

## **The reConnect In-home Program**

Divorce is difficult for all members of a family. The reConnectFamilies team strives to provide specialized and individualized services for each member. One of the services that ReConnectFamilies offers is our In-home Program.

The In-home Program provides a unique and powerful therapeutic intervention for families experiencing challenges reConnecting following a divorce. Typically therapy for families occurs predominantly in an office setting. The In-home Program provides families with in-home and community based service that goes the extra step in assisting families to reConnect.

The reConnect In-home Program assists families through:

### **Meeting with children/youth outside an office setting**

Occasionally children and youth may resist or be reluctant to meet with therapists in an office setting. The In-home therapist provides one to one counselling for children & youth in a more comfortable and less formal setting that encourages a therapeutic bond to occur.

### **In-home Parent coaching**

The In-home therapist observes family interactions to better understand the family's dynamics. The in-home therapist then provides concrete and immediate feedback and suggestions to parents that will improve interactions and help families to reconnect.

### **Parent Child/ Youth Reunification**

Once the family treatment plan is established, the In-home Program will:

- i) Help parents plan a safe and therapeutic interaction between the estranged parent & child.
- ii) Start the initial contact and relationship building between the estranged child and parent in a neutral setting outside the therapy office. This could include a recreational activity or some other activity agreeable to both the parent and child.
- iii) Provide coaching and support to both the parent and child in order to build a healthy relationship.

### **Supervised Exchanges**

When there is unresolved conflict between the parents, transfer of the children from one parent to another can be stressful for everyone, especially the child. The In-home therapist can be present during the exchange of children between parent's visits to reduce this tension and help the child feel safe in the presence of both parents.