

WINGS

Intensive Home Based
Family Therapy



HOW TO MAKE A REFERRAL

Referrals can be made via bbhs.org
and selecting Child & Family

513-881-7189 | bbhs.org



**Butler
Behavioral
Health**

Prevention. Healing. Wellbeing

WINGS



PROGRAM OVERVIEW

The **WINGS** program is specifically designed to take place in the family's natural setting. The program addresses stabilization of the family system in order to work towards a common treatment goal and prevent hospitalization or out-of-home placement by building on the assets of the family system.

WINGS SERVICES



1 Therapist



3x Per Week



1 Skillbuilder



4 – 5 Months

Add on Services: Psychiatric Services

ROLES

1. **The Therapist** will work on the family systems based goal with the parents. The Therapist's sessions generally focus on working with the parent to stabilize the family unit so that progress can be made as a whole.
2. **The Skillbuilder** will meet with the child to work towards the treatment goal.

TREATMENT GOALS

1. Emotional regulation
2. Distress tolerance skills
3. Decrease impulsive decision making
4. Decrease behavioral outburst
5. Increase effective communication

TREATMENT STRUCTURE

The most common structure is to have the **Therapist** meet with the parents once per week and **Skillbuilder** twice per week with the child, once at home and once at school. In most cases, when the family unit is ready, there are joint family sessions to bring everything full circle.

TREATMENT MODALITIES USED

1. Solution Focused
2. Dialectical Behavioral Therapy
3. Trauma Informed Care
4. Neurosequential Model
5. Cognitive Behavioral Therapy