



## INTENSIVE COMMUNITY SERVICES

Riverside's Intensive Community Services is a home-based program to support and stabilize youth ages 6-19 with severe emotional disturbances who are at risk for out-of-home placement. The ICS team provides weekly home-based family therapy, parent support, youth mentoring, youth and family outreach, and care coordination, as well as connections to community resources and supports.

In addition, ICS can arrange out-of-home care if needed, with the long-term goal of returning the youth to their family and community. The ICS team will continue to work with the family and staff throughout an out-of-home placement to support the goal of family reunification.

### The ICS Team

*Each family works with these team members:*

#### Clinician

Engages the youth and family in weekly family therapy and parent coaching sessions to support specific treatment goals leading to improved peer, family, and school relationships. Clinical interventions are designed to manage symptoms, improve self-regulation, and enhance emotional well-being, social skills, self-efficacy, and family resiliency. The clinician provides ongoing safety assessment and crisis support.

#### Outreach Worker

Meets weekly with youth to help them practice and apply skills for coping, daily living, self-regulation, and self-care. Supports youth and family participation in recreational, cultural, and artistic community and social activities. Supports youth in weekly family therapy participation, and in communication and self-advocacy skills. Provides updates to parents and other team members.

## Riverside Community Care

Leading the Way in Behavioral Healthcare & Human Services

*Additional team members may provide care as well:*

**Peer Mentor** Offers education, modeling, guidance, and support to the youth in a variety of settings including home, school, and community. Listens from a peer perspective, encourages the youth's unique gifts, and fosters their communication with family, friends, providers, and others. Shares personal experiences in order to inspire and motivate, and to demonstrate that recovery is within reach. Provides updates to parents and other team members.

**Family Partner** Provides education, coaching, modeling, and guidance to parents and caregivers. Supports their development of networking skills, informed and collaborative decision-making, and leadership. Shares personal experiences to encourage hope and offer inspiration.

**Occupational Therapist** Supports youth and family on child development issues, including assessment of sensory, self-regulation, and life skills.

**Consulting Psychiatrist** Consults on individual cases on a monthly basis.

### Program Referrals

This is a closed referral process; the family must provide a full Department of Mental Health (DMH) application with supporting documentation and be eligible for DMH services. The family then meets with DMH to determine whether the client meets the criteria for DMH services. *If you have questions about the program, call **Heather Percy, Program Director** at 617-420-5696 x5712.*