

# Parents and Children Together:

## *In-Home Therapy for Eligible Youth and Families*

The Parents and Children Together (PACT) program improves the wellbeing of children and adolescents through family education, community support and skill-building. These services are paid 100% with federal funds awarded through the Nebraska System of Care Expansion & Sustainability Grant SM063392 and funded through Region 6 Behavioral Healthcare.

Youth exhibiting these behaviors may benefit from PACT:

- Struggling in school or at home
- Not listening to rules
- Acting out
- Feeling sad or upset
- Withdrawing from social activities
- Having repeated thoughts of self-harm or suicide

### How PACT Helps Youth and Their Families

The program provides a highly-trained therapist who visits the family's home to provide in-home therapy sessions. Families will receive 24/7 support from their therapist for crises as they arise between sessions. The goals of PACT are to:

- Improve how family members interact with each other
- Improve parenting skills
- Improve youth behavior at home and school
- Increase the family's social support & connections
- Strengthen families
- Develop healthy communication skills

### Contact Us Today

Know a family that may benefit? To participate, the child or parent must be a U.S. resident living in Cass, Dodge, Douglas, Sarpy or Washington counties; meet financial eligibility requirements; and have a youth ages 0-19. Contact Larissa Dowe, PACT & Peer Support Supervisor, at (402) 880-4926 or [ldowe@kvc.org](mailto:ldowe@kvc.org).

*KVC Nebraska is a private, nonprofit organization that strengthens families through intensive in-home services, foster family care, and home-based support for individuals with disabilities. Learn more at [kvcnebraska.org](http://kvcnebraska.org) and join us on Facebook!*

11550 I Street, Omaha, NE 68137  
[www.kvcnebraska.org](http://www.kvcnebraska.org)

