

## Intensive Treatment in Foster Care

Intensive Treatment in Foster Care (ITFC) is a mental health service designed to help children with significant mental health symptoms and impairments living in a family foster care setting. Providers work in close collaboration with children and youth, their biological families, foster families and other professionals.

Over 90 percent of Minnesota's estimated 9,900 children in out-of-home placement are in family foster home settings. Children in placement with mental health issues and who have experienced trauma are more likely to experience placement disruption, or be transferred to a higher level of care due to their complex situations. ITFC's intensive services are intended to help reduce placement disruptions or the need for higher level of care services, or as a step down from more intensive residential placements.

### Overview

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Intensive Treatment in Foster Care:

- Is a comprehensive mental health service for youth and their families who require intensive clinical and ancillary services;
- Provides 24 hour therapeutic support to children, parents and foster parents;
- Creates more flexible, coordinated service delivery among all of the child's treatment team members (parents, foster parents and professionals);
- Strengthens treatment and permanency planning through consultation, psychoeducation and therapeutic services to support successful out-of-home placements;
- Promotes trauma informed evidence-based practices and outcome measures to improve results for children and their families.

### Services

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ITFC tailors services for each child's specific needs, and are created by and monitored through ongoing treatment team consultation. Treatment team members include the child, parents, foster parents, case managers, mental health professionals, educational providers and medical providers.

Services for the child and their family include:

- Psychotherapy (individual, family, multifamily and group)
- Psychoeducational Services (individual, family, multifamily and group)
- Crisis Assistance
- Clinical Care Consultation

Services are provided to the child and family at least 3 days a week for at least 6 hours of services per week.

ITFC providers must be state certified and have a service provision contract with a county or tribe, and ITFC is covered by Minnesota Health Care Programs.

## Who can receive services

Intensive Treatment in Foster Care is a Minnesota Health Care Program (MHCP) benefit available for children living in licensed family foster care homes.

To be eligible, the child must:

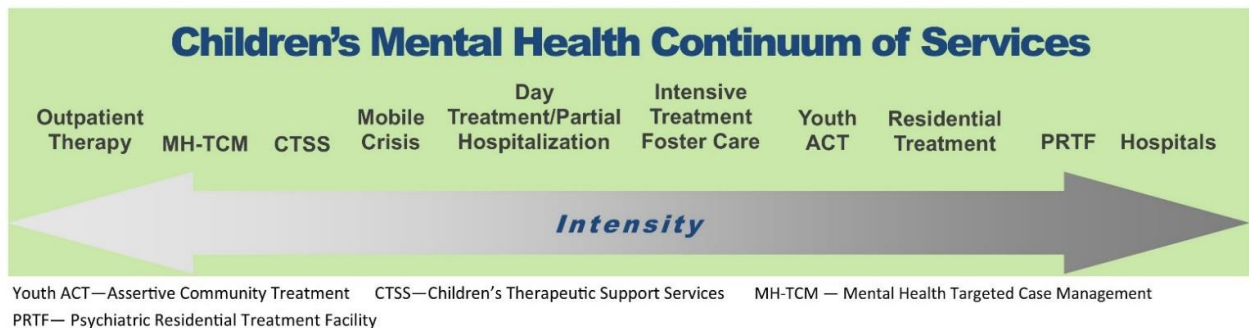
- Be a recipient of MHCP
- Be between the ages of 0 through 20
- Have a diagnostic assessment that documents a mental illness and a need for services,
- Live in a licensed family foster home (where the license holder lives in the home, including licensed pre-adoptive and pre-kinship placements),
- Have a level of care determination that demonstrates the need for intensive services without 24- hour medical monitoring.

## Treating childhood trauma

An overwhelming majority of children in foster care have experienced at least one traumatic event. Trauma based therapy can help the child to understand what has happened in their lives, and learn how to overcome the impact of trauma in a positive way.

Intensive Treatment in Foster Care Services are delivered using trauma focused, evidence based practices. All ITFC clinicians working with children must be certified in either Trauma Informed Child Parent Psychotherapy (TI-CPP) or Trauma Focused Cognitive Behavioral Therapy (TF-CBT).

Through the Mental Health Initiative infrastructure grants, DHS is able to promote and provide training to clinicians in these evidence based practices.



**For more information, visit [mn.gov/dhs/childrens-mental-health](https://mn.gov/dhs/childrens-mental-health)**

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