

What is Family Centered Treatment?

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

- 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

- **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

- 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

- 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.

The Five Pillars of Family Centered Treatment

- Treat Families with Dignity and Respect
- Honor the Function of Behavior
- Treatment that is Relevant and Useful
- Internalization over Compliance
- Power of Giving & Restoring Self-Worth



Engagement

We must connect before we can correct

- 94% of families receive more than 5 contacts within first 30 days.
- Nearly 80% of families receive >20 sessions

The FCT Guarantees: Operationalizing the Pillars of FCT

1. I promise that I will care and respect your family enough to give you direct and honest feedback.
2. Likewise, I will ask you for direct and honest feedback.
3. When I make a mistake, I will acknowledge it, take responsibility for it and make it right.
4. You are the expert on your family.
5. I promise to ask your permission first to do any activity with your child.
6. I promise to include you in any contacts that I have with other agencies involved with your family.

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