BEHAVIORAL HEALTH & CLINICAL SERVICES
AT THE HOME *for* LITTLE WANDERERS

Serving Children, while Strengthening Families

The Home for Little Wanderers is one of the largest providers of behavioral health services for children and families in Massachusetts.

We help children who have experienced complex trauma and are facing emotional, behavioral and mental health challenges through a wide range of clinical and support services, including family programs. Our teams of social workers, psychologists, mental health counselors, early childhood development therapists, marriage and family therapists, mentors and family specialists work in communities, clinics, schools and homes, where families need us most.

Our primary aim is to provide timely, culturally-responsive preventative support and stabilization services that help families function and feel better. We engage, care for and respect families and practice a "wraparound" approach, which puts the strengths, goals and vision of each child and/or family at the center of care and "wraps" services around them. This process allows families to gain new skills for managing the needs of their child, provides an ongoing support network and helps keep children at home with their families and in their own communities—where they grow best.

Our network of behavioral health programs focuses on what matters most: helping children and families thrive and succeed.

"I don't think I have ever felt this safe, and I am grateful that I was able to talk and meet with staff at The Home. Because of everything that The Home has done for me, I was able to receive new opportunities and express myself a lot more. I have definitely changed for the better." –A teenage client

HOW WE HELP

Operated by The Home and part of a statewide network of Resource Centers, **The Boston-Suffolk County Family Resource Center** connects families to community resources and offers support groups, workshops and practical programs for caregivers and youth. A specialized staff of clinicians, family partners and support workers, an attorney and school liaisons help families navigate city, state and court systems, advocate for youth within schools and provide brief assessments and referrals for therapeutic support.

The Center for Early Childhood offers a combination of therapeutic and consultation services. The Center works with children, parents/caregivers and professionals to help build and support strong social-emotional foundations for happy, healthy childhoods. The Center provides age-appropriate, culturally sensitive interventions for children and families in a variety of settings, including our child-friendly clinic, homes, early education settings, shelters and community spaces. Our staff promote a family-centered, strengths-based and equity-aware philosophy of intervention, engaging through relationship-based care to address issues including typical development, family transitions, trauma, attachment, anxiety and/or depression, chronic stress and preschool expulsion.

The Child and Family Counseling Center, The Home's licensed outpatient mental health clinic, provides treatment, therapy and prevention services to adults, children and their families who are facing emotional, behavioral, developmental or academic challenges. Many of those who receive services have experienced toxic stresses. Services include assessment, treatment, consulation, prevention services, medical evaluation, substance abuse counseling, and psychological and neuropsychological testing. Our clinicians are also embedded in over 50 schools.

Our **Children's Community Support Collaborative*** serves youth ages 5-19 with significant emotional and mental health needs. This community-based, hybrid program works to stabilize, strengthen and support children and families through in-home treatment, parent and youth support, care coordination, 24-hour crisis support and access to formal and informal community resources. The Collaborative's services are designed to keep youth at home with their primary caregiver, though there is a long- and short-term out-of-home treatment component.

Our **Community Service Agencies** provide individualized, family-driven coordination of care to meet the complex needs of children and families who are involved in child and family serving systems and may be experiencing emotional, behavioral, safety or mental health difficulties. Our team of clinicians and lived-experience professionals bring together families, providers and key natural supports to create a plan of care tailored to the unique needs of each child and family.

AREAS OF EXPERTISE

- Specialized trauma services
- Individual, group, family and couples counseling
- Crisis intervention
- Behavioral stabilization
- Child and family skills development
- Individual play therapy
- Psychological and neuropsychological testing
- Medication management
- Needs assessment and individual treatment plans
- Case management care coordination
- Sexual and gender identity counseling
- Specialized work with foster placements
- Pre-adoptive, adoptive and adoption disruption counseling
- Birth parent counseling
- Vocational and daily living supports

Our staff is trained in Cognitive Behavioral Therapy (CBT), Attachment Therapy, Dialectical Behavior Therapy (DBT), Child Parent Psychotherapy, Sensory Motor Arousal Regulation Treatment (SMART), Motivational Interviewing (MI), Trauma-Focused Cognitive Behavior Therapy (TF-CBT), Solution Focused Therapy, Narrative Therapy and Trauma Systems Therapy for Refugees (TST-R).

Safe at Home provides intensive in-home services for kids with behavioral health needs and their families, as an alternative to placing children in a hospital, foster care or residential program in times of crisis. Our Safe at Home team of therapists, therapeutic trainers, and mentors work with a child and their families for up to three months, and offer in-home therapy, therapeutic mentoring, family stabilization services and create safety and behavioral plans. The program is designed to be flexible and meet families where they are, so they can best access and sustain services.

Our **Therapeutic After-School Program (TASP)*** is a partial-day, clinically-focused program that offers youth ages 12 to 18 therapeutic, recreational, educational and family services within a safe and secure setting. Using structure, routines and activities, TASP helps children learn self-control, personal responsibility and experience successes that build self-esteem. In this interdisciplinary program, youth are taught study and daily life skills, social and recreational skills, coping skills and behavior management techniques.

Our **Out at Home** program provides outpatient, therapeutic support services for LGBTQ+ youth and young adults, families, couples and caregivers. Out at Home was created with the goal of keeping youth within their home environments and communities by offering comprehensive, specialized services and resources that educate, strengthen and empower. Our staff connects prospective clients to clinicians who have specialized training and lived experience, as well as community resources and supports.

Our **Parent Support Program** offers structured and open-ended groups and workshops for parents caring for children with behavioral and mental health needs within a safe and confidential environment. Parent Support Specialists lead our groups and are available for one-on-one support. Education Advocates offer individual consults with families and host workshops and support groups to help caregivers navigate the complex special education system. Programming is free and flexible to respond to the needs of the community.

Wediko New York at The Home offers school- and community-based programs for children who face repeated obstacles in development due to emotional, behavioral, environmental and learning challenges. Our programs provide direct student services and innovative treatment approaches that help children create a sense of belonging, develop competencies, discover safe environments, reinforce positive behaviors and build supportive communities. We advocate for children's mental health services and partner with school staff and administrators.

**These programs are only able to accept referrals by the MA Department of Mental Health.*

PRIMARY SERVICES:

- Outpatient therapy
- School-based therapy
- In-home therapy
- Family support and training
- Therapeutic mentoring
- Therapeutic training and support
- Intensive care coordination
- Early childhood clinical services
- Psychological testing
- Mental health consultation to schools and community agencies
- Navigating local child and family care systems

The Home recognizes that families may not always know which service is right for them or their child. We provide a single contact point from which our experienced clinicians can advise and determine the most effective program.

TO MAKE A REFERRAL OR FOR MORE INFORMATION, CALL CENTRAL INTAKE AT 855-240-HOME. FOR SERVICES, VISIT THEHOME.ORG/GET-HELP.

THE HOME FOR LITTLE WANDERERS

BETTER, BRIGHTER FUTURES FOR KIDS

For over 225 years, The Home for Little Wanderers has helped build stable lives and hopeful tomorrows for children who are abused, neglected or in at-risk circumstances.

Our 35+ community-based and residential programs serve thousands of children and their families across the Northeast. Many of these youth are victims of trauma, violence or shattered family lives. At The Home, we ensure their emotional, social, educational and physical well-being through a wide range of critical services. Because every child deserves happiness, and no child should go through life alone.

For more information about The Home's programs for children and families, visit www.thehome.org.

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