**FAMILY CENTERED TREATMENT**

**(FCT)**

**Description of Service:**

Family Centered Treatment® (FCT) was developed as a model of treatment designed for use in the provision of intensive in home services. FCT is owned by the Family Centered Treatment Foundation Inc. (FCTF); a nonprofit corporation devoted to furthering the effectiveness of family preservation services. FCT origins derive from practitioners’ efforts to find simple, practical, and common sense solutions for families faced with forced removal of their children from the home due to their delinquent behavior or dissolution of the family due to both external and internal stressors and circumstances. This service is for the entire family. The FCT model is evidence based model that utilizes four phases: Joining and Assessment, Restructuring, Value Change and Generalization. For more information about FCT, please go to: <http://familycenteredtreatment.com/>

FCT attempts to get to the functions of behaviors instead of focusing on treatment of symptoms. FCT is a model that is effective with families who have a history of trauma and emotional blocks.

**Frequency/Duration:**

The provider must advise the referral source within 24 hours of receipt of the referral as to whether or not the provider has the capacity to serve the family. There will be at a minimum of two face to face contacts per week with the family by the provider clinician commencing within 48 hours of the referral.

FCT providers typically provide 8 hours per week of direct support to the family. The majority of services will be provided by a therapist with some additional supports provided by a case manager on an as needed basis. Additionally, the provider must provide intensive safety planning and crisis response services 24 hours a day/7 days per week.

FCT referrals include 185 units and are based on a per diem. It typically takes approximately 6 months to complete the service model. The provider may request a 60 day extension through use of an extension request form which is reviewed and approved by the Probation Officer, FCT Foundation Consultant, DCS Probation Service Consultant and the DCS Referral Team.

**Expectations:**

**Youth:** The youth must be available and participate in every scheduled session.

**Parent:** The parent(s) as well as other family members in the home must participate in every scheduled session along with the youth. The full participation of the parent is very important to the success of the service.

**Service Provider:** There will be at a minimum of two face to face contacts per week with the family by the provider clinician commencing within 48 hours of the referral. The Provider must provide intensive safety planning and crisis response services 24 hours a day/7 days per week. The provider will be transparent to the family and will explain to the family the information that they will be sharing with the probation department and court.

**Probation Officer:** The probation officer will work with the DCS Probation Service Consultant to make the referral shortly after it is ordered by the Court. The Probation Officer will provide information to the provider including the goals for the youth and family, the family’s contact information, and will keep the family and FCT provider informed of any changes in the service plan or goals. Please contact the Probation Service Consultant if you are considering the cancellation of an FCT referral.