



Intensive In-Home Treatment

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.

Services are available 24 hours a day, 7 days a week and aim to be convenient to the family's schedule. 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 Middle and East 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

Intensive In-Home Treatment is a lower cost alternative to repeated acute hospital stays or residential treatment centers and tends to have more enduring outcomes, including improved family interactions.

“My daughter was extremely comfortable discussing any and all issues with her therapist. There is a huge difference in her attitude, feelings and self-esteem.”

—Intensive In-Home parent

“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:

Middle Tennessee

Nashville and surrounding counties

(615) 279- 6760 Phone

(615) 279-6705 Fax

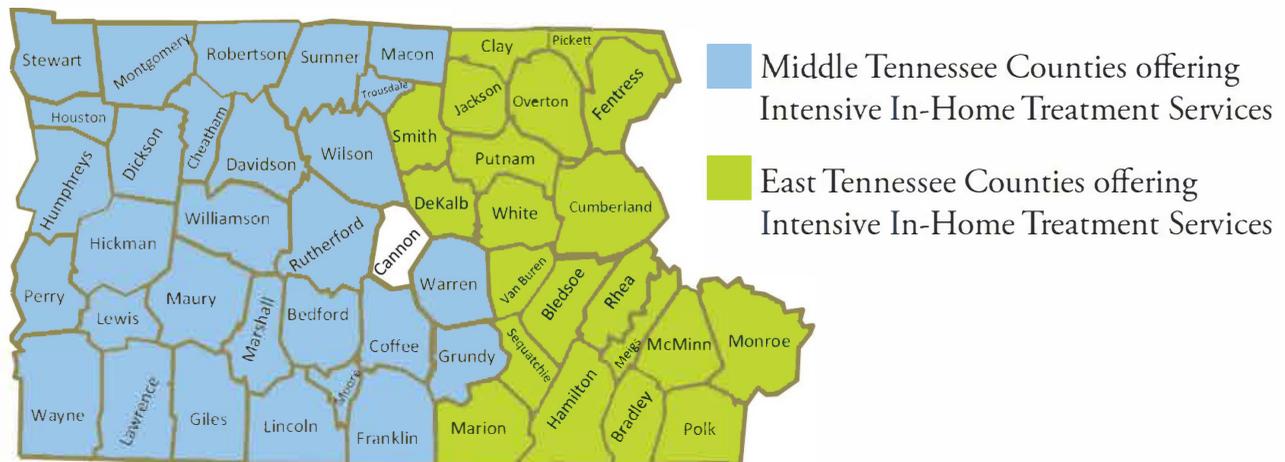
East Tennessee

Chattanooga and surrounding counties

(423) 509-4123 Phone

(423) 296-6384 Fax

centerstone.org/intensiveinhome



About Centerstone

Centerstone is a not-for-profit health care organization dedicated to delivering care that changes people’s lives. We provide mental health and substance abuse treatment, education and support to communities in Florida, Illinois, Indiana, Kentucky, and Tennessee and additionally offer individuals with intellectual and developmental disabilities life skills development, employment and housing services. Nationally, we have specialized programs for service members, veterans and their loved ones, and develop employee assistance programs for businesses of all sizes. Our research institute improves behavioral healthcare through research and technology, and our foundation secures philanthropic resources to support our work. For more information, visit centerstone.org.