

# Resources Appendix

## Inventory of Evidence-Based and Evidence-Supported In-Home Service Models in Ohio

High Intensity Models						Range of Intensity		
	IHBT	MST	ICT	Family Centered Treatment (FCT)	Intercept	MDFT	I-FAST	FFT
<b>Population of Focus</b>	Mental Health	Juvenile Justice (12 - 17.5)	Co-occurring MH/SU (11 to 18)	Mental Health	Child Welfare	Substance Abuse (11-18)	Mental Health	Juvenile Justice (11-18)
<b>Consistent with IHBT Service Delivery Model</b>	Yes	Yes	Yes	Yes	<b>With modifications:</b> licensed staff to provide individual and family therapy	<b>With modifications:</b> intensity; on-call; caseload; home and community-based delivery	<b>With modifications:</b> intensity; on-call; caseload; home and community-based delivery; licensed staff	<b>With modifications:</b> intensity; on-call; caseload; home and community-based delivery
<b>EBP</b>	<b>Research-Based:</b> Mental Health	<b>EBP:</b> Juvenile Justice; Problem Sexual Behaviors	<b>Research-Based:</b> Co-Occurring SU & MH	<b>Research-Based</b>	<b>Clearing House for FFPSA</b>	<b>EBP:</b> Substance Use	<b>Research-Based:</b> MH	<b>EBP:</b> Juvenile Justice
<b>Location</b>	Home and community	Home and community	Home and community	Home and community	Home and community	Office 40%; Home 60%	Home; Office	Office; Home
<b>Staffing</b>	Individual Licensed; Teamed: Licensed and QBHS	Licensed Individual	Licensed Individual	Licensed Individual	QBHS under supervision of team lead	Licensed	QBHS and licensed staff allowed	Licensed Individual
<b>Duration</b>	3 to 6 months	3 to 5 months	3 to 6 months	3 to 6 months	3 to 6 months	4 -5 months	Variable	3 to 5 months
<b>Caseload</b>	4 to 6	4 to 6	4 to 6	4 to 6	4 to 6	5 to 10	10 to 15	10-12
<b>Intensity</b>	Multiple weekly sessions 4 to 6 hours per week per family	Multiple weekly sessions 4 to 6 hours per week per family	Multiple weekly sessions 4 to 6 hours per week per family	Multiple weekly sessions 4 to 6 hours per week per family	Multiple weekly sessions 4 to 6 hours per week per family	1- 3 sessions per week	Variable to meet need of family	1 to 2 hours per week
<b>On-Call 24-7</b>	Yes	Yes	Yes	Yes	Yes	Variable	Variable	No
<b>Fidelity</b>	IHBT Fidelity Tool	Therapist & Supervisor Adherence Measures	ICT Fidelity Tool	IHBT Fidelity	Yes	Yes	Yes	FFT Fidelity Tools

## Core IHBT Service Delivery Model and Rule Components

Core Components	
<b>Intensity</b>	<ul style="list-style-type: none"> <li>• <b>Best Practice:</b> Frequency: Average of 3 meetings per week with youth, family, collaterals; 4 to 6 hours per week</li> <li>• <b>IHBT Rule:</b> The frequency and modality of contacts may fluctuate based on the assessed needs and unique circumstances of the child, adolescent, and family</li> <li>• <b>IHBT Fidelity:</b> Averages 3 hours per week and 2 face to face contacts</li> </ul>
<b>Small Case Load Size</b>	<ul style="list-style-type: none"> <li>• Best Practice: 4-6 families</li> <li>• <b>IHBT Rule:</b> up to 6 families</li> </ul>
<b>Brief Duration</b>	<ul style="list-style-type: none"> <li>• 12-24 weeks; average LOS in Ohio is 4.5 months</li> <li>•</li> </ul>
<b>Accessibility</b>	<ul style="list-style-type: none"> <li>• Services occur in the home, school, and community where youth lives and functions</li> <li>• Flexible scheduling and delivery of service to accommodate family's schedule</li> </ul>
<b>Crisis Availability and Response</b>	<ul style="list-style-type: none"> <li>• 24/7 availability of program staff to respond to crisis by phone or in person</li> </ul>
<b>Safety Planning</b>	<ul style="list-style-type: none"> <li>• Pro-active safety planning and monitoring</li> </ul>
<b>Cross-System Collaboration</b>	<ul style="list-style-type: none"> <li>• Active cross-system collaboration</li> </ul>
<b>Skillful Advocacy and Support</b>	<ul style="list-style-type: none"> <li>• Pro-active advocacy efforts, system navigation, and support enhancements</li> </ul>
<b>Comprehensive and Integrated Service Array</b>	<ul style="list-style-type: none"> <li>• Crisis stabilization, safety planning, skill building (individual and parenting); family therapy; Individual Tx. focused on trauma, resilience-promotion; cognitive interventions</li> <li>• Services and supports are matched to each family's presenting needs &amp; strengths</li> </ul>
<b>Operational</b>	
<b>Staff Composition</b>	<p><b>MST and IHBT-Single Clinician model:</b> single clinician provides all BH services necessary</p> <ul style="list-style-type: none"> <li>• Minimum team: 2 full time MA level independent and license eligible clinicians</li> </ul> <p><b>IHBT Teams Model:</b></p> <ul style="list-style-type: none"> <li>• A licensed staff and a QBHS or Certified Peer share a caseload and together provide all the BH services</li> </ul> <p><b>Both Programs:</b> Half-time to Fulltime FTE supervisor;</p>
<b>Qualifications of Supervisor</b>	<ul style="list-style-type: none"> <li>• Independently licensed with IHBT experience preferred</li> </ul>
<b>Supervisory Availability</b>	<ul style="list-style-type: none"> <li>• Supervisor is 24/7 available to IHBT staff</li> </ul>

**Referral Decision Making Criteria:**

<b>Population of Focus</b>	<b>Mental Health (Internalizing and/or Externalizing Disorders; High Psychiatric Acuity)</b>	<b>MH (Internalizing and Externalizing Disorders; High Psychiatric Acuity) &amp; Substance Use; 11-18</b>	<b>Juvenile Justice (Externalizing Disorders; Substance Use</b>	<b>Abuse and Neglect</b>	<b>High Functioning Autism and Mental Health Disorders</b>	<b>Family Systems Functioning</b>
Named services	IHBT; FCT; FBIT (Nationwide Children’s)	ICT; MDFT	MST; FFT	Intercept; HOMEBUILDERS	IHBT BH-ASD (under development)	FFT, MST, I-FAST; MDFT
Individual therapy	Yes	Yes	Not typically	No	Yes	Not typically
Family Therapy	Yes	Yes	Yes	No	Yes	Yes
Sensory interventions					Yes	
Age	5 to 18	11 to 18	11-18	Under 18	5-20	Model dependent
Cross-system collaboration; care coordination	Active cross-system collaboration	Active cross-system collaboration	Active cross-system collaboration	Active cross-system collaboration	Active cross-system collaboration	Model dependent
Special eligibility criteria	At-risk of placement due to MH	MH and SU diagnosis; at risk of placement due to MH/SU	JJ involvement, JJ diversion, or externalizing disorders	Family preservation: Youth and families involved with Children Services	At-risk of placement due to MH- ASD disorders	

### Decision points:

1. **Individual therapy:** Would the youth benefit from individual therapy and skill building? Consider IHBT, FCT, FBIT, ICT, IHBT- BH-ASD. MST primarily focuses on working with the parents to effect change in the family system and youth's behaviors. FFT focuses on family functioning to impact change in the youth.
2. **Age:** MST, ICT, MST and FFT have age restrictions. If youth is under the age of 11: IHBT; FCT; FBIT; Intercept; HOMEBUILDERS; IHBT BH-ASD
3. **Level of suicidal thinking:** IHBT; ICT; FBIT work with youth with high psychiatric acuity
4. Youth with **High Functioning Autism and MH:** IHBT BH-ASD
5. **Psychosis:** psychiatrically assisted IHBT; FBIT; ICT
6. Youth with **substance use disorders:**
  - a. Internalizing disorders only and SU: ICT
  - b. Externalizing disorder only and SU: MST, FFT, MDFT, or ICT
  - c. Internalizing and externalizing disorder and SU: MDFT or ICT

**MST:** Multisystemic Therapy: <https://www.mstservices.com>

**FFT:** Functional Family Therapy: <https://www.fftllc.com>

**IHBT:** Intensive Home-Based Treatment: <https://ihbtohio.org>

**ICT:** Integrated Co-Occurring Treatment: <https://case.edu/socialwork/begun/consultation-and-training/center-innovative-practices-cip/evidence-based-interventions/integrated-co-occurring-treatment>

**MDFT:** Multidimensional Family Therapy: <https://www.mdft.org>

**IFAST:** Integrated Family and Systems Treatment: <https://www.ifastmodel.org>

**FCT:** Family Centered Treatment: <https://www.familycenteredtreatment.org/the-fct-model>

**FBIT:** Family-Based Intensive Treatment:

To further assist applicants with selecting MST or IHBT, videos are available. To access the videos, please go to the links below and click the start icon ► in the lower left corner. (Register if prompted.) Each video is 30 minutes and provides information about the model and appropriate youth/family referrals.

**Multisystemic Therapy (MST) Video at:**

[https://cwru.zoom.us/rec/share/hCJdgixvn6mBIR\\_rGE0wRD5l-qxx3skLcSx\\_DJUmx\\_HINrMJvUfR71dDcrfLRrp.g4IX7aVKQH-MiGcZ?startTime=1659037692000](https://cwru.zoom.us/rec/share/hCJdgixvn6mBIR_rGE0wRD5l-qxx3skLcSx_DJUmx_HINrMJvUfR71dDcrfLRrp.g4IX7aVKQH-MiGcZ?startTime=1659037692000)

**Intensive Home-Based Therapy (IHBT) Video at:**

[https://cwru.zoom.us/rec/share/wwcs\\_49JQS6ysi8TKw9hsEBzi3QwHDXeHh\\_-fT7wLzC2ieSLqTa06UZeczKXMRiG.sHiHh7\\_VW8av4HLb](https://cwru.zoom.us/rec/share/wwcs_49JQS6ysi8TKw9hsEBzi3QwHDXeHh_-fT7wLzC2ieSLqTa06UZeczKXMRiG.sHiHh7_VW8av4HLb)

**Functional Family Therapy (FFT) Video at:**

[https://cwru.zoom.us/rec/share/RVbpdzYhvlYrVesBAj8UzDmYxqnSkz3CIZnUb-nRCYmXfB\\_lu\\_haYZZlh3NGBUK.DqrHRYRqeVZ\\_tvYN?startTime=1655389821000](https://cwru.zoom.us/rec/share/RVbpdzYhvlYrVesBAj8UzDmYxqnSkz3CIZnUb-nRCYmXfB_lu_haYZZlh3NGBUK.DqrHRYRqeVZ_tvYN?startTime=1655389821000)