

Intensive In-Home Treatment



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Centerstone's Intensive In-Home Treatment is an in-home intervention service for families of children and adolescents ages 3 to 18 with acute emotional problems. The program works to keep children and families together by providing individual and family counseling in the home or community to help stabilize and decrease the youth's disruptive behaviors.

Treatment includes individual and family therapy, interventions in the school or community, advocating for the child in the juvenile court system when appropriate and teaching of skills such as parenting, behavior modification, anger management, conflict resolution, decision-making and other social skills.

Intensive In-Home Treatment specialists provide an average of three face-to-face services per week for each family, and treatment enrollment typically lasts for 90 days.

Eligibility

This evidence-based program is for children and adolescents ages 3 to 18 and their families in Tennessee who:

- Have a primary mental health diagnosis (according to DSM-5)
- Stand to improve with appropriate therapy and treatment
- Are at risk for out-of-home placement or are transitioning home from a previous placement
- Show little improvement in symptoms after receiving less intensive services
- Have escalated disruptive behaviors/symptoms in past 30 days that place child at risk for harm to self or others
- Have at least one key family member willing to participate in treatment

Effectiveness

Centerstone's trained clinicians provide:

- 24/7 availability for crisis intervention
- Family-based treatment that meets each family's unique set of needs
- Therapy sessions in the home and community approximately 3 times per week at times that are convenient for the family
- Collaboration with other resources and agencies during treatment, such as medical or clinical providers, schools and juvenile court
- Advanced evidence-based treatments for trauma

"After completing this program, I'm much happier, my attendance in school has increased, I haven't thrown up in months, I've stopped cutting, and I don't pray to die anymore. I would highly recommend this program to anyone experiencing trouble. It quite possibly saved my life."

-Intensive In-Home youth

For more information or to make a referral, please contact:

Area Coordinator: Alexa Roney
Email: alexa.roney@centerstone.org
Phone: (615) 279-6728

For immediate assistance or if you are experiencing a crisis, please reach out to our 24-Hour Crisis Intervention: (800) 681-7444.



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