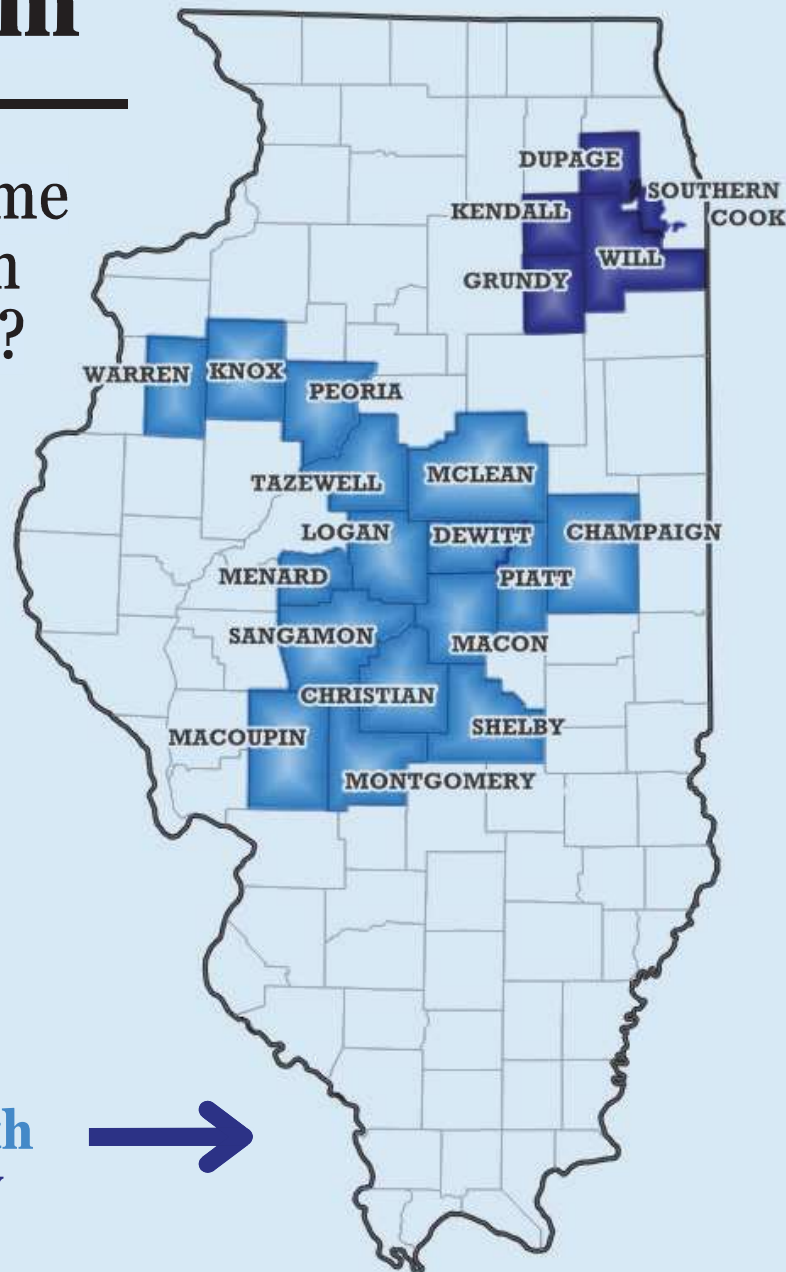


In-Home Behavioral Support Program

Are you looking for in-home services for a child with an autism spectrum disorder?

The In-home Behavioral Support Program provides in-home help for youth ages 8-17 who have autism as well as emotional challenges, mental health conditions, or other behavioral health needs. The program helps the youth practice new skills and cope with emotions, among other supports.



Services offered by **SpringHealth Behavioral Health** and **Trinity Services** in these counties

When and Where?

Services will be offered at times that are best for you and your family—before school, after school, in the evenings, or on weekends. They can happen at your home, and can be done in person, by phone, or by video.

How Often?

At least 2 hours each week, based on your family's needs and what the treatment plan suggests.

How Long?

Services will last for about 6 months, but some families may need more or less time, depending on what they need.

Interested? Reach out to dhs.dbhr.beacon@illinois.gov to learn more!

IN-HOME BEHAVIORAL SUPPORT PROGRAM

This program will provide in-home help for youth ages 8–17 who have autism as well as emotional challenges, mental health conditions, or other behavioral health needs.

The program is for youth who are leaving a hospital or psychiatric facility, at risk of needing to go to one, and/or need extra one-on-one help at home.

The services include:

- Helping your child practice new skills
- Guiding your child when needed and helping them calm down
- Supporting your child in coping with their emotions
- Working with other support services your child is already receiving, like therapy
- Helping understand emotions and learn about how kids develop
- Practicing how to interact with friends and family
- Assisting your child in practicing new skills through fun activities like role-playing
- Encouraging and celebrating your child's progress and successes

Some of the challenges youth using this program may face include:

- Frequent hospital visits or stays
- Trouble staying in residential settings
- Difficulty staying calm during transition times
- Behavioral outbursts
- Difficulty maintaining support from friends or family members
- Concerns about the youth's safety or the safety of other children in the home

Responsibilities for Parents and Caregivers:

- Keep track of the scheduled appointments with the Behavioral Support Worker
- Know that the Behavioral Support Worker cannot provide transportation
- Be at home during the appointments and stay home while the worker meets with your child
- Share information about any treatments or behavior strategies your child is already getting
- Help the worker understand what your child likes, dislikes, and what might cause certain behaviors, as well as how mental health is talked about in your family
- Provide a location in the home where the worker can meet with your child
- Tell your child who the Behavioral Support Worker is and explain what they will be doing together
- Meet with the worker after each session to talk about how it went and how to keep supporting the skills your child is learning
- Work with the worker to make a safety plan

Program details:

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- **How Often:** At least 2 hours each week, based on your family's needs and what the treatment plan suggests
- **How Long:** Services will last for about 6 months, but some families may need more or less time, depending on what they need

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