAL EXPERTISE

- Each clinician has expertise in the areas of family treatment, parenting and behavior management and can provide therapeutic support for behavioral health needs
- Each clinician has specialized training in family, adolescent and child treatment to provide direct assistance and support to the parent or caregiver
- Each clinician has extensive knowledge of community services and resources
- Clinicians work directly with clients, families and treatment teams, providing therapy and case coordination

Staff members have extensive experience treating individuals with the following issues:

- Abuse and neglect
- Child and adolescent issues
- Chronic mental illness of child, siblings, parents
- Depression/anxiety
- Developmental delays
- Domestic violence
- Domestic and environmental trauma
- Eating disorders
- Family loss or disintegration, e.g. divorce
- Learning disabilities
- Substance abuse

CLIENTELE

The program has had success treating a variety of patient populations including:

- Youth at risk for hospitalization and their family
 - Youth with difficulty maintaining school functioning or family or social relationships
 - Patients for whom outpatient therapy has been unable to provide stabilization and whose clinicians seek a more systemic understanding to further treatment goals
 - Families with limited support networks
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