

Understanding CBHI Services

A HELPFUL CHEAT SHEET FOR NAVIGATING COMMUNITY BASED HEALTH INITIATIVES (CBHI)

In Home Therapy (IHT)



IHT is a service for children and youth (under 21) with social, emotional or behavioral challenges. It can be delivered anywhere the youth is, including home, school, and the community. IHT works with the whole family, not just the referred youth, by providing intensive family therapy to assist families in overcoming past trauma and coping with mental health conditions.

Intensive Care Coordination (ICC)

ICCs support youth with serious emotional disturbance by building upon youth and family strengths and available support systems in order to maintain and improve the youth's ability to experience successful outcomes at home, in school, and in the community. An ICC is one dedicated care coordinator who works intensively with youth and their families as the locus of accountability for ensuring that services and supports are coordinated across systems and providers.



Therapeutic Mentoring (TM)

Therapeutic Mentoring (TM) is a home- and community-based service of structured, one-to-one mentoring sessions between a TM and a youth, designed to support a specific goal on the youth's behavioral health treatment plan developed by a licensed clinician or practitioner who has been identified as the hub service.

Family Partner (FP)

Family Partners provide what is often called peer parent support. An FP must have navigated the service system on behalf of their own child and family and be able to draw upon their personal experience to support and empower other families. FPs also promote self-care for parents and connect them to resources to help them accomplish their personal and family goals.



Therapeutic Training and Support (TT&S)

TT&S are a vital part of the IHT team, assisting master's level clinicians in planning and implementing therapeutic interventions in the home. TT&S typically conduct behavioral health assessments to track the treatment progress throughout the therapeutic relationship as well as contributing to the treatment plan.



[More information about CBHI](#)

[More information about CBHI services offered](#)