



HOME AND COMMUNITY TREATMENT (HCT)

WHAT IS HOME AND COMMUNITY TREATMENT?

A team-based treatment approach that includes a **therapist** and a **BHP** (Behavioral Health Professional) working in the youth's home and community with their entire family to help understand and reduce behaviors that are negatively impacting daily life. HCT hours are determined by clinical need and average 4 to 10 hours in the home or community per week for an average of 6 months.

WHO IS ELIGIBLE?

A child or youth aged 0 – 21 with [MaineCare](#) or under age 19 with the [Katie Beckett waiver](#) and a mental health diagnosis who has a need for intensive treatment beyond outpatient therapy. This service requires that youth and their caregivers participate in treatment.

HOW DOES IT HELP?

HCT is different for each family based on the needs of the youth and family. It can include individual therapy, family therapy, and BHP assistance focusing on building skills in specified areas. The HCT team can:

- Provide education about your child's diagnosis
- Complete assessments with your family and youth to determine the most appropriate treatment interventions
- Help identify youth and family strengths and needs
- Work with families to develop a treatment plan
- Help families identify stressors and triggers
- Help develop and maintain skills to manage concerning symptoms
- Help families develop coping skills
- Help youth build skills to regulate their feelings thoughts and behaviors
- BHPs will support families in practicing skills identified with the therapist

HOW TO ACCESS HCT

For more information about HCT, talk to your targeted case manager or other provider, or visit the [Children's Behavioral Health website](#).

If you do not have a [case manager](#), you may find it helpful to get one. You are also encouraged to call the [CBHS Family Information Specialist](#) You may also reach out to a [Family Support Organization](#).

If you have a case manager they can help you apply for HCT services through the [statewide referral process](#) or you can fill out the application [here](#). If your child is eligible, [KEPRO](#) will match you with a HCT provider.



HCT in my home helped me and my family work as a team and made me feel better.

-Youth