

FRED FINCH YOUTH & FAMILY SERVICES

In-Home Stabilization Services

For more information, call (510) 482-2244 or visit
<https://www.fredfinch.org/in-home-services/>



Fred Finch Youth & Family Services is a leading mental health agency that delivers services across systems of care. Our mission is to provide innovative, effective services supporting children, youth, young adults, and families to heal from trauma and lead healthier, productive lives.

At Fred Finch, we welcome and invite people from all backgrounds to address life challenges in a safe and compassionate environment. We commit ourselves to working together with participants to navigate complex challenges that may include traumatic experience, mental health concerns, drug and alcohol use, or other disabilities. We provide innovative, effective services to support participants and their families to reach their goals.



In-Home Stabilization Services



In-Home Stabilization Services Program provides mental health support to children and youth who have recently experienced a mental health crisis through intensive, short-term, home/community-based individual and family therapy, case management and mental health education.

OVERVIEW

The In-Home Stabilization Program provides intensive, individualized, home- and community-based outcome-focused immediate treatment and ongoing support for up to 6 months. The primary emphasis is on preserving the family and home environment to prevent the placement of a youth in a group home or other higher-level facility through providing immediate treatment and ongoing support. The foundation of In-Home Stabilization services is in using culturally relevant, innovative strategies to minimize safety risks while increasing participants' safety, hope, resiliency, and the ability to problem solve. The program also works to link youth and children to existing services within Alameda County and to refer them to longer term services when necessary.

IH staff help participants address grief and loss, separation and adjustment issues, angry and depressive behaviors, parental conflict, acculturation and developmental issues, immigration and language issues, running away, social skills issues, and school avoidance, among other concerns. Each treatment team consists of a Supervisor and a Therapist. Parent Partner services are another valuable part of each team, and are parents themselves who have lived experience navigating many of the circumstances and issues that our participants and their families might be facing.

IH serves Alameda County children and youth age 3-21st birthday who are currently living at home. Services are available to youth involved with the foster care or juvenile justice system, in addition to youth coming out of psychiatric hospitalization at Willow Rock Center. Eligible participants are at imminent risk of hospitalization or placement in a group home or higher level of care, have a history of psychiatric hospitalization, and are at high risk of re-hospitalization without additional support.

Eligibility

To be eligible for IH services, children and youth must be between the ages of 3 and their 21st birthday, have full-scope Medi-Cal; are dependents of Alameda County Family Court or Probation, are deemed "seriously emotionally disturbed," and/or at risk for psychiatric hospitalization (or have been recently hospitalized). Recently discharged youth from Willow Rock Center and youth otherwise at risk of losing their home placement may also be eligible.

To initiate a referral, contact [Intake Coordinator Max Antor, MFT at 510-773-9520 or maxwellantor@fredfinch.org](mailto:IntakeCoordinatorMaxAntor@fredfinch.org).

SERVICES

Staff provide culturally relevant, strength-based and individualized services. Staff are also flexible and will meet participants where and when services are most convenient and effective. IH staff provide intensive services for up to 6 months, including:

- Plan development / assessment and treatment planning
- Individual and family therapy
- Rehabilitation
- Case management
- Crisis intervention

IH includes 24-hour on-call coverage for effective crisis management, aiming eventually to an increased capacity for families to handle crises on their own.

PHILOSOPHY

The program convenes "child and family teams" to offer a structure for youth and families to drive services, ensure a closer partnership with the existing child and youth system of care, and identify strengths and necessary supports.

Services prioritize collaboration with the participant and their family to develop and implement plans to address their complex needs. Successful plans rely on building on each family's strengths and encourage them to make helpful, caring connections with the community. IH staff and services remain focused on the needs of the participant and their family.

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