



# In-Home Stabilization Services



The In-Home Stabilization Program provides mental health support to children and youth who have recently experienced a mental health crisis, major life transition or are at risk of needing a higher level of care, through intensive, short-term, home/community based individual and family therapy, case management and mental health education.

## Overview

Stabilization Services provide intensive, individualized, family focused, home and community-based support for up to 6 months. The primary emphasis is on stabilizing the youth and family to prevent loss of placement or the need for a higher level of care. In addition to the therapist, a parent partner can join the team of support. Parent partners have lived experience navigating many of the circumstances and systems that participant families may face.

## Philosophy:

In-Home Stabilization Services prioritize trauma informed, culturally responsive collaboration with the participant and their family to develop and implement plans to address their complex needs. Therapists build on each family's strengths, provide information and education, and support connection with additional resources in the community. Family involvement is critical to program delivery, promoting within each family:

- Access – each youth and family has service options, and are encouraged to choose what works for them.
- Voice – each youth and family contribute their opinions, thoughts, concerns, and questions during all stages of planning.
- Ownership – each youth and family can decide if they agree with and voluntarily commit to any plan or suggestion.

## Services Can Address:

- Grief and loss
- Depression and anxiety
- Separation and adjustment
- School related concerns
- Emotional regulation challenges
- Social skills
- Family conflict

## Who We Serve:

- Children and youth age 3 yrs – 21<sup>st</sup> birthday with full scope Medi-Cal

### Participants must meet one of more of the following:

- Be a dependent of Alameda County Child Welfare
- Be on Probation in Alameda County
- Have recently accessed emergency mental health services or experienced a recent psychiatric hospitalization

## Referral & Contact

To initiate a referral, contact:

✉ [inhomeintake@fredfinch.org](mailto:inhomeintake@fredfinch.org)

☎ Lucia McCaleb, Clinical Supervisor  
(510) 846-9242

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Youth & Family Services

