

## The Services We Offer

- Individual in-home clinical therapy sessions for LGBTQIA youth with a licensed social worker
- In-home clinical therapy sessions for LGBTQIA families and their youth
- Life skills support and community resource connections
- Trauma informed therapeutic approaches
- Cognitive Behavioral Therapy (CBT)

Out at Home conducts sessions with a licensed social worker in the comfort of youth and family's home. This helps support those experience anxiety or discomfort when outside of the home.



**The Home for Little Wanderers** provides a seamless continuum of vital programs and services for every stage of child and family

development. For more than 215 years, we've earned a reputation for doing whatever it takes to strengthen vulnerable families and keep children safe in their own communities, even when they don't have family support.

Serving children and youth from birth to 22, The Home makes a positive impact on over 12,000 lives each year through a network of services including behavioral health, therapeutic residential and special education, adoption and foster care. In addition, a number of innovative programs provide specialized assistance to youth transitioning to adulthood from state systems of care.

We continuously measure the impact of our work to develop and enhance our programs. We never give up on children. And we don't let children give up on themselves. By advocating on behalf of each and every one of them, we strengthen our families, our communities and our Commonwealth.

9/19



## Out at Home

An in-home therapeutic service for LGBTQIA youth and families



10 Guest Street, Boston, MA 02135  
888-HOME-321 | [www.thehome.org](http://www.thehome.org)





**Out at Home** is an outpatient, in-home clinician and therapeutic support service for LGBTQIA youth and their families. The program is operated in coordination with Waltham House, The Home's group home for LGBTQIA youth.

Out at Home uses Waltham House's 20+ years of expertise in therapeutic and clinical services to support youth and their families in an outpatient setting. This outpatient approach brings resources to youth that enable them to stay at home and strengthen their relationships with their family.



Many youth identifying as LGBTQIA experience discrimination, violence, and isolation as a result of their identities. Additional LGBTQIA are at a higher risk than any other adolescent population for self-injury and suicide. Often, they need acute support only available in residential programs.

Out at Home provides comprehensive in-home clinical and therapeutic support to keep children in their home and avoid the disruption of residential care. Youth who can remain at home experience less fracture in permanent relationships, education, and attachment.

Out at Home provides an opportunity to bridge important gaps for LGBTQIA youth and their families.

### Primary Goals of Out at Home:

- Offer in-home, clinical, and therapeutic services to keep youth in their home environments and communities
- Offer youth and families the support they need to strengthen their relationships
- Provide education for youth and families regarding LGBTQIA identities
- Support youth in developing life skills
- Explore and connect youth and families to LGBTQI community resources and supports
- Support LGBTQIA youth and families in reaching their full potential and building continuing relationships



**For more information about Waltham House:**

**Visit [www.thehome.org/waltham](http://www.thehome.org/waltham) or call 617-267-3700**