

What Is Home-Based Therapy?

Home-Based Therapy is an intensive, family-centered mental health service designed to support children, adolescents, young adults, and their families within their natural environments.

Services are provided in the family's home or within the community for approximately two hours per week. Providing services in these settings allows clinicians to address emotional, behavioral, and family needs where they occur in everyday life.



Contact Us



dwihn.org



24/7/365 HELPLINE
800-241-4949
(TTY/TDD) 711



707 Crisis Center
707 W Milwaukee Ave,
Detroit, MI 48202
(313)-989-9444



Home-Based Therapy Program

SERVING WAYNE COUNTY

OUR SERVICES

Home-Based Therapy focuses on strengthening family relationships, improving emotional and behavioral functioning, increasing stability, and helping individuals remain successful at home, at school, and in their community.

- Individual and family component
- Caregiver and parenting support
- Behavioral interventions and skill building
- Crisis and safety planning
- Case management
- School and community coordination
- Advocacy
- Connection to community resources
- Coordination with other professionals involved with the family



OUR WHO DO WE SERVE?

Our Home-Based Therapy Program serves individuals who:

- Are **7–20 years old**
- Reside in **Wayne County**
- Have **Medicaid**
- Have emotional, behavioral, or mental health needs that require a more intensive level of support than traditional outpatient therapy
- Meet the clinical criteria for Home-Based services
- Are able to participate in services for approximately **two hours per week in the home or community**

Home-Based Therapy may be appropriate for youth experiencing significant behavioral concerns, emotional regulation difficulties, family conflict, school challenges, difficulty functioning in multiple areas of daily life, or other mental health concerns requiring intensive family-centered intervention.

How to Participate

Contact the **DWIHN Access Center** for an assessment. Staff will review the individual's needs, eligibility and appropriate level of care.

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FREQUENTLY ASKED QUESTIONS

- **Where are services provided?**
 - In the family's home or community, based on individual needs.
- **How often are services provide?**
 - Approximately two hours per week, scheduled with the clinician.
- **Do caregivers participate?**
 - Yes. Caregiver participation helps families apply strategies outside therapy sessions.
- **What support is available?**
 - Clinicians assist with behavioral and emotional concerns, family relationships, coping, communication, crisis planning, school needs, advocacy and community resources.
- **Is this outpatient therapy?**
 - No. Home-Based Therapy is more intensive and includes greater family involvement, case management and care coordination.
- **How long do services last?**
 - Treatment length depends on clinical needs and progress. Transition planning begins when intensive services are no longer needed.