



HOME AND COMMUNITY TREATMENT (HCT)

WHAT IS HCT?

HCT is a team-based approach that includes a therapist and a behavioral health professional (BHP) working in the youth's home and community with the entire family to help understand and reduce behaviors that are negatively impacting your daily lives.

WHO IS ELIGIBLE?

Children and youth up to age 21 with [MaineCare](#) (or those under age 19 with MaineCare's [Katie Beckett waiver option](#)) with serious mental health needs beyond outpatient therapy.

This service requires that youth and their caregivers participate in treatment. HCT hours are determined by clinical need and average 4-10 hours per week for an average of 6 months.

HOW DOES HCT HELP?

HCT is based on the unique needs of youth and their families. It can include individual therapy, family therapy, and BHP assistance. The HCT team can:

- Provide education about a child's diagnosis
- Complete assessments with the family and youth to determine the most appropriate treatment interventions
- Help identify youth and family strengths and needs
- Work with families to develop a treatment plan
- Help families identify stressors and triggers
- Help develop and maintain skills to manage concerning behaviors
- Help families develop coping skills
- Help youth build skills to regulate their feelings thoughts and behaviors
- Support families in practicing skills identified with the therapist

HOW TO ACCESS HCT SERVICES

For more information about HCT visit the [Children's Behavioral Health website](#) or scan the QR code.

A case manager or other provider can help you apply for HCT services through the [statewide referral process](#). If you do not have a case manager, you can find the application for HCT services is [available here](#). If your child is eligible, [KEPRO](#) will match you with a HCT provider.



If you do not have a [case manager](#), contact the [CBHS Family Information Specialist](#) or a local [Family Support Organization](#) for assistance.

“HCT in my home helped me and my family work as a team and made me feel better.”

- Youth HCT Participant