



**LINCOLN
FAMILIES**

CHANGING LIVES | STRENGTHENING COMMUNITIES



FAMILY: INTENSIVE HOME-BASED SERVICES (IHBS)

Program Summary

- Purpose: Providing intensive supports in the home and school for youth involved in foster care to live healthier and more productive lives, and supports for families to stabilize and stay together
- Serves approximately 40 children and youth, ages 3-21, in Contra Costa County Provides culturally responsive, trauma-informed, relationally-based supports through a variety of ways:
 1. Family-Focused Assessment – Identifying the youth and family’s strengths, cultural factors, and areas for change; then working together to develop a family-driven individualized plan;
 2. Plan Implementation & Coaching – Utilizing culturally responsive evidence based interventions, working with children and families to learn new behaviors and coping skills;
 3. Coordination of Care – Collaborating with service providers, school personnel, and others to strengthen stability and permanence and connect families with much needed services.
- Budget: \$439,635; Funding: Government Contract – Contra Costa County Behavioral Health Services (CCCBHS)

The Need/Gaps We’re Addressing

Few events are more traumatic for children than being removed from their families and entered into the foster care system. This transition affects their physical and emotional health, development, academic success, and the adults they will become. The experience of significant loss also disrupts attachments and requires an approach that addresses both the behaviors and deeper underlying wounds caused by complex trauma.

IHBS Program Director

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The Leadership Team

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IHBS Webpage

<http://lincolnfamilies.org/programs-services/family/intensive-home-based-services>

For more information please call
510.273.4700



Outcomes/Impact

- 100% of youth retained stable placements and were not diverted back to institutions
- 91% of caregivers reported increased confidence in managing their child's behavior

Call to Action

- A \$500 gift provides therapy tools for school-aged children and youth coping with trauma;
- A \$1,500 gift provides 3 families in crisis with funds to assist them as they stabilize and meet obstacles impacting their child's placement at home;
- \$30,000 in funding supports an agency vehicle to help staff who are driving many miles to provide services where youth and families are throughout the county and beyond.

Mara and Ella's Story:

Mara and Ella, siblings in a foster home, had experienced dramatic physical abuse, neglect, and had exposure to a lot of domestic violence. Both children were exhibiting violent and aggressive behaviors, including self-harm. Mara and Ella's mother, Janet, was able to address and work through some of her trauma and heal. The work that Janet did on herself allowed the IHBS team to build rapport and engage with the entire family, working to support not only the children but Janet and the father, Rodger, resulting in a significant decrease in maladaptive behavior. At the end of IHBS treatment, Mara and Ella were able to reunite with Janet and reunite with a third sibling, within the home.