

FCT SUCCESS STORY

Family with two parents with two children under three in crisis

- Conflict between parents, childhood trauma, domestic violence, and substance use
- Father arrested for child abuse
- Subsequently, the mother became overwhelmed and attempted suicide
- Children placed out of home temporarily

Engagement:

- Parents agreed to separate and focus on a co-parenting, father completed IFR, mother was referred to FCT
- Mother in fear of DHHS, consumed by trauma, shame, and guilt

Progress

- Mother engaged, worked hard, built up her self-confidence
- Improved problem-solving skills
- Experienced success as a parent, leading to increased confidence and competency
- Next, focused on strengthening her connection and relationship with her children
- Mom started teaching her children communication and social skills
- Starts to attend to their developmental needs
- Lastly, worked on co-parenting relationship with the children's father

Outcome

- The mother reported that the skills that she has learned in FCT are not only good for improving the functioning of her immediate family but also at work, extended family, and with friends
 - After five months of FCT intervention, the DHHS case manager noted that “the mother is a whole new person.”
 - The mother reports that she has not seen as much improvement in 20 years of talk therapy as she has in five months of FCT
 - The family is giving back to the community by participating in a community garden
 - She credits her progress to the relationship she built with her FCT practitioner, who provided experiences that challenged her to try new things.
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FCT: FAMILY VOICE

What did your family like best about your FCT-Practitioner?

- Completely honest and blunt but helpful advice
- A "no BS" type of person which is needed in a service like this – one must be challenged in ways they don't like in order to achieve desired results.
- Willingness to help in whatever way and helping us feel empowered
- Honesty and commitment

How is your family different today now that you've closed FCT?

- We are communicating more, the bond has increased, we are able to talk more about the events leading up to the referral
 - Keeping a loving and caring environment in the household
 - We started to talk about our problems and the root of the problem
 - Have the skills to handle things better
 - We get along better and are following what DHHS wants
 - Our child is home and we don't foresee them leaving
 - We are healthier mentally than we have been. We know and access all of our tools and we have even begun to help other family members as well.
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FCT: FAMILY VOICE

What was your family's first reaction to FCT?

- Unsure at first... I've endured a lot of trauma and hardship in my life; therefore, I don't trust very easily or openly... However the different exercises I was introduced to, as well my FCT-P no nonsense, and solution focused approach is what really made the difference for me.

What changes did your family experience?

- We refuse to quit now and want to continue whether we are in FCT or not
 - I've learned healthier tools to take a step back to view situations in a different perspective. I've regained and grown a great capacity of self esteem/confidence which has greatly improved a wide range of troubles. My children, as well as other people I interact/have relations with, have started to notice the change in me as well, which has created a ripple effect; therefore, making a great difference in my day to day interactions.
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What advice would you give to a new family starting FCT?

- Don't give up. Keep going because it gets easier and better
- Remain open, teachable, and honest... When I say "remain honest," I more so mean with yourself than with your provider/practitioner.. If you aren't honest with yourself first you won't get anywhere. The secrets and things you've been holding in for so long are only so scary because you're keeping them silent. Accepting the help is scarier than remaining in the same position for the rest of your life