

CBT/MI (Comprehensive Service)

Location: Home Based

Client: Family

Duration: Moderate – six month referral with option for extension

Payer: DCS

Summary:

This service has been recommended because a caregiver or youth has been indicated as having a mental health issue, and/or there is evidence of depression and/or anxiety.

This program offers approaches to assist clients in facilitating many types of behavior change including cognitive distortions which tend to reinforce feelings of anger and self-defeat. CBT is based on the premise that negative emotional and behavioral reactions are learned, and the goal of therapy sessions are to help unlearn these unwanted reactions and learn new ways of reacting. This model has been proven effective with youth and adults who have significant depression or anxiety, those who lack motivation, and those who need mental health treatment to safely change behavior. It can assist parents who appear to be unmotivated in taking initiative on behalf of their children, largely due to history and pattern of being a victim of childhood neglect/abuse, dysfunctional family patterns, domestic violence, or sexual assault. In addition, it can also be effective in addressing inappropriate discipline, and assisting with children who are noncompliant, have learning disabilities, social anxiety or bullying behaviors. This model also includes a component of Motivational Interviewing which can assist clients with their ambivalence about change.

CBT/MI Tier 1: 8 Hours of Direct service per week, with or on behalf of the family provided by a Therapist with some support services provided by a Bachelors/Paraprofessional.

CBT/MI Tier 2: 8 Hours of Direct service per week, with or on behalf of the family provided by a Bachelors level case manager, at least 1 hour of therapy a week provided by a Masters level therapist and some support services provided by a Paraprofessional.

CBT/MI Tier 4: 5 Hours of Direct service, with or on behalf of the family provided by a Bachelors level case manager with some support services provided by a Paraprofessional.