



PROGRAMS & SERVICES

Early Intervention & Prevention

■ **Heartstrings Therapeutic Music & Art Program** is committed to offering educational and experiential music and art opportunities to enrich the lives of at-risk children and their families. Music and art are effective and empowering methods for problem-solving, and promoting growth and well-being in individuals, families, and communities.



Ages served: infant-18 years



Location: Iredell County and surrounding areas

■ **Catawba Valley Healthy Families (CVHF)** is a home visitation program designed to empower parents to support their child(ren)'s healthy development by establishing a nurturing and safe home environment and encouraging parents to set and achieve goals specific to the hopes and dreams they have for their families. Families expecting a baby, or who have an infant under 3 months of age. Families can remain enrolled until their child's fifth birthday, though many families complete the program in three years.



Ages served: Pre-natal–5 years



Location: Burke, Caldwell, Catawba, Iredell, and McDowell counties

■ **Healthy Transitions Program** is designed to support youth and young adults struggling with mental health challenges as they navigate key life transitions. Services include peer support, educational and vocational support, clinical assessments and case management.



Ages served: 16-25 years



Location: Iredell County

Outpatient and Basic Therapeutic Services

■ **Outpatient Therapeutic Services** has one focus: the well-being of the whole person. Clinicians work with children, teens, adults, and families to develop the skills and mindset needed to transcend challenges and live a life of emotional health. Children's Hope Alliance Outpatient Services offer both assessment and treatment for various needs in mental and behavioral health. Services are offered in diverse modalities through a comprehensive service array, using evidence-based and evidence-informed practice.



Ages served: 3-26 years



Location: Iredell County

■ **School-Based Therapy** supports the social-emotional development of students struggling with mental health or behavioral issues. Our services are proven to minimize classroom disruptions, support the school community, and use evidence-based, trauma-focused therapy to assist students in need.



Ages served: School-aged youth



Location: Iredell County

■ **Day Treatment (DTX)** helps children struggling with behavioral or attachment issues, who are also struggling in the classroom setting. This program provides students with greater behavioral and therapeutic support by maintaining a balance between education and therapeutic issues.



Ages served: 5-17 years



Location: Iredell County

Enhanced Therapeutic Services

■ **Intensive In-Home Services (IIH)** works to make sure children have a safe and protective family environment. This program provides services in cases where children are at risk of, or are currently experiencing, an out-of-home placement. The goal of treatment is to help the youth and family learn new, effective, and sustainable ways of dealing with trauma.



Ages served: 4-18 years



Location: Iredell, Catawba, Mecklenburg and Rowan counties

■ **Treatment Alternatives for Sexualized Kids (TASK)** is a treatment model designed to meet the complex needs of youth who have engaged in sexually harmful behavior. TASK is an intensive community-based service that includes in-home and outpatient components.



Ages served: 8-20 years



Location: Available in approximately 40 counties across NC.

■ **Child-focused Assertive Community Treatment Team (Child ACTT)** is a highly individualized, family-focused multi-disciplinary program to support complex youth in their homes and community. Services are primarily face-to-face in the home and community setting, and include integrated services to meet the daily needs of clients. Services include: individual and family therapy, wellness coaching, medication management, care coordination, skill-building, and crisis support.



Ages served: 12-18 years



Location: Iredell, Burke, Catawba, Gaston, Mecklenburg, Alamance, Orange, Durham and Wake counties

Foster Care

■ **Foster Care Services** is a statewide program that provides safe homes for children ages 0-21. Most often, our foster families care for children age 9 and over. Frequently, these children are siblings and we often see those with significant mental health or medical needs. Most of these children have also suffered from abuse and/or neglect.



Ages served: 0-21 years



Location: All 100 counties in NC