

Connect Nevada: Intensive Home-Based Therapy

What is intensive home-based therapy?

Intensive Home-Based Therapy (IHBT) is a specialized behavioral health service for youth who are returning from or at risk of an out-of-home placement. These services are provided in the home, school or community where the child or young adult lives. The goal of IHBT is to find and address behavioral concerns and support healthy growth and family functioning by combining different methods into a single coordinated service. It also builds on the strengths of the child/young adult and family's race, culture, and ethnicity.

Evidence-based practices in IHBT

IHBT providers must use evidence-based practices (EBP) or show they can apply program and practice standards in line with high quality EBPs. Program and practice standards include:

- Crisis response and stabilization
- Cultural understanding and respect
- Family and systems support
- Resource and support building
- Safety planning
- Skill building for parents/caregivers
- Skill building for youth
- Strengths development
- Transition planning
- Wellness promotion

What is an evidence-based practice?

An EBP in mental health is an approach to therapy that is based on the best scientific evidence available. EBPs are chosen based on how likely they are to help with the specific need(s) each child or youth has. They show respect for the child or youth, their family, and their situation in many ways:

- **Using a coordinated approach.** Members are encouraged to take an active role in their services. They also take part in making decisions about their care.
- **Teaching self-regulation skills that can be used to cope with stress.** Learning and practicing new coping skills can help children and youth feel more in control of their mental and emotional health.
- **Setting specific goals based on the child's or young adult's needs.** Personalized goals help youth feel a sense of pride in seeing their growth and successes.
- **Focusing on finding and building the child's or young adult's strengths and their current resources.** This approach can help youth feel more connected to their support systems. It also helps them feel like they can manage their mental health better.

IHBT can help children and young adults feel more informed, encouraged, and improve their wellbeing. By working with their service providers, setting specific goals, and using practices that have been shown to work and are personally meaningful, they can see big improvements in their mental health and overall quality of life.

If you would like to learn more about IHBT services available to you within the Connect Nevada program, please:

- Reach out to your Care Coordinator
- Visit MagellanofNevada.com
- Call us at 1-833-396-4310 (TTY 711)