



## **Family Preservation Program:**

### **Short-term Alternative to Preventive Services**

The Family Preservation Program (FPP) is designed to help families with children ages 0-17 who are returning from or are at imminent risk of placement in out-of-home care. FPP offers a short-term intervention to these families meant to achieve stabilization. The goal of these services is to prevent further abuse and neglect which will deter children from being removed from the home. Families are referred to the program through Child Protective Services (CPS) and Child Preventive Services branches of the County's Department of Health and Human Services.

### **Based on the Homebuilders Model of crisis intervention, FPP was designed with the following unique features:**

- Immediate response to a referral (within 24 hours);
- 24 hour a day availability; Weekend and evening sessions;
- Maximum caseload of two-three families per clinician;
- FPP clinicians spend a minimum of 10-15 hours per week for 4-6 weeks with the family;

Once the threat has passed and the family needs less intensive services, FPP ends.

## **Family Support Program:**

The Family Support Program (FSP), developed as a sister program to FPP, is home-based and designed to work with families on a longer term but less intense frequency than FPP. FSP is a 4 – 6 month program with 1 – 2 clinician meetings weekly. FSP is for families where there is a child/children at risk of foster care placement, or in need of an intensive program. The goal of Family Support is to reduce the risk of removal, and reduce CPS reports.

FSP Program components include:

- Master's Level clinicians
- Immediate response to a referral (within 24 hours);
- 24 hour a day availability;
- Assessment of strengths and needs;
- Formulation of Treatment plans;
- Coordination of Treatment plans;
- Crisis assistance;
- Linkage to community services;
- Assistance in obtaining basic needs.

## Strengthening the Family Framework

In both programs, clinicians work with families to help build skills for more positive interactions. The programs are based on activity standards. The clinician targets:

- Relationship development;
- Family dynamics and interaction;
- Teaching skills that add to family strengths;
- Developing goals;
- Building a framework of support and advocacy services that will benefit the family long-term.

### FPP and FSP Goals:

- Promote the safety and well-being of children and family members;
- Help parents improve their parenting abilities;
- Identify parental and youth strengths and support their efforts to create a stronger family unit;
- Further the creation of a stable and nurturing family environment in which children can grow and develop;
- Maintain and build upon primary family connections;
- Improve individual and family functioning within the context of their culture and community.

### The Clinician's Role

FPP and FSP Clinicians provide a wide range of services including helping families meet their basic needs of food, clothing, and shelter, using public transportation, budgeting, and collaborating with other service providers to best navigate the system. The individualized intervention will be different for each family, and intervention strategies could include:

- Teaching parents and families how to fill out applications for housing, food stamps, and other services;
- Helping the family to identify strengths, competencies, resources, and options from helping networks and other resources;
- Helping the family understand problems helps them find ways to formulate solutions to specific problems;
- Teaching families positive and effective communication skills in order to talk both with each other and to external resources;
- Providing Cognitive Behavioral Therapy and Trauma Systems Therapy to help deal with dysfunctional emotions and maladaptive behaviors.

Clinicians must be flexible when assisting the family and work around their needs, whether through modifying the session plans for the day, modifying the family's goal, or changing the time and location in which to help the family.

**For more information regarding FPP and FSP, contact**

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Cayuga Centers serves children and families throughout New York State and Southeast Florida, offering a variety of evidence-informed programs, residential and foster care treatment programs, and Community-Based Interventions.

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