

Intercept[®] – A Program of Youth Villages

Helping children and families live together safely whenever possible

How Intercept Works

Intercept provides prevention and reunification services that include intensive in-home parenting skills and mental health services for children and their families. Intercept services are delivered in each family's home and community; Intercept is not an office-based program. Intercept is designed to meet the needs of both caregivers and youth. Below are some of the key components offered in the program.

Clinical Oversight

Specialists receive guidance from their direct supervisor, as well as a licensed clinician who is a trained expert in the model, to ensure implementation of sound clinical practices. All treatment plans are approved to confirm safety practices are highlighted and long-term success is the primary focus of services. Service planning and implementation utilize Youth Villages' clinical portal, a tool to aid in case conceptualization and ensure that the most appropriate research-informed intervention is delivered based on driving factors. The case conceptualization process ensures that Intercept services are individualized to each youth and family.

Service Coordination

If a child or family's needs are beyond the typical work done by Intercept, the specialist coordinates with community providers working with youth and families including schools, medical professionals and family support services. These services are intended to be in place prior to discharge, in order to teach and empower families regarding how and when to access services going forward.

Individual Youth Support

Specialists work directly with each youth to build rapport and determine the best approach for that youth. Interventions related to youth behaviors are determined through the case conceptualization process, which is led by a licensed clinician who is a trained expert on the Intercept model.

Family and Other Caregiver Support

Specialists work with the entire family and support system for each youth, including providing parenting skills education such as consistency, appropriate discipline techniques, communication and coping strategies. Caregiver support also includes specialists assisting the caregiver in addressing their own mental health needs.

At the core of the program are the one-on-one services provided by Family Intervention Specialists to caregivers, youth and others in the home environment.

Family Intervention Specialist

Family



Assess and Plan

Specialists use various family and youth assessments to gauge the needs and strengths of the youth and family throughout the program. These assessments inform each youth and family's goals and activities in different domains, like safety in the home, educational needs of the youth and building parenting skills.

Meet Regularly

Specialists provide intensive support and services to youth and families, meeting an average of three times weekly. Specialists are also on call 24/7 for high-risk events and crises. Specialists design treatment plans, with oversight from the licensed clinician, in full collaboration with all involved parties. Treatment plans focus on safely maintaining the youth in the home, while working on goals for a healthy and successful family environment.

The program typically lasts four to nine months, depending on the type of referral (typically, four to six months for prevention or six to nine months for reunification).

Youth and families can access other supports.

Education and Job Support

Youth who require support in the school environment have access to interventions designed specifically to build academic skills and address school-related behaviors, including truancy. The specialist teaches these strategies to youth, and then teaches the caregiver(s), so that progress may continue after discharge. Specialists may also work with caregiver(s) to support finding post-secondary training or job opportunities, if needed.

Financial Support

Youth and families can access flexible fund for unexpected expenses, such as tutoring, family emergencies, access to basic needs (i.e. food, clothes, school supplies, etc.) and housing support fees.

Building Natural Supports

Youth and families are encouraged to employ strategies to develop supports and services already available in their community that may be unknown or underutilized by family members. Specialists help families access community resources and develop social support networks in their natural environment (extended family, neighborhood, church, school, etc.). Development of these supports and awareness of community resources provides a safety net for events that may happen in the future.