



The Family Support Program (FSP) is for families that have a child/children at risk of foster care placement, or in need of an intensive therapeutic service. The goal of Family Support is to reduce the risk of removal, and reduce CPS reports. FSP a home-based 4-6 month program with 1-2 clinician meetings weekly.

## **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

## **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

## Clinicians work with families to help build skills for more positive interactions and target:

- 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
- 24-hour oncall services to ensure we are available to meet the needs of the families we serve

## The Clinician's Role

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. Individualized intervention strategies may include:

- Teaching parents and families how to fill out applications for housing, food stamps, and other services
- Helping the family identify strengths, competencies, resources, and options available from helping networks and other resources
- Helping the family understand problems so they can find ways to formulate solutions
- 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