Clinical Guidelines and Service Definitions

Intensive Therapy – Family

Funding Stream
- Private insurance companies and Medicaid both cover therapy. These need to be exhausted before attempting to use Core Services as a funding source for family therapy.
- Core Services should only be used to pay for therapy if there is no insurance or no other funding source.

Definition of Service
- Service goals are centered on promoting child and family safety and family protective capacity.
- Intensive Family Therapy is family-centered, and focuses on interactions of family members (and other systems that impact the family (i.e. DHS). It helps the family identify destructive patterns and define new, healthy patterns for interaction. Family therapy focuses on resolving the presenting problem, and may include two or all members of the family in the office with the therapist at one time. It generally occurs in clinic. However, it may take place in the home or community. Family therapy should be individualized to each family, and should identify measurable goals/anticipated outcomes that are consistent with the FSP.

Measurement of Success
- Client demonstrates empathy for the experiences and needs of her/their and responsibilities entail, the consequences to the children should they fail to protect, and is able to articulate and demonstrate that they value and believe it is their primary responsibility to protect the children.

Estimated Length of Treatment:
Three to five months with transition to lower level

Frequency of Services:
- Up to two hours of service per week.
- May use in combination with one other service (i.e., Intensive Group or Intensive Individual Therapy) up to four hours.
- This service will not be offered with any other type of Therapeutic service (i.e., Domestic Violence Individual, Sexual Abuse or Substance Abuse)

Provider Credentials:
Therapists providing Intensive Family Therapy services will:
- Be Licensed or have a Master’s Degree and has passed State of Colorado written licensing exam in any one of the mental health licensing areas (LPC, LMFT, LCSW), and
- Be working under the weekly supervision of a Master's level licensed provider.
Clinical Guidelines and Service Definitions
Intensive Therapy - Family
Continued

In addition to the above requirement, providers must have the following credentials to provide services for El Paso County clients.

- Present documentation outlining specialized training, workshops, or experience in Family Therapy and Risk/Safety Assessment.
- Unlicensed providers will receive a minimum of four hours per month of documented clinical supervision/case review from an approved supervisor. An approved supervisor shall have three years post-licensure experience in provision of Family Therapy.
- A minimum of eight hours of annual continuing education, training, and workshops will be mandated by each employer.

The workload will be no more than 12 Core Services families per week for each direct service worker.

**Provider Responsibilities:**
Refer to *Core Services Handbook or Provider Manual*.

Providers will have monthly direct personal contact with caseworkers to discuss the status/progress of the case.

**Caseworker Responsibilities:**
Refer to *Core Services Handbook or Provider Manual*. Additionally caseworkers should notify the therapist if any other services are in place.

**Staffing:**
Staffing will be held as needed. Each staffing should:

- Be strength-based, family-centered, and
- Identify clear goals, objectives, interventions, and time lines.