

Collaborative Intensive Bridging Services (CIBS)

Collaborative Intensive Bridging Services (CIBS) is an intensive treatment program designed to serve children ages 8 to 17 and their families in circumstances where community-based services have not been sufficient to meet the child's safety and mental health. It is an intensive treatment program for children ages 8-17 who have problems that may include:

- Fighting with others
- Self-harm
- Using drugs
- Absence from school
- Acting out in home or school
- Theft

How does it work?

To meet the needs of these children and families, the CIBS model of treatment combines intensive in-home therapy coupled with an intensive short-term residential treatment facility placement. This model is based on the research that supports children are best treated with their family in the environments they live and interact.

The service is designed to interrupt and redirect the current cycle of behavior and interactions that affect a child's ability to live successfully in their home and manage their behavior. When the service is successful, a child and family will have more stable functioning and be in a better position to benefit from less intensive outpatient mental health services, if needed.

The total length of treatment is six to nine months. Participating therapists have small case loads (approximately four to five families) to ensure frequent, individualized contact with the families they serve. The focus of the treatment model is on building the skills of children to better manage their emotions and behavior as well as increasing the capacity and confidence of parents to manage their child's emotions and behavior. Services are meant to be comprehensive so that the child and family are receiving individual and family therapy during all three phases of treatment.

The intensive in-home therapist remains the same through all phases of treatment and continues to work with the child and family, even when they are in the intensive residential treatment facility program.

Treatment Phases

Phase 1 (2-4 Weeks)

Initial engagement and assessment of the family and child with an intensive in-home therapist while the child is still in the home.

Phase 2 (30-45 Days)

Intensive Residential Treatment Facility Services. The child is placed at the Residential Treatment Facility. During this time, ongoing therapy is provided to the child and family by the same intensive in-home therapist. The child has frequent home visits during this phase so the child and family can practice the skills being learned in treatment.

Phase 3 (5-7 Months)

Intensive in-home therapy with the child back in the home.

The child must have a County children's mental health case manager and meet the criteria for out of home placement to qualify for the service. The county case manager, residential treatment facility, and intensive in-home therapist work closely with the family to coordinate services and expectations.

Services are paid through both medical insurance and county contracted services. Families are responsible for any insurance-related costs for services.

What does it accomplish?

The goals of the CIBS treatment program are not just traditional residential treatment goals compressed into a shorter length of stay. CIBS is focused on interrupting and redirecting the current cycle of behavior so a youth can more-quickly return home to a family better-equipped to manage crises. That is accomplished through several steps:

- Interrupt and redirect the current cycle of behavior and increase the youth's ability to live in the community and the parent's ability to manage the youth's behavior
- Stabilize the youth's behavioral functioning so he or she is able to live in the community and access community-based services
- Develop parenting, communication, and relational skills that support the youth's and family's more positive interactions
- Establish conditions that allow youth and families to effectively manage crises
- Provide seamless coordination of care to families and minimize multiple service providers across the stages of treatment.

Contact

To learn more about the CIBS treatment program, please contact systemofcare@state.mn.us or visit the Minnesota System of Care website mn.gov/dhs/mnsoc.