



YCS *In-Home Behavioral Support Program (IHBS)*



What is the In-Home Behavioral Support Program (IHBS)

The purpose of the **IHBS** Program is to preserve the placement of children whose behavior and emotions are affecting their placement in the resource family home by providing therapeutic interventions such as cognitive behavioral therapy, play therapy, art therapy, mindfulness-based therapy, family therapy, and more.

Services are short term on an average of 12 sessions. Individual and family therapy sessions are provided to the foster child and resource family.

**YCS is committed to
*Keeping Families Together***

IHBS Services

I.H.B.S provides a minimum of one hour of therapy each week in the home of the resource family that focuses on the specific needs of the child. Counseling sessions may include individual, family and play therapy, and psycho-education plans for stress responses and trauma triggers, as well as, resourceful skills for caregivers.

Goals of IHBS

The expected outcome of the service is aimed at stabilizing and preserving the current placement. This is done by:

- ◆ **Addressing the behavioral and the emotional issues stated in the presenting problem.**
- ◆ **Equipping the client with skills to deal with issues of separation, loss, and emotional distress.**
- ◆ **Addressing the needs of the resource parents as it pertains to the placement.**
- ◆ **Acting as a liaison between resource parents, DCP&P workers, schools, and community resources.**

Who does IHBS Help?

Children in foster care, ages 3-18, who are affected by the trauma of abuse and neglect and whose placements are at risk of being disrupted.

Children whose resource families have expressed concerns about the child's behavioral challenges in the home community, and school. These behaviors may include:

- ◆ hyperactivity
- ◆ oppositional defiance
- ◆ aggression
- ◆ learning difficulties
- ◆ issues pertaining to loss and abandonment

Referral Process

Referral forms are sent from DCP&P local offices in Bergen, Hudson, Morris, Passaic Sussex and Warren counties to the YCS program coordinator



YCS In-Home Behavioral Support Program

For more information, please call

**Pia Ababon, MA, LAC
Master Level Counselor
Program Coordinator**

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About YCS

Established in 1918, Youth Consultation Service (YCS) is a non-profit social services and behavioral health agency dedicated to advocating, educating, sheltering and caring for vulnerable children and families in more than 60 educational, residential and community-based programs throughout the state.

In 2010, YCS established Sawtelle Services to meet the needs of children, teens and young adults with I/DD and autism. YCS Sawtelle operates an in-home program, residential services and a learning center.

YCS Mission

To partner with at-risk and special needs children, youth and young adults to build happier, healthier more hopeful lives within families and communities.

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