

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 institutional settings and to support youth who are transitioning back home after treatment in an institutional setting.

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 FAMILIES INCLUDE THOSE WITH:

- Youth Transitioning from Institutional Settings
- Multi System Involvement (Behavioral Health/Mental Health, Child Welfare, Juvenile Justice)
- Mental Health/Substance Use
- Family Functioning Stabilization Needs
- Youth and Family Reunification Needs

HISTORICAL OUTCOMES

- **Positive Outcomes:** 89% of all FCT families had a positive closure.
- **Completion Outcomes:** 98% of FCT families who completed the 4 phases of treatment had a positive closure.
- **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."

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