

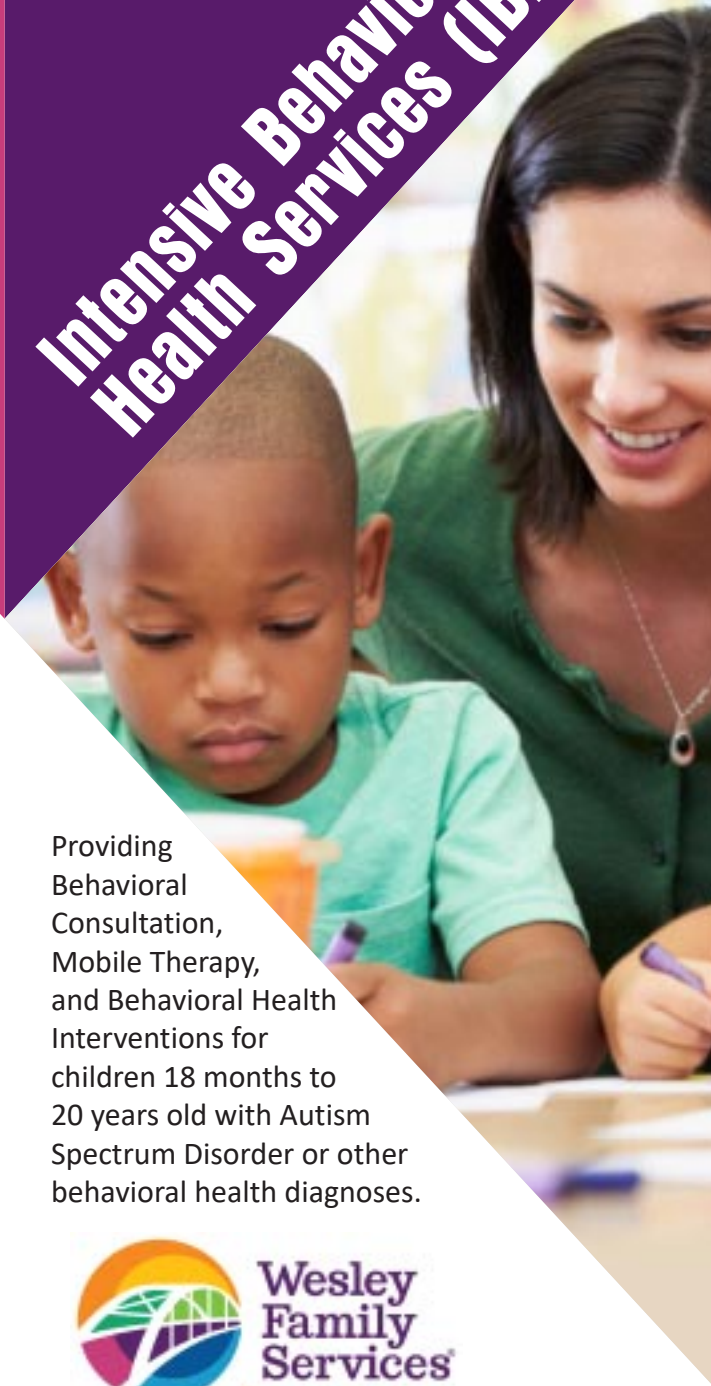


IBHS Can Help Your Child By:

- Transferring staff expertise, knowledge, and interventions to family and school personnel
- Enhancing desired behaviors
- Reducing problematic behaviors
- Teaching appropriate coping skills and calming techniques
- Improving emotional self-regulation and decreasing tantrum behaviors
- Developing communications skills
- Fostering independent/daily living skills
- Improving attention to tasks and concentration
- Transitioning with flexibility and responding positively to change
- Following multi-step directions
- Improving the ability to attain goals
- Developing age appropriate social skills
- Realizing personal space/other appropriate social boundaries



Intensive Behavioral Health Services (IBHS)



**Empowering People.
Strengthening Communities.
Transforming the Future.**

Every day, the caring, highly trained staff of Wesley Family Services empowers children, adults and families to overcome challenges so that they can be part of a stronger community with a brighter future. When you or a loved one needs help, we'll be there.

*Empowering Lives,
Transforming Futures™*

For more information or to make a referral, call:

412-342-2270

www.wfspa.org

Providing Behavioral Consultation, Mobile Therapy, and Behavioral Health Interventions for children 18 months to 20 years old with Autism Spectrum Disorder or other behavioral health diagnoses.





Program Purpose

Intensive Behavioral Health Services (IBHS) provide medically necessary behavior consultation, mobile therapy, and behavioral health interventions for child and adolescents ages 18 months to 20 years of age with autism and other behavioral health disorders. IBHS is a short-term service. For this reason, IBHS promotes independence by transferring the skills and expertise of our clinicians to the family, school, and/o other child serving systems.

It is equally important to improve the quality of life for the child/adolescent and the family. Some children with more intensive needs may benefit from one-to-one behavioral support provided by a Behavioral Health Technician (BHT). Children that do not require as much behavioral support or demonstrate less intensive needs may benefit from Behavioral Consultation and/or Mobile Therapy sessions from a Behavioral Consultant (BC) or a Mobile Therapist (MT). The BC or MT will develop and monitor a treatment plan, individualized for the child and family.

Our clinicians utilize data-based decision making and positive strategies in treatment, striving to make therapy enjoyable for every child/adolescent and their family.

Admissions Criteria

- Child/Adolescent has a mental health diagnosis
- Child/Adolescent is between the ages of 18 months and 20 years old
- Child/Adolescent has a current Written Order (WO) prescribing the service (Behavior Consultation, Mobile Therapy, Behavioral Health Technician)
- Child/Adolescent and Family have consistent availability for weekly appointments with Wesley Family Services Clinicians
- Family has eligible insurance or form of payment

What Does IBHS Look Like?

- Sessions take place in the home, school, or community
- Sessions are typically between 1 – 4 hours in length, depending on the setting, needs, and age of the child
- Sessions are scheduled around the family's availability and the child/adolescent's most constructive time of day (as determined by the family and clinician)
- Sessions are guided by the child/adolescent's individualized treatment plan
- Behavior Consultants provide specific expertise in behavioral management to parents, teachers, and/or others in the form of observing, teaching, consulting, and modeling interventions
- Mobile Therapists provide child-centered, family focused, strength-based individual and family psychotherapy
- Behavioral Health Technicians provide direct support and behavioral interventions to a child when behavior without this intervention would require a more restrictive setting

What to Expect with IBHS

- A cohesive treatment plan detailing your child's goals to guide treatment.
- Goals for discharge are discussed at the intake meeting. Clinicians will help you to identify natural, less intrusive non-mental health supports to promote your family's independence.
- Assessment is completed at intake and updated periodically throughout the course of treatment to monitor your child's progress and continued need for IBHS.
- Clinicians will consult with your family on a weekly basis and involve you in treatment by transferring expertise to you in the following areas:
 - 1 Behavioral interventions and support techniques
 - 2 Identifying triggers of problematic behaviors
 - 3 Adapting your child's environment to ensure success
 - 4 Appropriate school/community placements that best suit your child's needs

For Additional Information

For additional information about Intensive Behavioral Health Services, please contact our Central Access Department at **412.342.2270**.

