



## **INTENSIVE IN-HOME SERVICES**

New Directions strives to break the negative cycles of violence, incarceration, substance abuse, truancy, poverty and early pregnancy that plague many at-risk youth. At-risk youth often adopt dysfunctional behaviors that are modeled in and outside of their environment. As a part of our comprehensive program, we believe in taking a proactive approach by reducing gateway behaviors before they lead to more severe disruptive or unlawful activities.

In our Intensive In-Home Program, we serve clients between the ages of 5-21 that are at high risk of being removed from the home, either because they are experiencing significant behavioral/emotional challenges (i.e., defiant behavior, criminal behavior, runaway, etc.), have been subjected to abuse or neglect, or are returning from a residential treatment facility, group home, foster care, or correctional placement, and are in need of support to successfully transition back into the home or community.

Intensive-In Home clients must meet at least two of the following criteria on a continuing or intermittent basis:

- Have difficulty in establishing or maintaining normal interpersonal relationships to such a degree that they are at risk of hospitalization, homelessness, or isolation from social supports; and/or
- Exhibit such inappropriate behavior that repeated interventions by the mental health, social services, or judicial system are necessary; and/or
- Exhibiting difficulty in cognitive ability such that they are unable to recognize personal danger or recognize significantly inappropriate social behavior;

Our counselors work with clients and their families to address, reduce or eliminate this risk and establish a stable, healthy home environment.

New Directions Community Outreach Services direct service staff manages small caseloads, working with two to five clients at a time. Therefore, our direct service staff is able to devote a substantial amount of time and energy to each client that is served. New Directions direct service staff typically will meet with clients inside of the home. This ensures that the counselors will have the opportunity to observe the clients and families in their environment where family members interact communicate and function together as a unit. Our direct service staff is also able to quickly gain a more accurate depiction of challenges and potential solutions. Lastly, family members benefit and skills of the New Directions direct service staff in their "real life" setting.

## **SERVICE COMPONENTS**

- Comprehensive Assessments
- Individual Counseling and Family Counseling
- Behavior Modification
- Developing & Implementing Individualized Service Plan and Quarterly Reports
- Comprehensive Discharge Planning
- Parenting Skills, Behavior Management Skills

- Referrals for Additional Services (when needed)
- Goal Setting
- Family-Relationship Building
- 24 hour 7 Days a week Crisis Intervention
- Transportation (to medical appointments, court when needed)
- Case Management
- Conflict Resolution and Anger Management Skills

#### **OUR GOALS FOR INTENSIVE IN-HOME**

- To work with clients and their families to reduce or eliminate the risk of out of home placement and establish a stable healthy home environment, and to make it possible for the family to engage in pro-social behaviors.
- To enhance the parent/guardians' ability to create a safe, stable, and nurturing home environment that promotes healthy child and peer development.
- To promote successful transition of the client back into the home and community setting.
- To provide, refer, and coordinate services needed to achieve or maintain family safety, stability, independence and unity.
- To work with at-risk youth, families, school administrators, probation officers, and other referral sources to prevent truancy, child protective services, and juvenile delinquency involvement
- To assist clients in achieving a stable, healthy home/community environment by reducing or eliminating maladaptive behaviors.
- To offer a variety of services that can collectively meet the individual needs of children and families
- To support the recovery, health, or well-being of clients and families to enhance their quality of life.