



FAMILY INSPIRED THERAPY



Family Inspired Therapy is treatment to address communication and structure challenges within the family.

A Master's Level Therapist works in conjunction with the parents, siblings and other family members to strengthen relationships and discover new patterns of interaction.

WHO WOULD BENEFIT FROM FAMILY INSPIRED THERAPY?

- Appropriate for consumers seeking to expand therapy to include the family, or those who have had family therapy and are ready to step down to a less intensive service.
- Treatment supports the child, as well as strengthens the family, through improving functional communication and structure within the home.

HOW LONG DOES FAMILY INSPIRED THERAPY LAST?

- Consumers and families may receive up to six hours of therapy each week for a maximum authorization period of 36 weeks.
- In most cases, sessions are held two to three times a week. Therapy can occur in the community, home and school settings.

HOW DOES MY CHILD QUALIFY FOR FAMILY INSPIRED THERAPY SERVICES?

- In order to qualify for the Family Inspired Therapy program, participants must have a qualifying Axis 1 diagnosis such as depression, anxiety, ADHD or an autism diagnosis documented by a licensed psychologist or psychiatrist in an evaluation report.
- The service can be recommended through a psychological evaluation or an Interagency Service Plan Team (ISPT) meeting.

WANT TO KNOW MORE?

To learn even more about our Family Inspired Therapy and our other available services, please visit our website at www.BBHI.org