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Rapid Response Team Intensive In-Home Program for Families in Crisis

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Who am I?

- I have worked in the field of foster care and adoption for 23 years
- I work for Chaddock in Quincy IL
- I designed this program to prevent out of home placement
- I am a Certified Theraplay Therapist, Trainer and Supervisor and also trained in Dyadic Developmental Psychotherapy, Trust Based Relational Intervention, EMDR, Child Parent Psychotherapy, Trauma Focused CBT, and Non-Directive Play Therapy. I also completed a 2 year Family Therapy Training Program with Menninger Clinic



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Program Goals

- Deflect residential treatment
- Address gap in services between weekly therapy and residential treatment
- Get child out of "psychiatric hospitalization/discharge" cycle
- Intervene at family system level
- Help parents put theories into practice

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What makes program unique?

- Use of both clinical therapist and parent coach
- No geographic constraints. Teams go anywhere in US
- Services are *in-home* for multiple consecutive hours and days at a time (10-12 hours per day up to 5 days)
- Intervention teams are trained in an extensive array of models allowing each Intensive to be tailored to the specific needs of each family
- Use of Video
- School consultation available
- Pre-work/Follow-up



Treatment Approach

- Attachment-based and Dyadic Interventions
- Trauma-Informed Interventions
- Evidence Based Interventions
- Traditional Family therapy approaches
- In-Home Service



Program Phases

- Pre-Intensive Phase – by email, phone and skype and telemedicine system
- Intensive Phase – face-to face in family home
- Post-Intensive Phase – by email, phone, skype and telemedicine system



Pre-Intensive/Post-Intensive

PRE-INTENSIVE

- Family completes application
- Phone calls/Psycho Ed.
- Parent assessments, parent worksheets
- Standardized assessments
- Family Video for VIT
- Book reading assignments
- DVD video viewing assignments

POST-INTENSIVE

- Parent support
- Continued Psycho-Ed.
- Focus on treatment goals
- Barriers to implementation of recommendations
- Reinforce needed family shifts
- What's working and not working?
- Additional consultation

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Attachment-Based Interventions

- MIM - Marschak Interaction Method
- Feedback from Adult Attachment Interview (Mary Main)
- Theraplay® (Jernberg & Booth)
- DDP- Dyadic Developmental Psychotherapy (Daniel Hughes)
- TBR1 – Trust Based Relational Interventions (Purvis & Cross)
- ARC – Attachment Self-Regulation and Competency (Blaustein and Kinniburgh)

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Trauma Treatment Models

- TF-CBT - Trauma Focused Cognitive Behavioral Therapy
- EMDR – Eye Movement Desensitization Re-Processing
- Components of SPARCS – Structured Psychotherapy for Adolescents Responding to Chronic Stress
- Components of CPP – Child Parent Psychotherapy (also attachment-based)
- Components of Neurosequential Model (Bruce Perry)

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Other Interventions

- Family Therapy
- Couple Therapy
- VIT – Video Intervention Therapy



Funding Possibilities

- Private Pay
- Insurance
- Medicaid
- State Child Welfare monies
- Adoption Subsidy
- School Districts



Typical 2 Day Schedule

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|--|---|
| • 9:00-11:00 Psycho-Ed. Parent Therapy | 9:00-10:00 Family Therapy or Parent and child separated |
| • 11:00-12:30 Taping of MIM, Ind. Therapy with parents | 10:00-11:00 EMDR, ARC, SPARCS, TF-CBT |
| • 12:30-2:00 Lunch Plan MIM feedback | 11:00-12:00 VIT |
| • 2:00 MIM Feedback, Ind. Therapy with child, TF-CBT, EMDR | 12:00-1:00 Lunch Break |
| • 3:30 Family Therapy, Theraplay, DDP | 1:00-2:30 Family Therapy, Mindfulness practice |
| • 5:00 Dinner Break | 2:30-3:00 Parting ritual and good-byes |
| • 6:00-8:00 In-Home Observation and Coaching | |

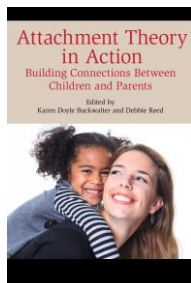


Parent Comments

- “You saved my child’s life.”
- “We have gotten more out of these 5 days than we got out of 5 years of therapy before this.”
- “Finally we found the right kind of help.”

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Upcoming Book!



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THANK YOU!

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