

# Definitions of Program Types

## Introduction:

IARCCA has attempted to make a distinction in these definitions between "programs" and "services." Services are those activities and components that are provided to the child and family within a program. When deciding which area a particular program would fit, agency personnel must ask, "Is this a program or is this a service within another program?"

In developing the definitions for these five broad program types it was decided that a child may participate in only one program at any given time. This does not mean, however, that a child may not receive services that are more consistent with another program type (e.g., a child in a foster care program receiving independent living services).

- I. **Home-Based Programs:** Home-based programs provide intensive services to a child within his/her identified family system. A major component of home-based programs is to provide and access services that wrap the identified child (ren) and the identified members of his/her family with resources and support within the local community.
  - a. A goal of home-based programs is to help families achieve a level of functioning necessary to maintain that child in the family and/or return the child to his/her family by reducing the risk factors that may contribute to or prolong an out-of-placement.
  - b. This includes programs that provide intensive case management and/or therapeutic support within the home, such as family preservation, family reunification, and pre-adoptive services.
  - c. This does **not** include after-care services provided within other programs, such as foster care, when that service is considered a part of the out-of-home care program.
  
- II. **Day Treatment:** Day treatment programs allow youth to live in the community while receiving therapeutic and support services outside their home. Generally these services are provided up to fourteen (14) hours per day for up to six (6) days a week.

**III. Residential Programs:** Residential programs provide a therapeutic 24 hour structured, safe treatment setting for children. A major component of residential programs is to address the emotional, behavioral, educational, and family, related issues of (for) each child.

- a. A goal of residential programs is to teach the child more appropriate strategies for successful community reintegration.
- b. Three specific types of residential programs are described below.
- c. Residential programs do **not** include crisis care programs, acute care programs, diagnostic programs, and shelter care programs.

**IIIA. Programs Utilizing Only Public Schools:** Children attend public schools and participate in extra-curricular activities, as appropriate. Community and in-house resources may be utilized for recreation, counseling, tutoring, and employment. Home visits and family visitations are provided as defined in the treatment plans. Awake night staff is optional.

**IIIB. Programs Utilizing Public and On-Grounds Educational Services:** Education may be provided on-grounds, at public school, or a combination of the two. An on grounds educational program exists and is used for some of the clients. Community and in-house resources may be utilized for recreation, counseling, tutoring, and employment. Home visits and family visitations are provided as defined in the treatment plans. Awake night staff may be utilized.

**IIIC. Locked Secure Treatment including those Licensed as a Private/Secure Facility:** All services are provided within the facility. Children cannot leave the living unit unless accompanied by staff, do not attend public schools, or have off-campus jobs. Family visitation is generally in the facility unless a staff person accompanies resident. Awake night staff required. Higher staff to child ratio, more intensive treatment services.

**IIID. PRTF - Psychiatric Residential Treatment Facility:**

A PRTF (Psychiatric Residential Treatment Facility) client is one who is placed for medically necessary services in a Medicaid approved PRTF facility. Funding for the child is provided through the PRTF fund. In Indiana the facility must be licensed as a private, secure, child-caring institution and must be accredited by one of three accrediting bodies: Joint Commission for Accreditation of Health Care Organizations (JCAHO), American Osteopathic Association (AOA) or the Council on Accreditation (COA).

**IV. Foster Care Programs:** Foster care programs provide community-based services to a child

in a family or mentor setting other than his/her own family on a long or short term basis.

- a. A goal of foster care programs is to meet permanency goals such as family reunification, emancipation, adoption, and/or community reintegration from residential or institutional settings.
- b. Two specific types of foster care programs are described below.
- c. This does **not** include group home programs, shelter care programs, or home-based programs provided to a child with his/her relatives.

**IVA. Traditional Family Foster Care:** Provides community-based care of children/youth on a full-time, temporary basis by licensed/certified persons other than their own immediate family. Traditional Family Foster Care offers a supportive family environment to children whose family cannot raise them because of the child's behavioral difficulties, child maltreatment, problems within the family environment, or parents' physical or mental illness. Foster families are provided ongoing training and support.

**IVB. Treatment Foster Care:** Provides multiple intensive community-based services to children/youth with a range of mental, physical, medical, developmental, emotional, and behavioral disabilities. Children/youth in Treatment Foster Care require more intensive and specialized services than are provided in Traditional Family Foster Care. Treatment Foster Care is family-based and allows children/youth to live in a least restrictive community environment. Treatment Foster Care parents are licensed/certified and receive extensive training and intensive ongoing support. Treatment Foster Care homes typically provide care for fewer children than do Traditional Family Foster Care homes.

**V. Transitional/Independent Living Programs:** Transitional living programs provide services to youth needing supervised and supported opportunities to live in a community in preparation for full emancipation. Transitional living programs are generally not considered appropriate for youth with a goal of family reunification or adoption.

- a. A goal of transitional living programs is for the youth to demonstrate an ability to handle increased freedom and responsibility in the community.
- b. This includes transitional living programs, independent living programs, scattered site apartment programs, and on-campus transitional living cottages/homes.
- c. This does **not** include independent living services provided within another program such as residential or foster care.

**VI. Shelter Care:** Shelter care programs provide a safe environment for a child who is self-referred, in protective custody, or at risk. These programs may provide a range of services including custodial care, diagnostic assessment, and referral services.

**VII. Crisis Stabilization Programs:** Crisis stabilization programs provide short term acute care to children who are at-risk for severe harm to themselves or others, or are unmanageable at their current placement. These children may currently be failing outpatient services or day treatment settings and need a more intensive level of care. These programs may include, short term hospitalization, diagnostic evaluation, or other short term treatment focused residential programs. These programs **do not** include hospital based residential treatment programs, shelter care, and programs in correctional facilities.

**VIII. Outpatient Treatment:** Outpatient Treatment Programs provide counseling in an office or home setting to children and families. A major focus of this program is to provide therapeutic support to the child/family to enhance emotional health.

- a. A goal of Outpatient Treatment is to enhance the emotional health and well-being of the child/family, and to effect better decision-making to allow them to be more productive citizens.
- b. These programs may be provided to maintain current placement and/or improve functioning, or as a follow-up to a more restrictive setting of care (e.g., foster care or residential) Outpatient Treatment includes individual counseling, family counseling, play therapy, etc. It does **not** include stand alone group therapy. It may include group therapy as a part of the treatment program.
- c. Outpatient Treatment does **not** include counseling services provided as a part of more comprehensive After-care program, Home-Based program, Day Treatment program, etc. Outpatient Treatment does **not** include educational programs, such as smoking cessation classes, parenting workshops, etc.