

INTEGRATED THERAPEUTIC SERVICES MODEL

Context of Services

The Integrated Therapeutic Services Model (ITSM) brings high-intensity, interdisciplinary mental health services into the natural environment where children already spend the majority of their time: the classroom. Children are wrapped in multiple therapeutic services and their ecosystem is also supported through school climate approaches and through whole-family care. Services are provided by a coordinated team that includes mental health providers and educational providers.

Description of Services

The Integrated Therapeutic Services Model consists of a number of elements, including:

- **Comprehensive Evaluation and Integrated Treatment Planning**, to identify a correct diagnosis and develop shared goals and strategies among all care providers and family members involved
- **Individual Therapy**, to address longer-term, personal healing that is not appropriate for a family or group setting
- **Family Therapy**, to engage parents, caregivers, siblings, and other family members in healing with and alongside the child
- **Group and Individual Skills**, to address dysregulation as it arises in the classroom and to work in a peer group to develop stronger coping and communication strategies
- **Family Peer Specialist Support**, to engage parents and caregivers as their child's most informed advocates and to support them in addressing basic needs that can stabilize the family beyond their clinical mental health

These services are underpinned by professional development in trauma, brain development, and novel approaches to therapy and skills work. The provider team also participates in regular Reflective Supervision to support positive teamwork and communication and to continually improve their ability to jointly respond to escalating and critical situations.

Numbers Served

Currently operating in Hennepin County in partnership with Intermediate School District 287, this model serves a high-intensity caseload of approximately 25 children and families. These children are referred out of their home school districts so, while the program takes place in Hennepin County, it also benefits residents of Anoka, Carver, Wright, Scott counties.

Outcomes and Impact

Third-party research shows positive outcomes for education, mental health, and overall wellbeing:

- Improved mental health functioning, including movements to less restrictive settings
- Improved attendance, fewer behavioral incidents, and reduced restrictive procedures
- Near universal caregiver satisfaction with services, team, and outcomes for their child and family