Better Together

Family-centered intensive outpatient substance abuse treatment

About Better Together
Parents suffering from an addiction often times can’t or won’t get the help they need because it requires being separated from their spouse and children. The Heartland Family Service Better Together program focuses on keeping both parental figures and their children together throughout treatment in order to eliminate attachment trauma.

Through Better Together, each family resides in their own apartment with therapists, case managers, and a peer support specialist on site to provide intensive outpatient treatment for the parent(s) who are struggling with substance dependence. The other family members also receive therapeutic services. Our peer specialist lives on site and is available to provide support after-hours and on the weekends. Not only does this safe, supportive living environment eliminate any housing barrier when it comes to reunification with their children, but it also provides cost-effective, around-the-clock support parents need throughout the path toward recovery and self-sufficiency.

How Better Together Works
Our Better Together staff utilize evidence-based and gender-specific curriculum with the goal of sustained recovery in mind. The program begins with 10 hours of Intensive Outpatient Treatment per week for 12 weeks and then shifts to Level-1 Outpatient services with three treatment hours per week for another 12 weeks. After that time, clients move on to Continuing Care, which involves one treatment hour per week. They can receive Continuing Care for up to two years. After two years, the family can continue to live and be part of the therapeutic community at Kellom Apartments. All treatment is supplemented with job assistance, computer training, parenting skills classes, and education about healthcare, nutrition, and budgeting.

Better Together also places a heavy focus on treating the trauma that children often encounter when their parents have an addiction and/or they are separated from their parents for any length of time. Our therapists address this through different evidence-based child therapies. The goal is for children to be reunited with their parents within 30-60 days of entering the program.

Eligibility
Families must be referred by Nebraska Families Collaborative (NFC) and be eligible for subsidized housing through the U.S. Department of Health and Human Services. Families must have an evaluation with the recommendation of IOP. This evaluation must be done within the last six months.

Once accepted, Better Together staff will then place the family in a unit at the Kellom Apartments, where the family will be responsible for 30 percent of the rent after being approved for housing assistance through HHS. Payment for treatment is provided through grant funds until our Better Together staff help the family become Medicaid-eligible.