

Prevention Pilot Program: Family Centered Treatment Pilot

This pilot will utilize the Family Centered Treatment model, FCT®, which is an evidence based, intensive trauma treatment model of home-based family therapy. Primary utilization is stabilization of the family, and preventing treatment in out-of-home placements and to support youth who are transitioning back home after treatment in an out-of-home placement.

This pilot is designed to treat the youth's behaviors by increasing family health and well-being, and promote attachment and resiliency.

By partnering with the youth, siblings, caregivers, grandparents and other valuable members in a child's life, FCT breaks maladaptive cycles and sets up each generation for success. FCT services are available in all counties through the pilot and with existing providers.

"What I liked best about FCT is that we work on the issues at hand as a family. Everyone learns coping skills and/or mechanisms that help respond to or navigate a situation. We each learn our strengths as well as strengths as a family."

- Family who participated in program

FCT SUPPORTS FAMILIES NAVIGATING

- Youth Transitioning from Out-of-Home Placements
- Multi System Involvement (Behavioral/Mental Health, Child Welfare, Juvenile Justice)
- Mental Health/Substance Use
- Family Functioning Stabilization
- Youth and Family Reunification

PILOT PROGRAM GOALS

- Technical Assistance
- Stakeholder Awareness
- Sustainability Planning
- Project Evaluation
- Public Awareness
- Provider Training

4 PHASES OF FCT

1

Joining and Assessment

Gain family trust and identify strengths and areas of family need

2

Restructuring

Identify maladaptive patterns and practice new skills

3

Valuing Change

See change as necessary over compliance

4

Generalization

Skills adoption and predict future challenges

RESULTS

- **Engagement:** 94% of FCT families had more than 5 direct contacts and at least 45 days of treatment.
- **Family Voice:** 89% of FCT families report that "the services received helped us to better handle our family problems."