

The CSA embodies a comprehensive “wrap-around” model to organize many community services and support for our families. The process is implemented through Intensive Care Coordinators who facilitate the coordination of services and Family Partners who are caregivers of youth with special needs. Both work closely with the parents or caregivers.

Recovery Support Services (RSS) provides the necessary addiction treatment supports for CSR's adult population, (18 years and older) residing in our housing and shelter programs. An important component is planning and assisting the client's access to aftercare services which are designed to prevent relapse and assist with the individual's transition from a culture of addiction to a culture of recovery.

The Community Support Program (CSP) is a voluntary program that provides time limited case management and support to individuals and their families. Our services target individuals who typically have a long-standing history of mental health, substance abuse, or previous inpatient psychiatric hospitalizations.

CSP services are provided to adults, adolescents, and children in any setting that is safe for the individual and staff such as home, inpatient unit, shelter, or day treatment program.

Outpatient Mental Health Clinic (OMHC) provides high quality, culturally competent, linguistically appropriate, mental health services and support. Our licensed services are community-based, individualized, strengths-based, and outcome oriented. We recognize that achieving well-being requires a holistic approach; therefore, our services include:

- Comprehensive Diagnostic Evaluation/Assessment
- Medication Evaluation / Management
- Individual Therapy
- Family Therapy
- Group Therapy
- Couples Counseling

About Us

Children's Services of Roxbury, Inc. (CSR) is a community-based, non-profit organization that began in 1968 and has successfully become one of the largest, minority-operated, human service providers in Massachusetts.

Our Mission: We strive to provide high quality services to economically disadvantaged children, youth, families, and individuals thereby promoting and strengthening family life and individual growth.

Currently, we serve over 6,000 people annually through 22 programs within four core areas:

- Center based and Family based Early Education and Care
- Emergency, Transitional and Permanent Housing for Individuals and Families
- Behavioral Health Services
- Foster Care and Youth & Family Supportive Services



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In Home Therapy



Children's Services of Roxbury
Strengthening Families across Massachusetts

Roxbury • Tewksbury • Worcester • Northampton

Children's Services of Roxbury • In Home Therapy

Program Description

Having mental stability provides the opportunity for individuals to engage in productive activities and fulfilling relationships as well as the ability to adapt to change and cope with adversity. Mental Health is essential to personal well-being, successful relationships, and one's contribution to society.

In-home therapy (IHT), a program provided under the Child Behavioral Health Initiative (CBHI), is a structured services offered to qualified youth and their families. The in-home therapy model consists of a clinician who works in collaboration with a therapeutic training and support staff (TT&S) person. Together, they utilize a team approach to provide consistent, strength-based therapeutic services to address the youth's behavioral health needs. This is partially done through the building and strengthening of the relationships between and youth and their families. Interventions are designed to enhance the family's capacity to support the youth's functioning both in the home and community while preventing admission to an inpatient facility or any other removal from the home. In-home therapy also strives to develop the family's ability to effectively support the youth in a manner in which he/she is able to recognize his/ her own healthy functioning and how it relates to their role within the family.

Techniques

The IHT team (comprised of qualified practitioners, youth, and family) develops a treatment plan. By using established psychotherapeutic techniques and intensive family therapy, the team works with the entire family (or a sub set of the family) to implement tasks, interventions, and behavioral techniques in an attempt to:

- Enhance problem solving
- Develop limit setting
- Outline risk management/safety planning
- Increase communication
- Facilitate skill building to strengthen the family
- Accomplish therapeutic goals
- Increase patterns of effective interactions to address interpersonal skills
- Identify and utilize community resources
- Maintain natural supports for the youth and parent/caregiver(s) in order to promote sustainability of treatment gains

Phone contact and consultation are provided as part of the intervention.

After Hours Information:

We are accessible to our clients 24 hours a day, 365 days a year by phone at 617-989-9499.

Appointments for In Home Therapy are available 8:00am to 8:00pm, 7 days per week, 365 days per year by calling 617-989-9499. The caregiver or youth needs to be aware of the referral so that they are prepared for outreach from IHT team members.

Our Practice

We offer a host of mental health services provided by professionals including psychologists, social workers, licensed counselors, and psychiatrists.

Who We Serve

Children and youth under the age of 21 who have challenges ranging from situational to serious mental illnesses.

Health Insurances Accepted

We accept MassHealth Standard or Common Health from the following Managed Care entities:

- Massachusetts Behavioral Health Partnership
- Neighborhood Health Plan
- Boston Medical Center Health Net Plan
- Network Health
- Fallon

Additional Behavioral Health Services offered by CSR:

The **Community Service Agency (CSA)** in conjunction with the Massachusetts Child Behavioral Health Initiative (CBHI), Children's Services of Roxbury (CSR) coordinates intensive care services for families in the Greater Boston region seeking mental health and family support services for their children under the age of 21.

