

Intensive Behavioral Health Services – What is Evidence Based Therapy?

What is the purpose of this resource?

The resource will provide families with information on IBHS and an explanation of Evidence Based Therapy.

What is IBHS?

IBHS provides supports for children, youth or young adults under the age of 21 with mental, emotional or behavioral health needs. To qualify to receive IBHS the child, youth or young adults must have a behavioral health disorder diagnosis. Services can be provided in the home, school or other community setting.

What is Evidence Based Therapy?

- Evidence Based Therapy (EBT) can be provided through Individual Services, ABA Services or Group Services. EBTS are behavioral health therapies that use scientifically established methods.
- The following are examples of EBT:

1. **Multi-Systemic Therapy (MST):** MST is an evidence-based therapy for youth or young adults and their families, which targets behaviors that lead to criminal activity and other juvenile offenses. It is used to address all environments that impact high risk youth -homes and families, schools and teachers, neighborhoods and friends. Individuals who provide MST are on call 24/7. MST is used to help empower parents and caregivers, work with parents and caregivers on focusing the youth or young adult on school or gaining job skills, and introducing the youth or young adult to recreational activities as an alternative to hanging out with anti-social peers.



What is Evidence Based Therapy? (Continued)

2. **Functional Family Therapy (FFT):** FFT is an evidence-based therapy for at risk adolescents who are 11-18 years old and their families and is used to address delinquent behavior. FFT is a short-term intervention program that includes about 12-14 sessions and lasts 3-5 months. It is primarily for adolescents referred by the juvenile justice, mental health, school or child welfare system because of behavioral or emotional problems.

Where can I find more information and resources on IBHS?

- Visit: <http://www.healthchoices.pa.gov/providers/about/behavioral/inbehavioralhs/index.htm>
- Visit ASERT's IBHS resource collection at: paautism.org/IBHS

