

# **Family Centered Treatment**

an evidence-based and well-supported trauma treatment model of home-based family therapy.

A home-based treatment to stabilize youth & families who have experienced trauma, and those experiencing complex mental health symptoms. The goal being to eliminate out of home placements and higher levels of care.

The family is empowered to set and achieve their own goals, with treatment intensity and duration customized to meet each unique family's needs. FCT is a four phase process that treats the family as a single unit - not as individuals.

Joining & Assessment

Restructuring

#### Joining & Assessment

FCT clinicians respond quickly to referrals; the very nature of a referral indicates that a family is in acute crisis and needs support quickly.

Timely response provides opportunity for engaging the family when they are more likely to be highly motivated to examine and change behaviors.

Three unique Family Centered Evaluation© instruments are used by the family to identify needed additions, changes, or improvements in family functioning skills.

### Restructuring

Goals determined during Joining & Assessment provide the structure for guiding the family to negotiate tasks associated with daily living that are in agreement with the goals set.

Repetitive transactional patterns, which develop over time into "rules" of interacting, drive how the family handles the tasks associated with daily living.

FCT interventions are targeted at shifting the repetitive interaction patterns that make up the structure of the family.

#### **Valuing Changes**

Valuing Change A critical & distinct component of FCT is

when the family learns to recognize and value their new behaviors.

In the valuing changes phase, FCT clinicians help the family to examine the value of their changed behaviors. Sustainable change occurs when behavioral changes are valued and seen as necessary by the family.

#### Generalization

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Once a family enters this phase they are no longer overwhelmed by the crises. Instead, they are handling them with their new skills and reporting the outcomes to their clinician.

FCT works with the family to determine the timing of closure, using an analytical process that evaluates the changes that have occurred and the family's ability to use the strategies independently of external agencies.

## **Outcomes\***





Keeping Families Together 90%

of families completing treatment maintain, or are reunified to family placement.

\* reflect admission policies that accept 98% of all referrals



of families report positive progress towards their primary treatment goals.



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