

## WHAT ARE FAMILY FOCUSED SOLUTION BASED SERVICES?

The Family Focused Solution Based (FFSB) Program is designed to work with families where:

- A family member (child or adult) who may benefit from mental health services.
- Prevention of hospitalization or out-of-home placement of children and or adolescents or when appropriate, to assist in reuniting families whose child or adolescent has been placed outside of the home is a goal.
- The family is involved in either the Child Protective Service system or the Juvenile Justice system and is identified as needing an intense therapeutic and support service to empower the family to care for themselves and their children.

The guiding principle of FFSB is that children grow up best in their own homes. Consequently, there is an emphasis upon families as partners and resources in treatment planning and in ongoing treatment. Unique aspects of the program are:

- FFSB is designed to work across systems and seeks to ensure service coordination across systems.
- FFSB is a comprehensive service provided by a team composed of a mental health professional and a mental health worker.
- FFSB includes referral and linkage to other social service agencies as needed
- FFSB can arrange family supports.
- FFSB typically is involved with families from three to six months in duration.

## SERVICE DELIVERY

Since children and families do not live in isolation, services are oriented to assisting families in receiving maximum benefit from school and community activities, and helping families identify and access community resources.

The FFSB team works in close partnership with the family to identify the family's strengths and to assess areas of need. The family, team and other providers such as the Office of Children, Youth and Families or Juvenile Court collaborate to develop a treatment plan to build upon strengths and address the identified needs. This may include increasing coping capacities, problem-solving abilities and life skills, or improving management of stress and parenting skills. The family and therapists work together to identify strategies as basic as arranging for babysitting services, or as complex as obtaining an appropriate school placement for a child. Treatment plans are highly individualized and tailored to each family's unique situation.

In summary, families and professionals work in partnership to build upon strengths and address needs in order for families to care for their children.

## WHO IS ELIGIBLE?

This program is designed for families:

- With a family member or members who have serious emotional or behavioral problems;
- With children or adolescents where there is a risk of psychiatric hospitalization or other out-of-home placement;
- With adult members in the home agreeing to participate in the program;
- Who are registered with Community Care;
- Who are involved with the Allegheny County Office of Children, Youth and Families and or Allegheny County Juvenile Court.

## WHAT SERVICES ARE PROVIDED?

A comprehensive assessment of strengths and needs is completed with the child, adolescent or adult and the family. With written consent, information is also gathered from other agencies providing services to the family. The FFSB team, with the family then work together to develop a treatment plan to meet the child's and family's needs.

Family members are expected to actively participate in assessment, treatment planning, development of treatment goals, and ongoing review of progress.

## SERVICES MAY INCLUDE:

- Crisis intervention and stabilization
- Skill development (eg: behavioral management, parenting and problem solving)
- Individual and family therapy
- Relief services
- Supportive services
- Coordination and collaboration with other service systems
- Referrals to other community services

## HOW MUCH DOES IT COST?

There are no fees to families who participate in the Family Focused Solution Based Program. This service is reimbursed by Medical Assistance.

## WHO PROVIDES THE SERVICE?

Family Focused Solution Based services are provided by private agencies in Allegheny County including Every Child, Inc, Family Resources, Holy Family Institute and Wesley Spectrum Services. Referrals are generally made to the above agencies in-home programs. The In-home programs provide a Mental Health Assessment, and if appropriate, the family is seamlessly transferred to the Family Focused Solution Based Program.

Referrals can also be made directly to the above agencies by other service providers coordinating with the Allegheny County Office of Children, Youth and Families or Allegheny County Juvenile Court.

**For more information about Family Focused Solution Based Services in Allegheny County, please contact:**

### **Every Child:**

Denny Falo or Jim Cassels  
Phone: 412-665-0600  
Fax: 412-665-0755

### **Family Resources:**

Clinical Administration Department  
Phone: 412-363-1702  
Liz Hyatt: 412-363-1702 ext. 1112  
Fax: 412-363-3725

### **Holy Family Institute**

Georgia Fulgenzi or Dee Dee Giovanazzi  
Phone: 412-331-7712  
Fax: 412-331-0982

### **Wesley Spectrum Services**

Nikki O'Leary 412-342-2314  
John Frain 412-342-2365  
Fax: 412-362-9807

The Family Focused Solution Based program is being supported by the Office of Mental Health, Department of Public Welfare, Commonwealth of Pennsylvania; The Allegheny County Department of Human Services Office of Children, Youth and Families, Allegheny County Juvenile Court, and Community Care Behavioral Health.

The Family Focused Solution Based program provides services without regard to age, sex, race, ethnicity, religious belief, or disability.

# FAMILY FOCUSED SOLUTION BASED SERVICES IN ALLEGHENY COUNTY