What to Expect:
Adult In-Home Therapy Program

Therapy should be accessible to all, regardless of your current situation. In-home therapy **brings mental health support directly to you** by removing common barriers like transportation, scheduling challenges, or feeling uncomfortable in an office setting. Meeting with a therapist in your own space can **feel more relaxed and personal**, making it easier to open up and work through difficult thoughts, emotions, relationships, and life stressors.

Program Details

Who is Eligible?

- Anyone ages 18 years or older
- Individuals with a mental health diagnosis and a documented need for in-home therapy
- **Worried about insurance?** Our in-home therapy program is covered under Medical Assistance, pre-paid Medical Assistance and some commercial plans.

What is Psychotherapy?

Psychotherapy, **also known as talk therapy**, is a supportive service that helps individuals manage mental health conditions and emotional challenges. Therapy can help you work through difficulties with daily life, the effects of trauma, medical illness or loss, and conditions such as anxiety or depression. The goal of psychotherapy is to reduce distress and improve overall well-being.

What Can I Expect?

Our in-home therapy program typically begins with **one 60-minute session per week** in your home or in a community setting. These sessions may taper or change as progress is made and goals are achieved. Services during these sessions may include Cognitive Behavioral Therapy (CBT), Dialectical Behavior Therapy (DBT), motivational interviewing, and trauma-informed care.

We will work through any thoughts, feelings or behaviors that are impacting your life and focus on any stressors and emotional or mental pain you are experiencing. Your therapist will work with you **until your goals are met** and then will coordinate with your care team to support any ongoing care. Your comfort is our goal while we work on achieving long-term change.