IHBS Services

Alabama's mental health services for Medicaid-eligible children up to 21 years of age who have Severe Emotional Disturbance (SED) helps them live well in their homes and communities. Services also lower the need for hospital visits and placements outside of the home.

Families receiving IHBS services will work with a team to create a personal plan of care. The plan is based on the child's strengths and needs. This encourages families to be active participants in their own care. Care includes supports and community resources.

Family-Driven, Child-Centered, and Youth-Guided

Strengths-Based Care

Culturally Responsive

Team-Based Care

Always Improving

Where Can I Get Help?

Contact your local Community Mental Health Center (CMHC).

CMHC Name:

CMHC Website:

CMHC Phone #:

CMHC Logo

Crisis Line:

Call or text **988** from anywhere in the USA to speak with a trained crisis counselor

988 SUICIDE & CRISIS LIFELINE

ADMH
Alabama Department of Mental Health
connecting mind and wellness

CONNECT ALABAMA
BEHAVIORAL HEALTH SERVICES & TREATMENT FINDER

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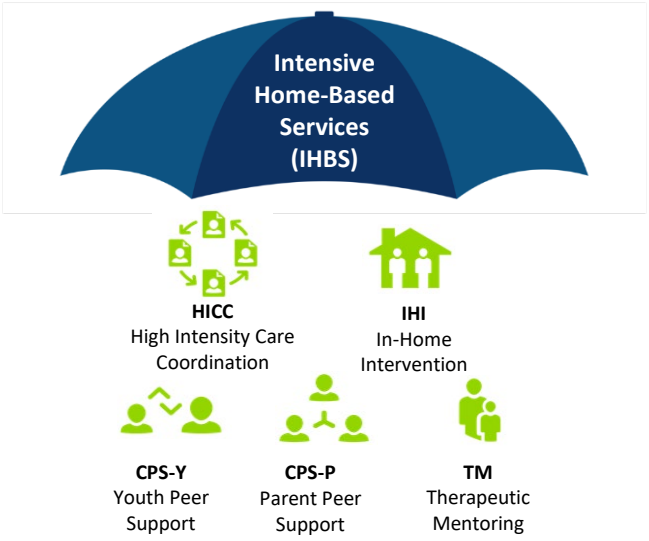
@almentalhealth

ALABAMA'S INTENSIVE HOME-BASED SERVICES (IHBS) FOR CHILDREN, YOUTH, AND FAMILIES

Community-based services to help children, youth and young adults with mental health needs and their families. Services help them succeed at home, at school, and in the community.



IHBS ensure access to high quality mental health outreach, treatment, recovery, and support services for children, youth, and young adults with a serious emotional disturbance (SED). These services are designed to help meet your child's mental health needs and allow them to stay in their home and community.

Intensive Home-Based Services (IHBS)

Intensive Care Coordination (ICC) is a service where a Care Coordinator works directly with the child, youth, or young adult and their family. ICC plans services with a child and family team. ICC coordinates supports and services and monitors a care plan that includes medically necessary services.

There are two levels of Care Coordination:
"Low Intensity Care Coordination (LICC)"
"High Intensity Care Coordination (HICC)"

HICC meets with your family more often than LICC.

Certified Youth Peer Support (CPS-Y) is based on sharing lived experiences. It is a service that provides structured and scheduled activities. CPS-Y helps with social interaction, recovery, and speaking up for oneself. It helps build community living skills and identify natural supports. It is provided by a young adult who has lived experience.

CPS-Y is for ages 10-21

Certified Parent Peer Support (CPS-P) is based on sharing lived experiences. It is a service that provides structured and scheduled activities. CPS-P helps with social interaction, recovery, and speaking up for oneself. It helps build community living skills and identify natural supports. It is provided by a parent with lived experience.

Therapeutic Mentoring (TM) is structured one-on-one care for a child or youth. Support services help the child reach age-appropriate behavior. TM restores daily living, social, and communication skills that have been affected by a mental health condition.

TM is for ages 5-12

Child & Adolescent (C&A) In-Home Intervention (IHI) is a structured strength-based therapy. It is provided by a 2-person team. Services may include individual counseling, family counseling/support, basic living skills, 24/7 crisis intervention, medication monitoring, and consultation.