

Family in Crisis Model (FIC)

The Family in Crisis model is an intensive family and community based service that targets families active with the child protective system whose child is at risk of placement outside of the home. The model is family centered and offers individual and family counseling, as well as social work services that are timely, intense, and home based. The goal is to *remove the risk of harm* to the child *instead of removing the child* from their home. By maintaining the child safely in their own home, the child will avoid the trauma of separation and placement as well as the stigma of placement.

FIC will utilize a wide range of evidence-based, clinical interventions including cognitive-behavioral therapy, family systems therapy, crisis intervention, motivational interviewing, and skill building among others. Staff will be trained, supervised, and evaluated on these interventions with families. Effective treatment involves all family members and addresses not only parenting skills and protective capacities, but also parent-child interaction and attachment as well as a range of parental life competencies such as communication, problem solving, and mood control.

The model will have particular emphasis on engaging the parents in behavior change and readiness for participation in community services as appropriate (mental health, substance abuse, domestic violence, etc.)

FIC services will be family-centered, culturally competent and consistent with the legal framework of the child protection system and its values.

Essential components include:

Engagement – use of a collaborative and collegial approach to engage and motivate families.

Assessment and goal setting – use of a client-directed assessment across life domains, ongoing child safety assessment and planning, domestic violence assessment, suicide assessment, and crisis planning.

Behavior change – use of cognitive and behavioral research-based practices and behavioral interventions.

Skill development – teach parents and children a wide variety of “life skills” using practice, feedback, and homework.

Service provided in family’s natural environment – services provided in family’s home, school, or other natural environments of the family.

Flexibility and responsiveness – services tailored to each family’s needs, strengths, lifestyle, and culture.

Therapists will provide a wide range of services, from helping family meet the basic needs of food, clothing, and shelter, to sophisticated therapeutic techniques to address anger and other mood management skills, child development, parenting practices, relationships, crisis intervention, communication, and assertiveness.

Immediate response to referrals - 24/7 availability.

Small caseloads with clinical supervision.

Community linkage, coordination and interactions – Collaborate with and advocate for the family with community services providers. Broker services for the family. Timely access to community services.

Step-down service.

Follow-up service.

Skill Sets:

Ability to:

Engage, often reluctant, families in behavior change;

Motivate and employ motivation enhancement strategies with the family;

Develop and maintain a positive, collegial working relationship with the family, community members and the child protection system;

Conduct comprehensive, strength-focused assessments-

Continual assessment of child's safety in the home; structuring the environment and use of clinical

strategies designed to promote the child's safety;

Assess family for elements/behaviors that place a child at risk of maltreatment and use clinical

strategies to reduce the risks;

Conduct specialized assessments (i.e. family functioning, substance abuse, mental health,

developmental delay);

Utilize a variety of teaching methods;

Utilize research-based therapeutic strategies to facilitate behavioral change;

Provide a range of clinical, concrete and advocacy services to family that are consistent with the family's values, learning styles, lifestyle, circumstances and culture;

Assess goal progress and families continuing needs;

Collaborate and advocate with formal and informal community resources and systems while teaching family members to advocate for themselves;

Cooperate with child protective services and adhere to its values, legal standards;

Maintain family's confidentiality.