ALTERNATIVES FOR FAMILY- COGNITIVE BEHAVIORAL THERAPY

**Description of Service:**

This service is referred because of the indicated presence of child physical abuse, anger and verbal aggression, causing ongoing family conflict and/or child behavior problems including physical aggression. Treatment is offered to improve relationships between children and parents/caregivers by strengthening healthy parenting practices. Services also enhance child coping skills, maintains family safety, reduces the use of physical force by caregivers and the child and/or improves child safety/welfare and family functioning.

**Frequency/Duration:**

This comprehensive program works on a Tier Level system with Tier 2 being the most intensive, providing 8 hours of direct service by a Bachelor’s Level staff and at least 1 hour of therapy per week by a Master’s Level Staff with some support from a paraprofessional. Tier 4 provides 5 hours of direct service provided by a Bachelor’s level case manager and at least 1 hour of therapy with a Master’s level therapist with some support of a paraprofessional. This comprehensive service is intended to last for 6 months.

**Expectations:**

**Youth:** The youth must participate in the sessions as indicated by the therapist.

**Parent:** The parent must participate in the sessions as indicated by the therapist.

**Service Provider:**  The Service provider must make contact with the family and provide the hours weekly per the Tier level referred. The Service provider will keep the Probation Officer apprised of the progress the youth/family is making in treatment and will notify the Probation Officer of any non-compliance.

**Probation Officer:** The Probation Officer will send the case to their Service Consultant and provide necessary information for review. The probation officer will advise the Service Consultant if the service has been Court Ordered so the Service Consultant can make the referral. The Probation Officer will indicate to the provider what goals the provider should work on with the child and family and will remain in contact with the provider to monitor the progress of the youth and update goals if they change.