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Bring Mental Health Services Home: Meeting the Mental Health Needs of Adolescents and Their Families in Rural Minnesota

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Statement of purpose

The purpose of this project was to develop a program that addressed housing and therapeutic support to adolescents experiencing mental health issues, allowed adolescents to remain in the community, and promoted reunification with their families. An important indicator of success for these children in out-of-home care is a timely transition to reunification (Park & Ryan, 2009). Based on the literature and practice, it is believed that intensive family therapy is needed to promote reunification and reduce recidivism of placement.

Goals

1. Keep child in the community
2. Provide family and individual therapy
3. Promote family reunification
4. Prevent Relinquishment
5. Reduce time in foster care
6. Avoid family disruption
7. Increase family cohesion
8. Improve family functioning
9. Reduce social isolation
10. Enhance family strengths
11. Promote family coping
12. Reduce family stress
13. Enhance family communication
14. Increase family support
15. Reduce family conflict
16. Enhance family resources
17. Improve family relationships
18. Increase family satisfaction
19. Reduce family burden
20. Enhance family functioning
21. Improve family resilience
22. Increase family self-efficacy
23. Reduce family distress
24. Enhance family health
25. Improve family well-being
26. Increase family participation
27. Enhance family engagement
28. Improve family outcomes
29. Increase family stability
30. Enhance family cohesion
31. Improve family functioning
32. Increase family support
33. Reduce family stress
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