

## What is Family Centered Treatment?

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Family Centered Treatment (FCT) is an evidence based, trauma informed family preservation model that provides home based treatment. FCT is designed to find simple, practical, and common-sense solutions for families that are faced with disruption or dissolution. This can be due to internal/external stressors, delinquent behavior of a youth, or a parent's harmful behaviors. FCT has a foundational belief that the recipients of service are great people with internal strengths and resources. Individual family goals are developed through those strengths, rather than deficits.

## Program Goals

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- Enable family stability through preservation or development of family placement.
- Enable necessary changes in critical areas of family functioning that are underlying causes for the risk of family dissolution.
- Reduce harmful behaviors that affect family functioning.
- Develop an emotional and functioning balance in the family so that the family system can cope effectively with any individual member's unresolvable challenges.
- Enable changes in client behavior to include family system involvement so changes are not dependent upon the therapist.
- Enable discovery and effective use of intrinsic strengths necessary for sustaining the changes made and enabling stability.

## Phases of Service

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- **Joining & Assessment** Gain family trust and identify strengths & areas of family need.
- **Restructuring** Identify maladaptive patterns and practice new skills.
- **Valuing Changes** See change as necessary over compliance.
- **Generalization** Skill adoption and predict future challenges.

## How it Works

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- With the whole family, in the family home, when it's convenient for the family.
- Session schedules involve clinician during most troublesome and difficult times.
- Provides 24/7 on call crisis support for the family with their known clinical staff.
- Opportunities for the family to practice functioning differently (not just talk therapy).
- Minimum of 2 multiple hour sessions per week (Exception with first and last month)
- Treatment is driven by family need and progress, average length of treatment is 6 months.

## Target Population/Referring

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- Families who have an identified safety threat, high risk factors, and/or children at risk for out of home placement.
- Youth who are transitioning home from a higher level of care.
- Youth who have been placed out of home, have a permanency plan of reunification and are transitioning home.
- FCT is voluntary and cannot be court ordered.