

Rice Counseling and Associates, Inc.
Program Description

INTENSIVE IN-HOME SERVICES

POLICY STATEMENT:

Rice Counseling and Associates Inc. will develop and deliver a continuum of family-focused Strength Building individual, family and group services to families in Virginia. Services will be delivered in client homes and at various community sites. A family systems approach is utilized in home, maximizing parental strengths to direct/re-direct effective family management.

CLIENT CHARACTERISTICS:

Rice Counseling and Associates will serve children and adolescents, ages birth to 21, and their families in both urban and rural setting. Services are designed to serve those clients/families who are at risk for out-of-home placement or family dissolution but who demonstrate motivation and ability to effect change. These services are also applicable for transition from more intensive services, i.e., family reunification following placement.

TYPE/ROLE OF STAFF/STAFFING PATTERN:

Generally, a Counselor (Master's or Bachelor's Level) facilitates identified services. Case load per counselor ranges between three to six families at any given time. All counselors are supervised by Master's level Clinical Supervisor. Clinical supervision is provided to all counselors one hour per week in a variety of modalities: individual, team and peer consultation. Counselors are available 24 hours per day, 7 days per week for crisis response.

When clinically appropriate, a Mentor will be assigned to work with the identified youth. Case load per mentor ranges between 3- 5 youth. All mentors are supervised by the Regional Manager and work closely in collaboration with the in-home counselor. Mentors are available 24 hours per day, 7 days per week to assist with crisis prevention and response.

PROGRAM GOALS AND OBJECTIVES:

Rice Counseling and Associates will provide all referred clients with an appropriate assessment of their eligibility to receive services in accordance with **Rice Counseling and Associates, Inc.** admission and exclusion criteria as well as all applicable Federal, State, and agency guidelines. **Rice Counseling and Associates, Inc.** will provide intensive in-home services that strive to meet the following goals and objectives:

1. Provide effective, comprehensive services that respond to the unique needs of its clients in the least restrictive environment.
2. Move clients toward least restrictive services at the earliest appropriate opportunity.
3. Retain a professional staff who can effectively address the unique needs of identified clients and families and who will collaborate with other community professionals to access service and support with their clients.
4. Provide each identified client and family clinically sound services ranging from five to twenty hours per week for a period of eight to twenty-six weeks.

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5. Mutually develop and implement an Individualized Service Plan that provides for the specific needs of the client and family, including assessment, crisis intervention, service delivery, community resource and support service access and effective transition and discharge planning.
6. Identify individual and family strengths to maintain stability and promote improved functioning.
7. Develop and maintain a plan of safety with regard to children and youth.
8. Educate and assist parents with the skills to effectively manage the behavior of the client.
9. Provide individual and family education regarding the identified problems-conditions including all medication and the possible side effects, increasing individual responsibility to manage on-going needs.
10. Assist client and family to express needs and access needed service and/or support.

METHODOLOGY:

Rice Counseling and Associates will work with referring agencies to assess needs and develop and implement individualized service plans to address the identified problems. Services will be provided in the following manner:

1. **RCAI** responds to referrals within forty-eight hours.
2. A face to face assessment is conducted by a Qualified Mental Health Professional (QMHP) to identify clients' clinical needs, diagnosis and service requirements. A Licensed Mental Health Profession (LMHP) will review and approve the assessment within thirty days.
3. Initial treatment goals are defined collaboratively between the referred family and youth, referring agency, and the QMHP.
4. Within two weeks of initiating services, a culturally sensitive Individualized Service Plan that recognizes the strengths of the youth and family is developed. This plan is developed with input of the client, family, referring worker, any other public and private agencies involved with family and QMHP assigned to the case.
5. Appropriate multi-systemic services are initiated with the youth and family.
6. The need for clinical services is continually reassessed. The level and intensity of services are adjusted as the client and family progress towards treatment goals.
7. Discharge Planning is initiated at the outset of the treatment process. The ISP is
8. continually re-evaluated and adjusted as appropriate throughout the counseling process. Service intensity is "stepped down" as goals are met and treatment focus changes.

SERVICES:

Intensive in-home services include:

1. Crisis intervention and twenty-four hour emergency response
2. Comprehensive case management
3. Family therapy
4. Individual therapy
5. Communication skills counseling
6. Coordination with other services