

# FAMILY PRESERVATION

A Program of the Mental Health Center of Dane Co., Child, Adolescent & Family Services, 625 W. Washington Ave., Madison, WI 53703, 608-280-2520

## Intensive SAFETY Services

*The Mental Health Center of Dane County, Inc. has a long history of working to keep families together. Over the past fifty years, all of our child, adolescent and family services have emphasized family strengths and family solutions to problems which threaten the integrity of the family. Our overall goal is to empower families to care for, raise and socialize their own members in a way that is healthy and safe.*

**THE FAMILY PRESERVATION PROGRAM** – Begun in '94, The Family Preservation Program is designed to reduce the need for foster care placements by providing intensive, individualized, culturally competent in-home services to families. Services are based on an assessment of risk issues, family strengths and assets, and the specific needs of the family. The project's philosophy embraces a rehabilitative and educational mode to child protective services.

The program's focus is on family safety and unity. A key concept of this program is the ability to provide individualized services based on each family's unique strengths and immediate needs.

### PROGRAM HIGHLIGHTS

- The family must have a child in the 0-12 age range who is at imminent risk of placement.
- At least one adult household member must be willing to voluntarily participate in the program.
- Referrals must come through a Dane County Dept. of Human Services Social Worker.
- Referral response is as immediate as possible within 24 hours.
- The program offers services to eight families at any one time.
- Acceptance into the program is on a "first come first served" basis.
- Because FPP is for crisis stabilization and safety, no "waiting list" kept when service is full.
- Families may be in the program for up to eight weeks.
- Families (on average) will receive 10 -12 hours of in-home services per week.
- Scheduling is highly flexible with services provided in the evenings & on weekends as needed.
- Clinicians are on call 24-hours a day (7 days a week).
- Staffing includes a two Family Skills Specialists & two Child and Family Specialists.
- Interpreters available for services in Spanish, Hmong, Am Sign Language, or other languages.
- Psychiatric & psychological assessment/treatment may be available (depending on insurance).

### INDIVIDUALIZED SERVICES

Services offered to families include a blend of "hard" and "soft" services. "Hard" services may include such things as helping to clean a kitchen, grocery shopping, transportation, child care/respite services, fixing broken windows or appliances, hands on teaching and modeling of various household skills and chores, meal preparation, clothes washing, recreation/play, and so on. "Soft" services may include such interventions as individual and family counseling, parenting skills training, responsive special play, home management skills training, conflict resolution training, assertiveness training, advocacy, education, etc. Funding is available to assist families in acquiring needed resources that are likely to reduce risk and can not be obtained any other way.

### PROGRAM PHASES

While service plans and specific interventions will be unique to each family, a typical family referred to the project will follow through three phases.

#### • Phase I – Crisis Stabilization & Assessment

The program team (comprised of two Child & Family Specialists and two Family Skills Specialists) meet with the family developing an initial safety plan, providing whatever emergency services are needed, explaining the Family Preservation Program and how to access its services, and completing various assessment functions.

Working with the DCDHS social worker, specific risk behaviors and circumstances are fully assessed. Specific goals are identified and agreed to with the family. A safety plan is developed upon initial contact and regularly updated.



- **Phase II – Home Based Intervention and Connection with On-going Services**

By this phase, families in the program have service plans which address the specific needs of the family as they relate to safety and the potential for placement. Other larger issues are assessed and may be briefly addressed but often will be referred on to other intermediate and longer term service providers. Depending on the presenting problem and the specific needs of the family, a variety of hard and soft services are provided during this period.

Parenting skills training, home management, daily living skills, financial management, communication skills, and child management skills are commonly addressed, along with whatever hard "concrete" services are necessary based on the assessment. Program staff are available to assist families in becoming connected with appropriate on-going services.

- **Phase III – Completion of Services**

As this is a short term (eight week) program, completion is planned from the beginning of services. At about six weeks, the focus of the service shifts to preparing for the planned exit of the team from the family's life. The family is provided with an opportunity to apply what they have learned about problem solving while the team is still available to coach. The program staff will assist families in preparing to use the new on-going services that have been arranged.

The family's completion of the Family Preservation Program is celebrated in the final session and includes some ritual jointly planned with the family to provide closure. A joint meeting with the referring DCDHS social worker is held to review progress toward goals and any remaining needs. A certificate of completion is offered to the family.

#### **FOR MORE INFORMATION**

**Allison Burda, APSW , Child & Family Specialist**

**Mary Sue Roberts, MA, LPC, Child & Family Specialist**

**James Van Den Brandt, LCSW, ACSW, Clinical Area Manager, Integrated Services Program**

*Mental Health Center of Dane County, Inc., 625 West Washington Ave., Madison, WI 53703*

FPP / Integrated Services Program (608) 280-2520.....FPP Pager (608) 657-0145

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*Program availability and referral information can be obtained during office hours. (8 a.m. to 5 p.m., Monday through Friday) by calling the pager at (608) 657-0145 or the program at (608) 280-2520. After hours information can be obtained by calling the pager. Our Fax # is (608) 280-4751.*



*El Programa de Preservación de la Familia es uno innovador cuyo propósito principal es minimizar el uso de los hogares de crianza proveyendo servicios en el hogar, intensos e individualizados a diferentes familias.*

*Los servicios de este programa estan basados en una evaluación de riesgos, fortalezas y recursos familiares estimando así la necesidad inmediata de cada familia. Uno de los objetivos principales y más importantes de este programa es mantener la seguridad y unidad familiar.*

*Algunos servicios que se ofrecen en este programa son:*

- *Participación de la familia en este programa por 8 semanas.*
- *Las familias reciben servicios intensos 10 - 12 horas por semana.*
- *Los trabajadores sociales estan disponibles 24 horas al día, 7 días a la semana.*
- *Intérpretes disponibles para los servicios en español.*