

Home and Community Treatment (HCT)

Program Description

HCT is a home-based and family focused service. HCT provides intensive, time-limited intervention and treatment services for children and families experiencing conflict.

Behaviors and Issues Addressed

Behaviors and issues addressed through HCT include (but are not limited to):

- • aggression
- • noncompliance and defiance
- • anxiety
- • truancy
- • running away
- • grief and loss
- • neglect
- • family instability/violence
- • divorce
- • substance abuse
- • Autistic Spectrum Disorder
- • avoidant behavior

The HCT Team

HCT clinician – a licensed therapist who will evaluate needs, guide treatment, and make clinical decisions/recommendations.

HCT Behavioral Health Professional (BHP) – provides additional coaching and reinforcement to family members.

Evidenced-Based Practices Utilized

- EBP's utilized include:
 - ABC
 - PCIT
 - MATCH
 - TF-CBT

Parent/Caregiver and Family Responsibilities

Parent/caregiver will have an understanding that the work will primarily be done with the adults in the family system and that HCT is not a service that works only with the child.

Parent/Caregiver and Family Responsibilities (continued):

Other family members, including other children, may be invited to participate as indicated.

Parent/Caregiver and Family Responsibilities (continued):

Parent/caregiver will understand that HCT is a time-limited service, generally lasting for 3 to 9 months.

Parent/Caregiver and Family Responsibilities (continued):

Parent/caregiver will report any safety concerns for their child to HCT personnel, including signs of potential harm to self or others, or other unsafe conditions that might put their child at risk, and will work with the HCT team to address these safety concerns.

Parent/Caregiver and Family Responsibilities (continued):

Before ending treatment, parent/caregiver, family members, and the HCT team will work together to develop a transition/discharge plan.

Contact Information

Holly J. Zack, Ph.D.

Kennebec Behavioral Health

Email: hzack@kbhmaine.org

Phone: 207-861-2920