



Home-Based Therapy

What is Home-Based Therapy?

- Home-based therapy mostly takes place in the home
- Looks for and builds on your family's strengths. Is a family-focused therapy from a licensed therapist.

What Can You Expect from Your Home-Based Therapist?

- A personalized family approach
- Therapy in your home
- Kindness and Respect
- 4-8 hours per month of therapy in your home
- Therapy sessions that occur in different forms: with your child, with the whole family, and just with parents/guardians.
- Parent/Guardian commitment is vital to overall success in Home-based therapy.

What Issues Can a Home-Based Therapist Help Me and My Family With?

- **Personal and emotional issues:** Examples include anxiety, depression, and post-traumatic stress.
- **Juvenile delinquency:** Home-based therapy can be useful when working on unhelpful ways of coping and unhealthy behaviors.
- **Family issues:** Home-Based family therapy can help with building positive relationships, improving communication, applying structure and routine to your home, managing conflict, and problem-solving. It may also reduce stress and build upon family strengths.
- **Family preservation:** Help with understanding requirements of Children's Protective Services (CPS), providing support at court hearings. Help with foster care related issues if applicable.
- **Advocacy:** Exploring and identifying strengths of families to encourage growth in many settings like home, school, and other places in the community.

Time Commitment:

- Home-based therapy is an intensive, family-focused, in-home therapy program. You will meet with a therapist 4-8 hours a month. If at any point you do not feel like you can make this time commitment, please tell your therapist so that they can help you find a program or service better suited for your family.
- Groups are also available in addition to Home-Based Services. Group topics change so please ask your therapist about current groups. Groups are set up for various age groups, including children, adults, and parenting topics. Groups include evidenced based best practices.

Rescheduling:



- Life can get busy and there may be scheduling conflicts. If you need to cancel an appointment with your therapist, please call the office at 616-527-1790 and ask for your therapist. Additionally, if your child or another household member get sick, please contact your therapist to reschedule or set up a telehealth visit (if available).

No-showing appointments:

- If you miss an appointment, your therapist will reach out by phone. They will try to reach you at least two times by phone before sending a letter. If you do not respond to either the phone calls or a letter, your case will be reviewed for closure.

I have had the above reviewed with me and I understand. I got complete and unbiased information on services and supports available through The Right Door, community resources if I need them, and options for providers at The Right Door. I understand that if I want to change providers or see a listing of providers, I can request a copy or log onto the website at www.rightdoor.org and view the provider listing. Please contact customer service at any time if you have concerns about the services and supports, community resources, or provider options at 616-527-1790.

Signature of Person-Served/Parent/Guardian

Date

Printed Name signer

Signature of Provider that reviewed