

Home-Based Individual and Family Counseling:

Home based counseling is intensive in nature, usually entailing several contacts of service per week. More or fewer contacts may be made depending upon individual needs of the family and/or their stage of treatment. The nature of the contact is typically an individual or family therapy session in the home. Telephone contact can be maintained throughout the week, based on the needs of the family. Home Based counseling is designed to be brief in duration (3 to 4 months) with the goal of family stabilization. The primary site of services is the home. Community contacts are also common to link clients to ongoing resources or to coordinate with other agencies that may be providing services to the youth and/or family. Office-based counseling occurs occasionally depending on the nature of the case.

Referrals can be made by the juvenile court (pre- or post-commitment status), the Department of Social Services, or community mental health agencies. The program also accepts referrals for youth identified through Comprehensive Services Act throughout Hampton Roads.

Specific expected outcomes of home-based counseling are:

- Prevent out-of-home placement or facilitate return home from an out-of-home placement.
- Resolution of the primary presenting problem.
- Increased ability to formulate solutions.
- Development of specific strategies for maintaining progress.
- Strengthen family and community relationships.
- Improved self-confidence and hopefulness for the future.
- Promote pro-social activities and associations.
- Reduce dependence on governmental agencies.

Home based counselors must be armed with more than the theoretical notions of family change. They must approach families with realism, humor, determination and persistence. They must have a strong belief in the value of families and be able to see and build on strengths in even the most difficult and chaotic situations. In all of our clinical and systemic interventions is the belief in respect, cooperation and creativity. All home based counselors are qualified mental health professionals with at least one year of experience with at-risk youth. Counselors are under the supervision of a licensed mental health professional and receive on-going training in Trauma Focused techniques, Motivational Interviewing, Cognitive Behavioral Interventions and Solution Focused techniques.

24-Hour Emergency Response

A counselor is always available for crisis situations 24-hours per day, 7 days per week. In addition, a clinical supervisor is also available to assist a counselor with a crisis, if needed.