

# Family Centered Treatment as an Evidenced Treatment for Virginia's Children and Families

*Challen Mabry, PhD, LPC Chief Clinical Officer  
HopeTree Family Services*



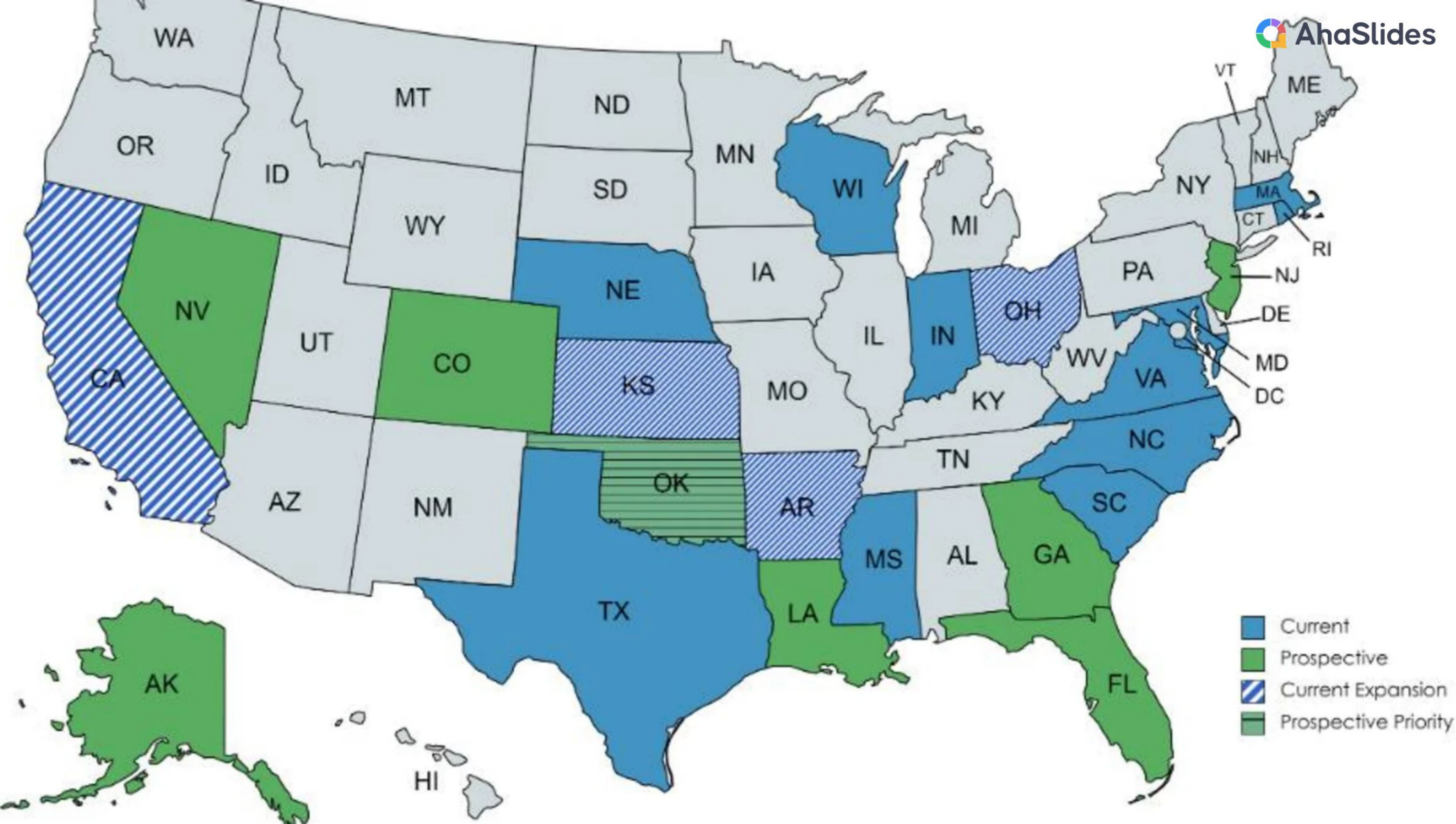
*Lindsey Morgan, BS, QP. Program Consultation  
Director – Family Centered Treatment Foundation*



# What is Family Centered Treatment?

# What is Family Centered Treatment?

- FCT is an **evidence based, intensive trauma treatment model of home-based family therapy.**
- **Practitioner/Family** Developed
- **Simple, practical, and common-sense** solutions delivered via **experiential treatment.**
- Designed to increase **family health** and **well-being**, promote **attachment** and **resiliency** and develop functional solutions for maladaptive patterns (behavior).
- Builds upon family **strengths** and addresses **systemic trauma** by addressing **underlying causes**, not just the symptoms.





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# FCT Highlights

30+ years of national  
implementation

NCTSN Category II Site

Peer Reviewed Cost  
Benefit Analysis

Urban, Rural, and  
Frontier Provision of  
Services

Routine Administration  
of Trauma Screener  
and Family Assessment  
tool

Multigenerational  
Trauma Treatment

Treatment Duration ~ 6  
months

Comprehensive  
Treatment Supporting  
Overall Wellness for  
Family Members

Committee Members  
with Lived Expertise

# Blending FCT with Best Practices

Inclusive of the whole family  
**as defined by the family**

Meet in their home at **days  
and times that are  
convenient** for the family

Practitioners schedule  
sessions to occur when the  
family struggles the most

Provides **24/7 on call crisis  
support** for the family with  
their known clinical staff.

**Treatment Intensity:**  
Multiple hour sessions  
several times per week  
become the norm for  
creating change.

Provides opportunities for  
the family to practice  
functioning differently.  
These weekly 'enactments'  
are integral to the process  
(not just talk therapy).



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## CHILDREN'S BUREAU

*An Office of the Administration for Children & Families*

\*\*\*The Family First Prevention Services Act (FFPSA) was **enacted to keep children safely with their families and to avoid the trauma that results when children are placed in out-of-home care.** For over 30 years, Family Centered Treatment (FCT) has developed and refined for this very purpose. This workshop will focus on how FCT has successfully expanded coast to coast through the alignment with FFPSA initiatives, will address barriers encountered, share strategies for partnering with local, state and federal organizations, and aid participants in planning for their next steps related to FFPSA and Title IV-E funding.

# Family First Implementation

will require strong and sustained partnerships among multiple stakeholders.

is a long game.

measures must always consider the ultimate impact on children and their families.

will demand new levels of coordination among federal, state, tribal and local governments.

# Family Centered Treatment

14+ state presence, 80+ sites.  
Collaboration with multiple funding streams

over 30 years of implementation experience

ongoing family feedback, involvement with policy, research and outcomes

Policy Director, established relationships at local, state, and federal levels

Family First is a starting point for continued reform.





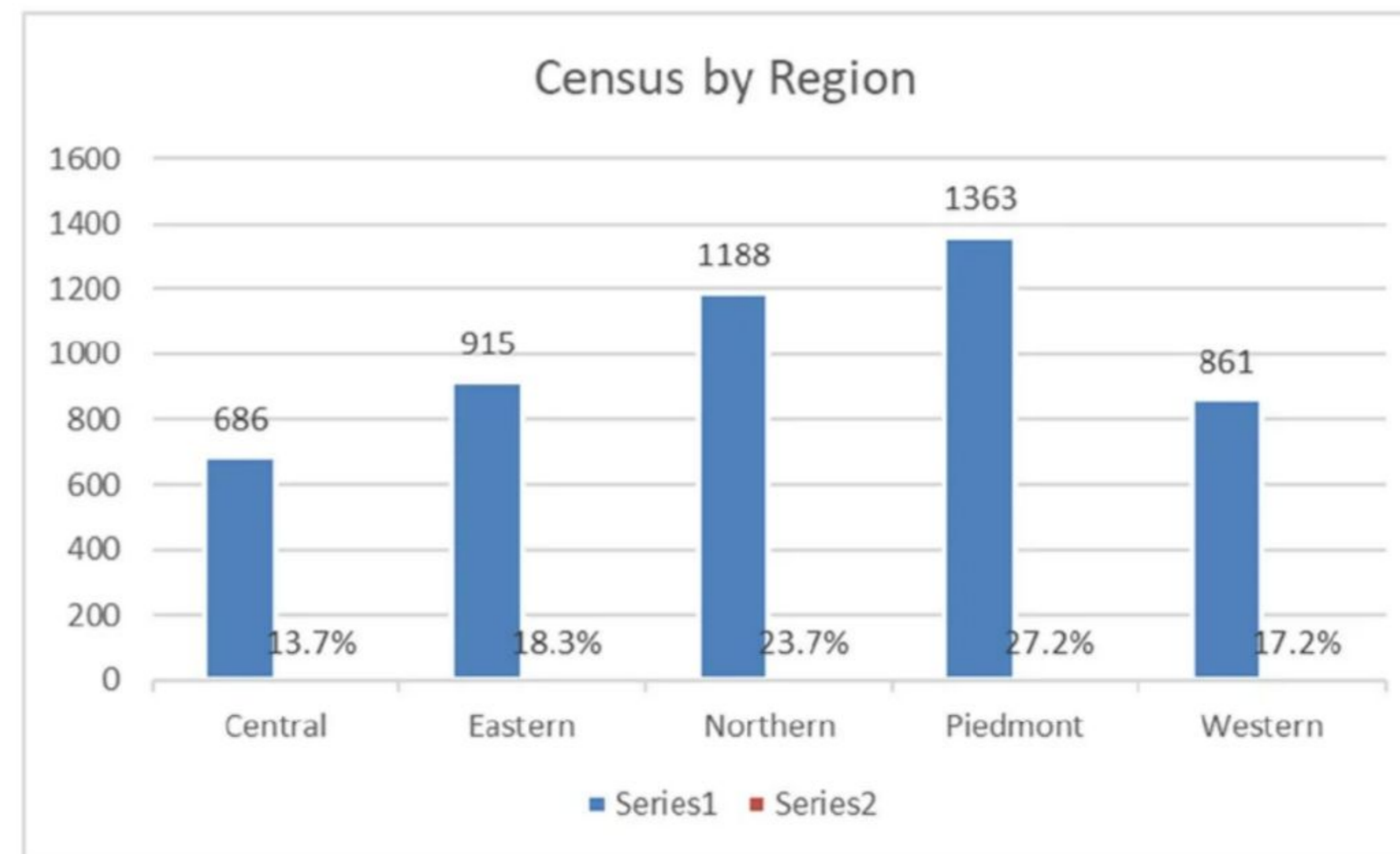
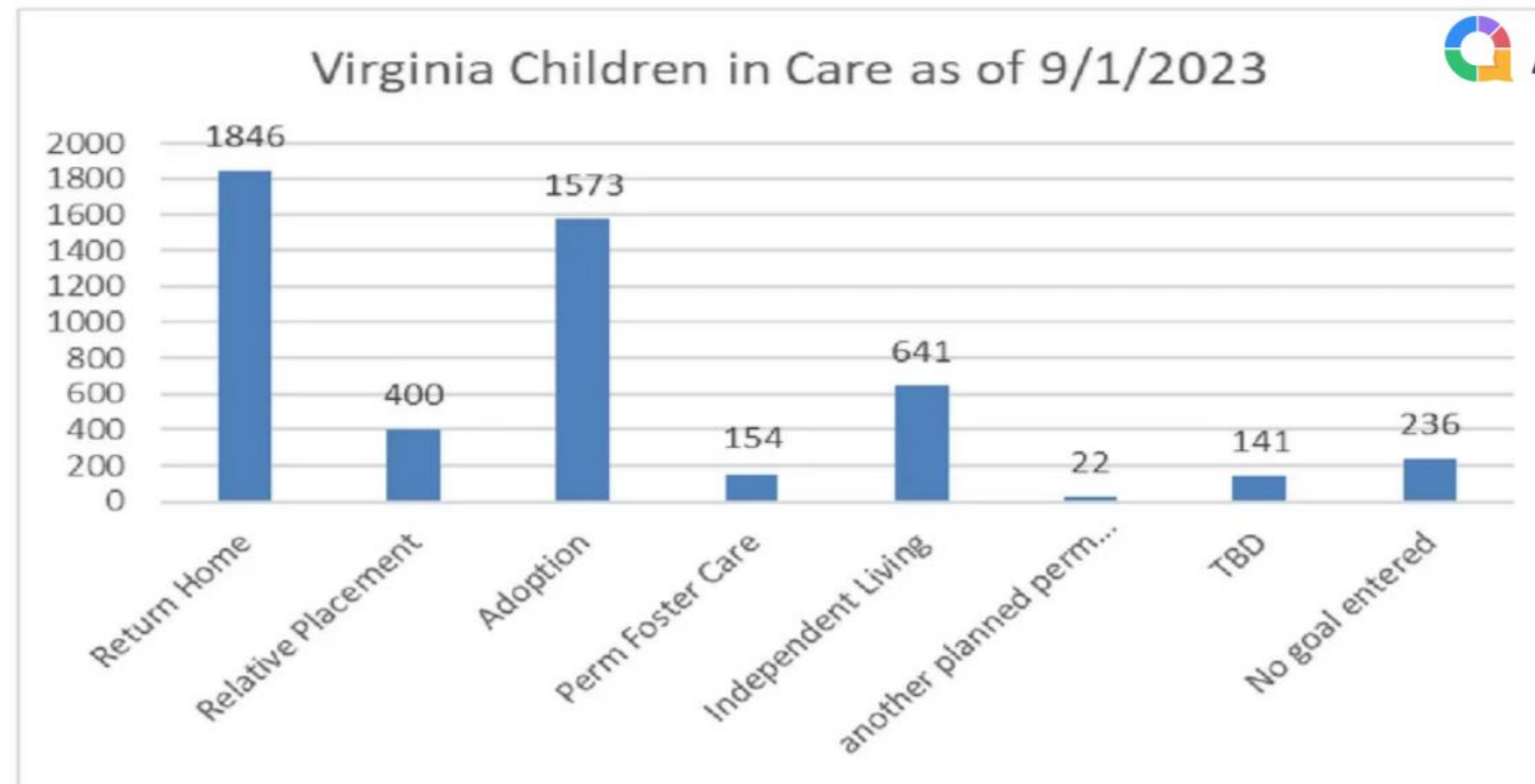
# Virginia's Children's Services Practice Model

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1. **Children do best when raised in families**, and every effort should be made for children to remain with their own families;
2. Youth should **not** be **housed** in institutional settings;
3. All children and youth need and deserve a **permanent** family;
4. Services should be **child-centered, family-focused and community-based**; and
5. **How** we do our work is **as important** as the work we do

Current Foster Care Snapshot:

What's the Plan?



# Did you know: Virginia Foster Care Comparison

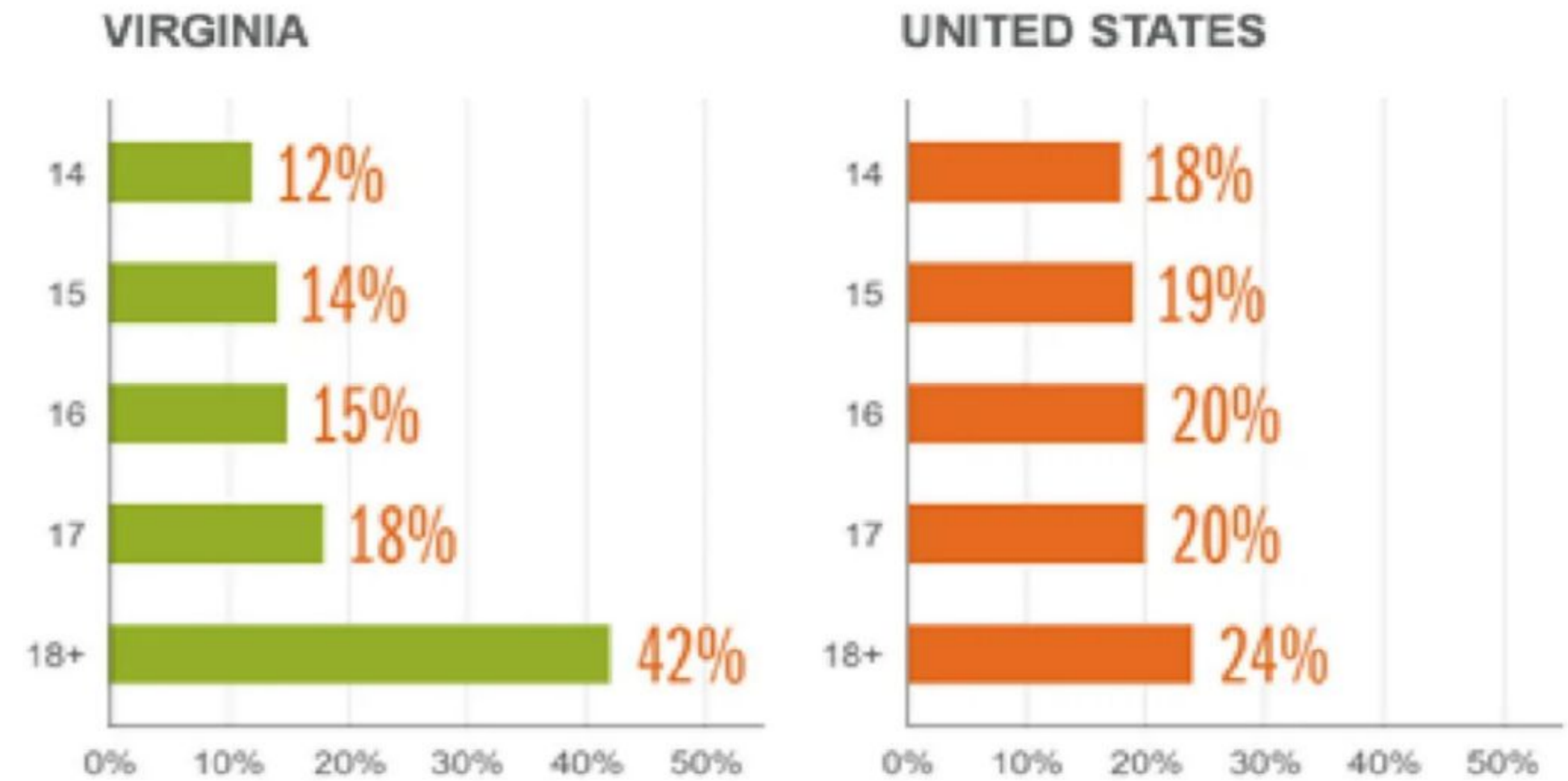
## Where are we winning

- 30% of children in Virginia are adopted, often by foster families (VDSS)
- Average LOS is 20.25 months; National Average is 21 months
- Recent policy reformation in Virginia

## Where are we losing

- Virginia's reunification rates
- What stats do you know?
  - Virginia ranks one of the worst states in US for children who age out without permanence
  - Poorer SDOH (housing, SUD, etc)

## Youth in Foster Care by Age, 2021



## Entry Reasons\*

UNITED STATES VIRGINIA



\*A young person may have more than one entry reason. The entry reason "Abuse" combines data on physical and sexual abuse.

# Did you know: Virginia Behavioral Health Comparison

## Where are we winning

- Improved mental health outcomes for youth (now rank 21<sup>st</sup> nationally)
- 988 launch

## Where are we losing

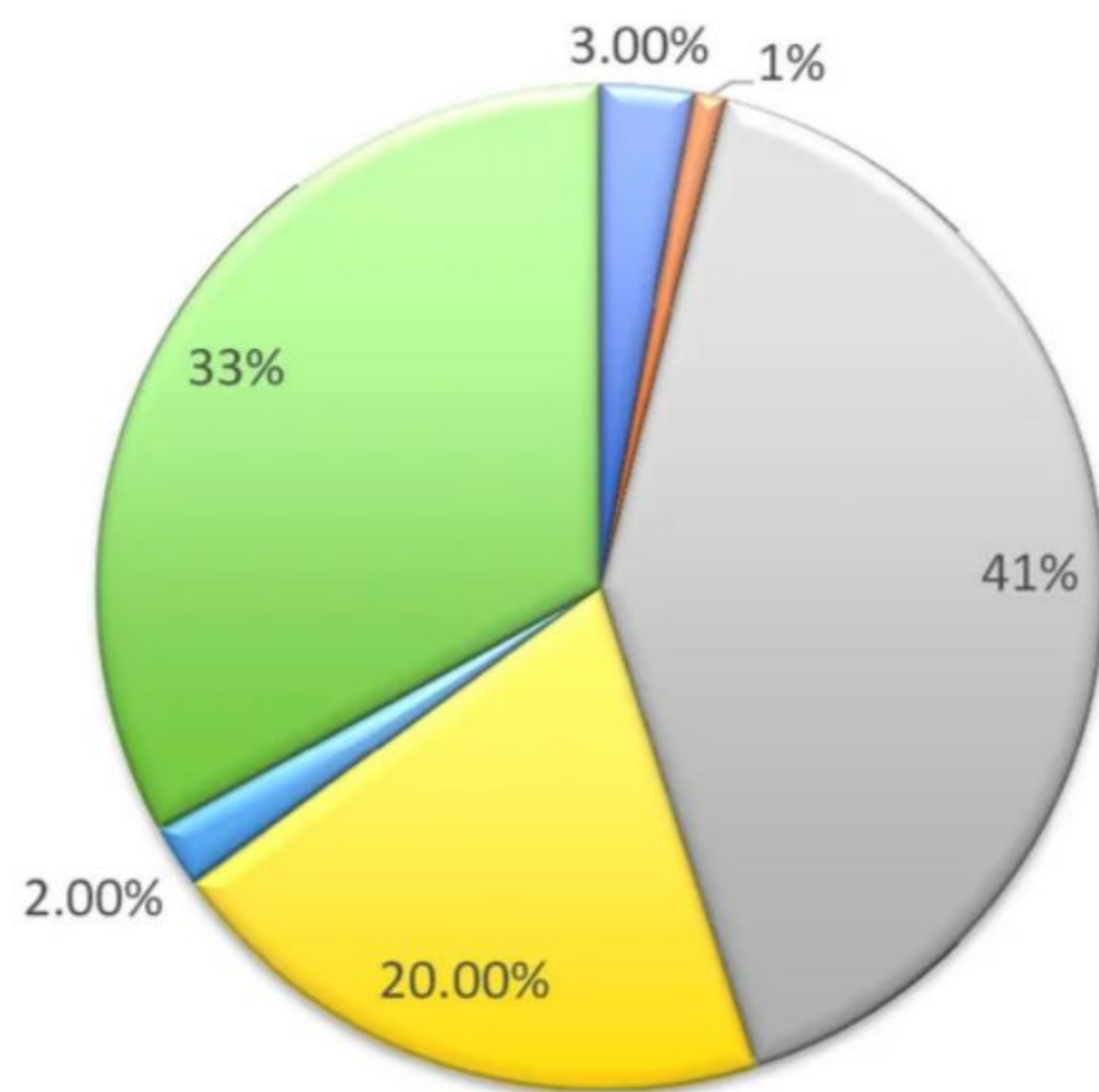
- Substance use
  - Virginia ranks 10 in the nation for substance abuse prevalence w/youth
- Virginia ranks 32 nationally for youth with severe depression receiving consistent treatment (determined by minimum of 7 visits/annual yr.)
  - 25% compared to 27.2% national average
- Virginia ranks 40<sup>th</sup> nationally for shortages of mental health providers (530:1)
  - Whew. We feel it.

## KEY FINDINGS



# What does it look like in Juvenile Detention and/or Residential Facilities in the United States

National Stats

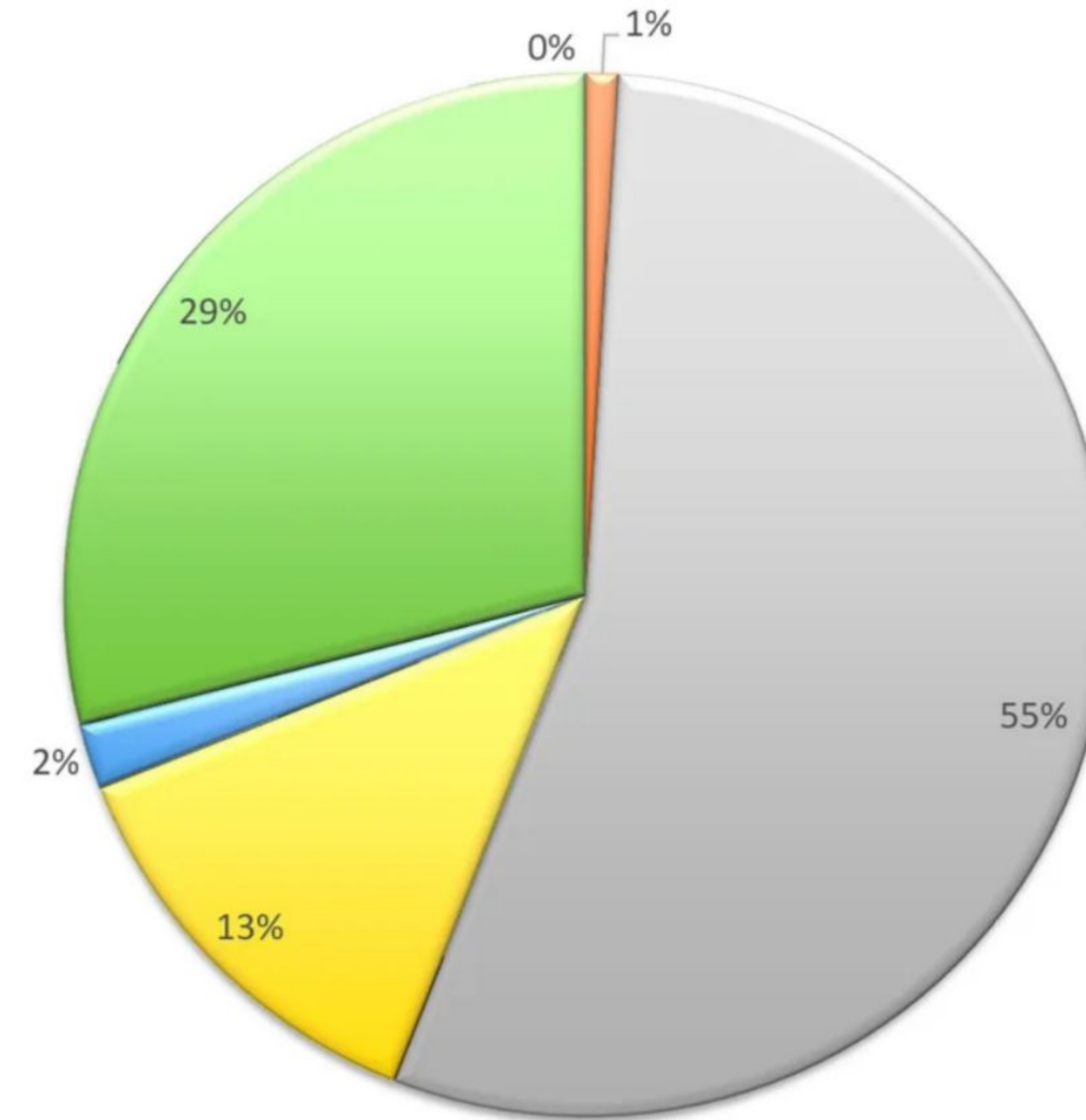


■ American Indian 
 ■ Asian 
 ■ Black 
 ■ Hispanic 
 ■ Other 
 ■ White



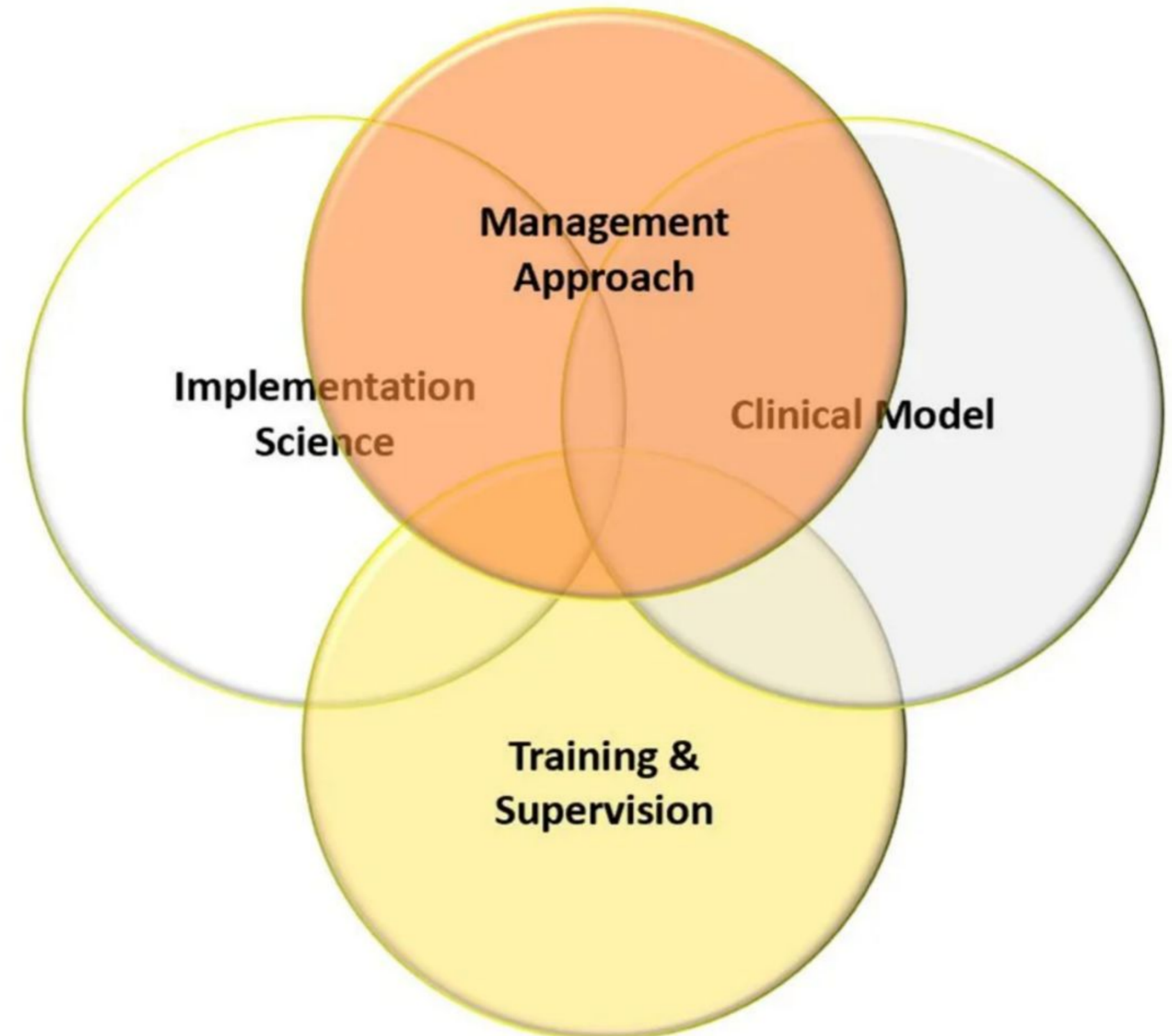
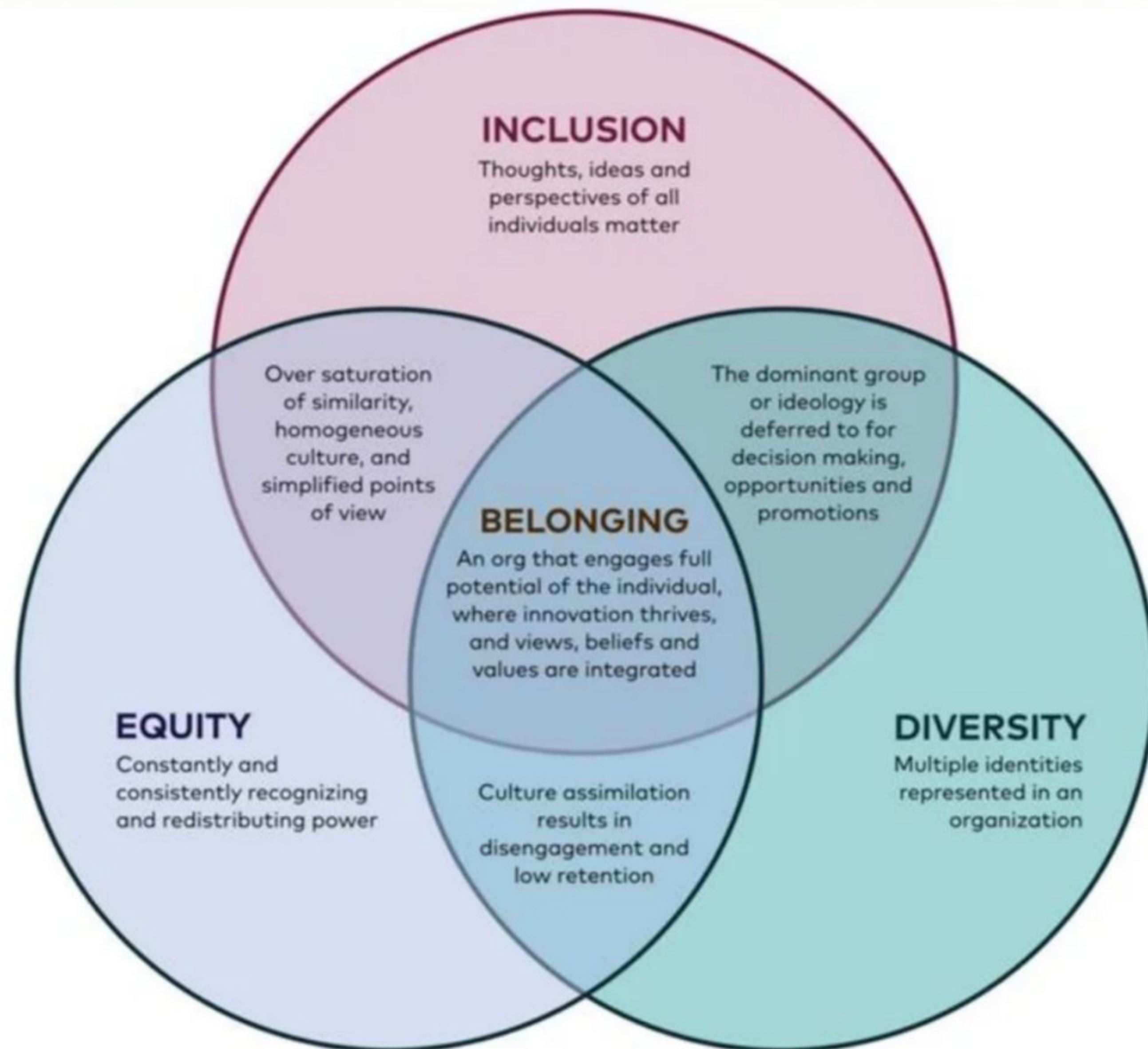
What does it look like in Juvenile Detention and/or Residential Facilities in Virginia?

Virginia Stats



■ American Indian ■ Asian ■ Black ■ Hispanic ■ Other ■ White

# A Systemic Therapy Model Requires Systemic Implementation





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## NATIONAL SCOPE

38 FCT Licensed  
Organizations

> 80 sites/14 States

Multiple statewide  
implementation sites

Established payment  
streams include Medicaid,  
state funding & grant



## EVIDENCE BASED



**High:** Child Welfare Relevancy



Rated: Supported



SAMHSA's NREPP Legacy model



OJJDP listed EBP



## COST BENEFIT

Empirical research has  
demonstrated significant cost  
savings through use of FCT\*

From 2008-2013 published  
State data showed that FCT  
saved Maryland >\$129,800,000

Published cost benefit analysis  
has shown >\$41,000 less per  
FCT youth savings\*



## FAMILY & PRACTICE BASED

Families and Practitioners from  
actual & lived experience initiated  
and continues to innovate FCT for  
>30 years

9 out of 10 Families report FCT  
'Improved Family Life' at case  
closure\*\*

Historically, 94% of all families  
referred are engaged into FCT and  
nearly 80% receive > 20 contacts

In 2022 there were >7,000 family  
members served



# Family Centered Treatment Cost Benefit

Family Centered Treatment (FCT), an evidence-based model that is owned by a not-for-profit organization, has resulted in researched significant cost savings for states, funding sources and service providers. Compared with other major EBP's, FCT can have significantly lower startup, ongoing, and implementation costs.

## OJJDP Journal of Juvenile Justice

In this study, results showed cost of treatment per youth served through FCT saved the state **\$27,916 per youth** in Group Homes and **\$25,433 per youth** for Therapeutic Homes.

Years 2003-2007:  
67% Less Per Youth



Years 2008-2013:  
71% Less Per Youth



*OJJDP Journal of Juvenile Justice, 2012*

"Indeed, the cost benefits of FCT to the state of Maryland reflect reported direct cost reductions in states using diversion programs for adjudicated youth throughout the United States."

## Peer Review Cost Benefit Analysis

- 24% Fewer Youth in Residential Placements
- 20% Reduction in Length of Residential Placement for Average Youth
- 30% Reduction in Length of Average Residential Placement
- 39% Reduction in Days Spent in Pending Placement for Average Youth
- 27% Reduction in the Days Spent in the Average Pending Placement
- 23% Reduction in Length of Average Community Detention

EVERY DOLLAR SPENT ON FCT SAVED THE STATE \$3.29



Initial intervention cost for FCT as compared with group home placement was less costly by **\$30,170 per youth**, on average. Every dollar spent on FCT saved \$3.29 in placement costs.

## Youth Outcomes Following Family Centered Treatment® in Maryland

Post-admission placement costs were **\$41,730 less per youth**, on average, for the FCT group compared to the Group Home group for the 12 months after the start of each intervention. The cost spent on FCT was offset by \$44,158 saved on group homes and other residential childcare, and \$8,848 for secure facilities.

FCT 5-Year Study  
Cost Benefit Analysis



**>\$129,800,000**

Savings to State/Taxpayers in Maryland  
2008-2013

*University of Maryland School of Social Work, 2015*

"Moreover, given the findings in [the] cost analysis, FCT is substantially more economical than group home use."

# Historical Outcome Highlights for Family Centered Treatment Services



**Positive Outcomes**

**89%**

Of all FCT referrals had a positive placement at closure



**Completion Outcomes**

**98%**

FCT families completing the 4 phases of treatment had a positive placement at closure



**Engagement**

**94%**

Of FCT referrals were successfully engaged into services



**Family Voice**

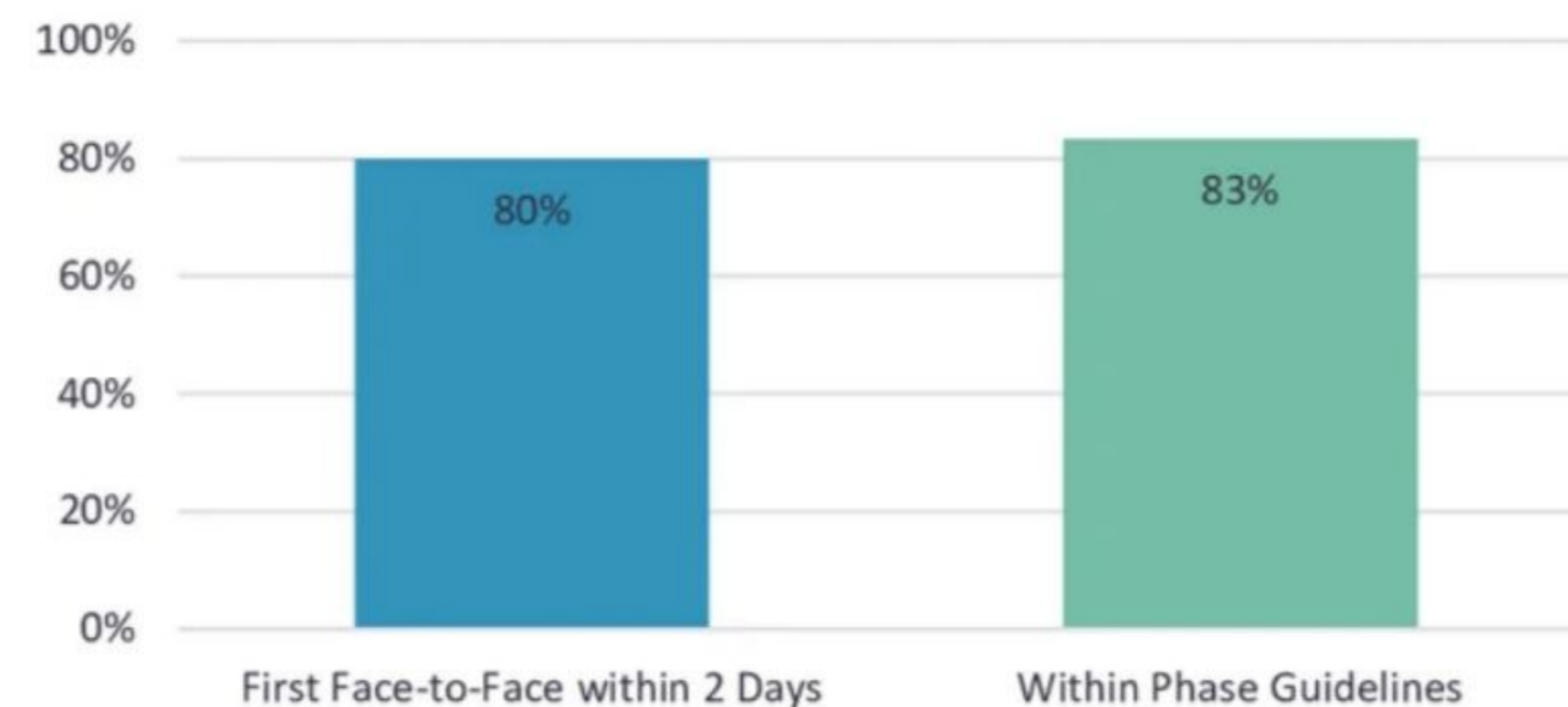
**89%**

Families agreed that FCT has improved their family life

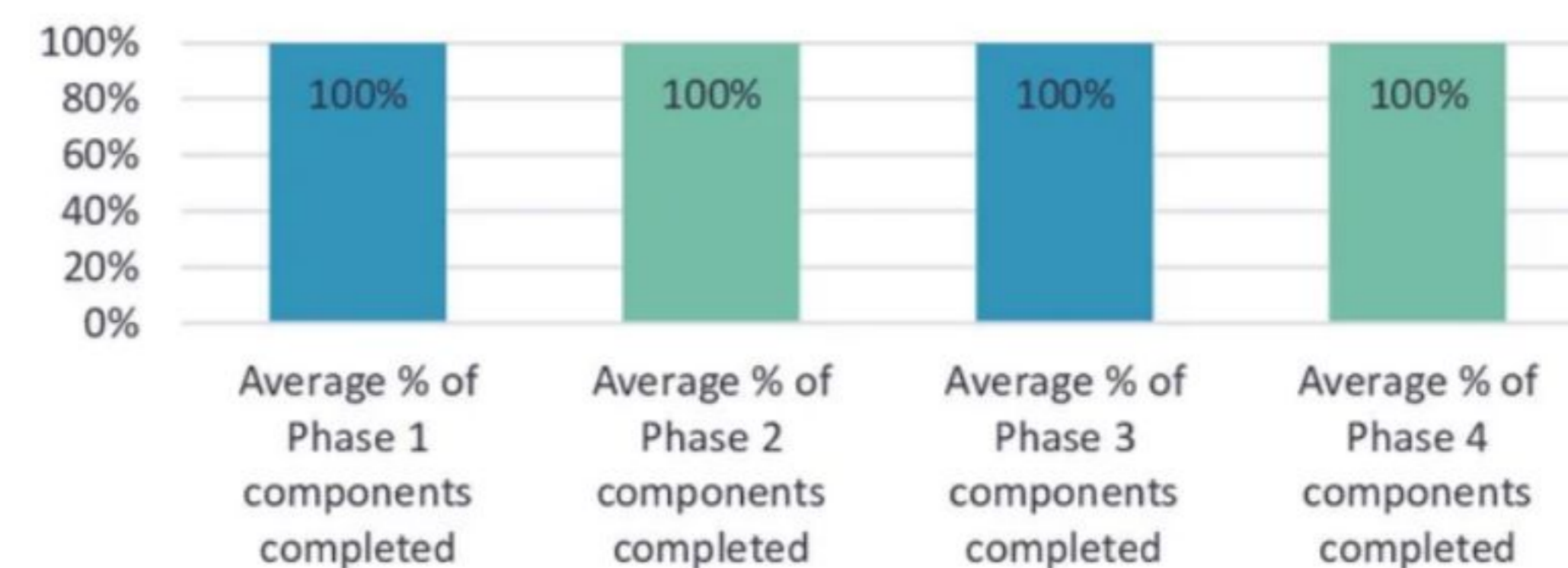
# FCT in Virginia

- As of 9/15/23
  - 15 Individual clients served
  - 63 Family members
  - 100% of families served participated in 20 or more sessions

### Engagement and Phase Guidelines

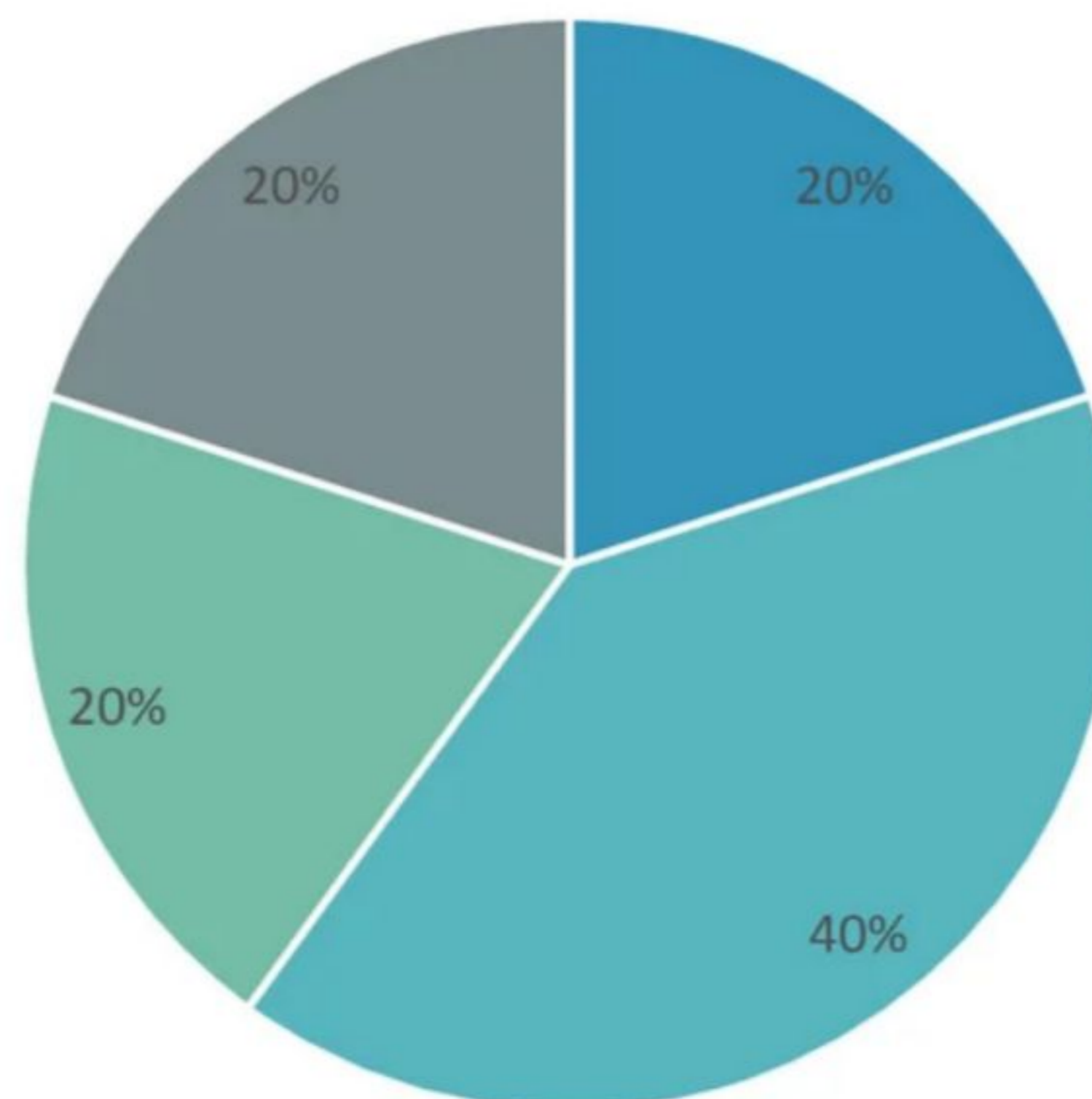


### Average Completion of Phase Components



# FCT in Virginia

Status at Completion treatment

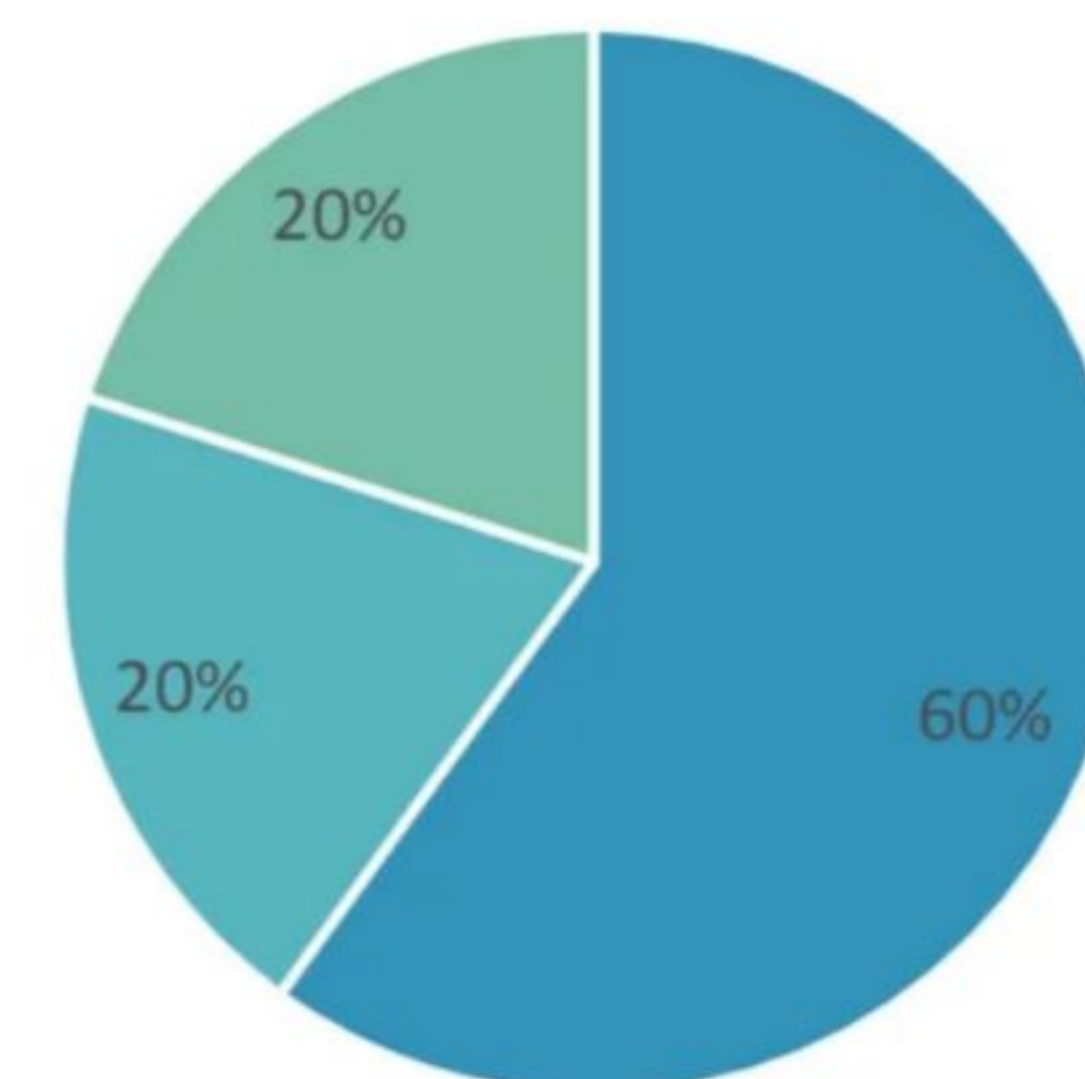


■ Reunified with Family of Origin ■ Maintained placement with family of origin ■ Maintained placement in other caregivers home ■ Placed out of home

# What Virginia families are saying...

- **What did you like best about your FCT agency services? -** Honesty, sessions that brought new awareness.
- **How is your family different today now that you have completed FCT services...-** Communicate somewhat better.

Family Perception of Treatment



- Significant Improvement (better most days)
- Moderate Improvement (better half the time)
- No Report



# Training

# Certification

# Resources



## Wheels of Change® Certification Training Curriculum

- 24+ hour standardized intensive training process
- 3-phase Certification Training Process
  - Online learning of theory and processes
  - Field-based observation and experience
  - Field testing of 16 core component skill demonstration



## 5 Levels of FCT Certification



- Recertification procedures commensurate with highest level of certification held



## Provider Portal



- Provider Portal
- Monthly Foundation Updates
- Implementation Updates
- Intervention Toolbox
- FCT Roadmap
- FCT Family Workbook
- Leadership Cohorts
- Podcasts
- Let's Talk Series
- Skills Labs
- Grand Rounds



# National Scope and Precedence

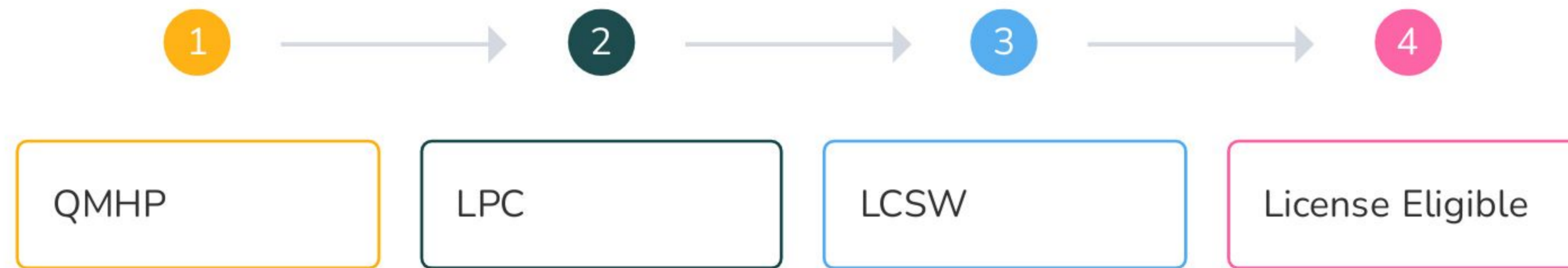
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- Numerous states (IN, AR, RI, KS, CA, MD, OH) permit use of Qualified Professionals (model permissible) including those under Title IV-E and Medicaid with comparable outcomes
- NC Managed Care Organizations and DHHS are in support
- Several empirical studies with QP personnel demonstrating significant results
- The study recently accepted as Supported by Prevention Services Clearinghouse In-Home Parent Skill Building was with QP level staff





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✓ 0 👤 | ✗ 0 👤

# Leaderboard

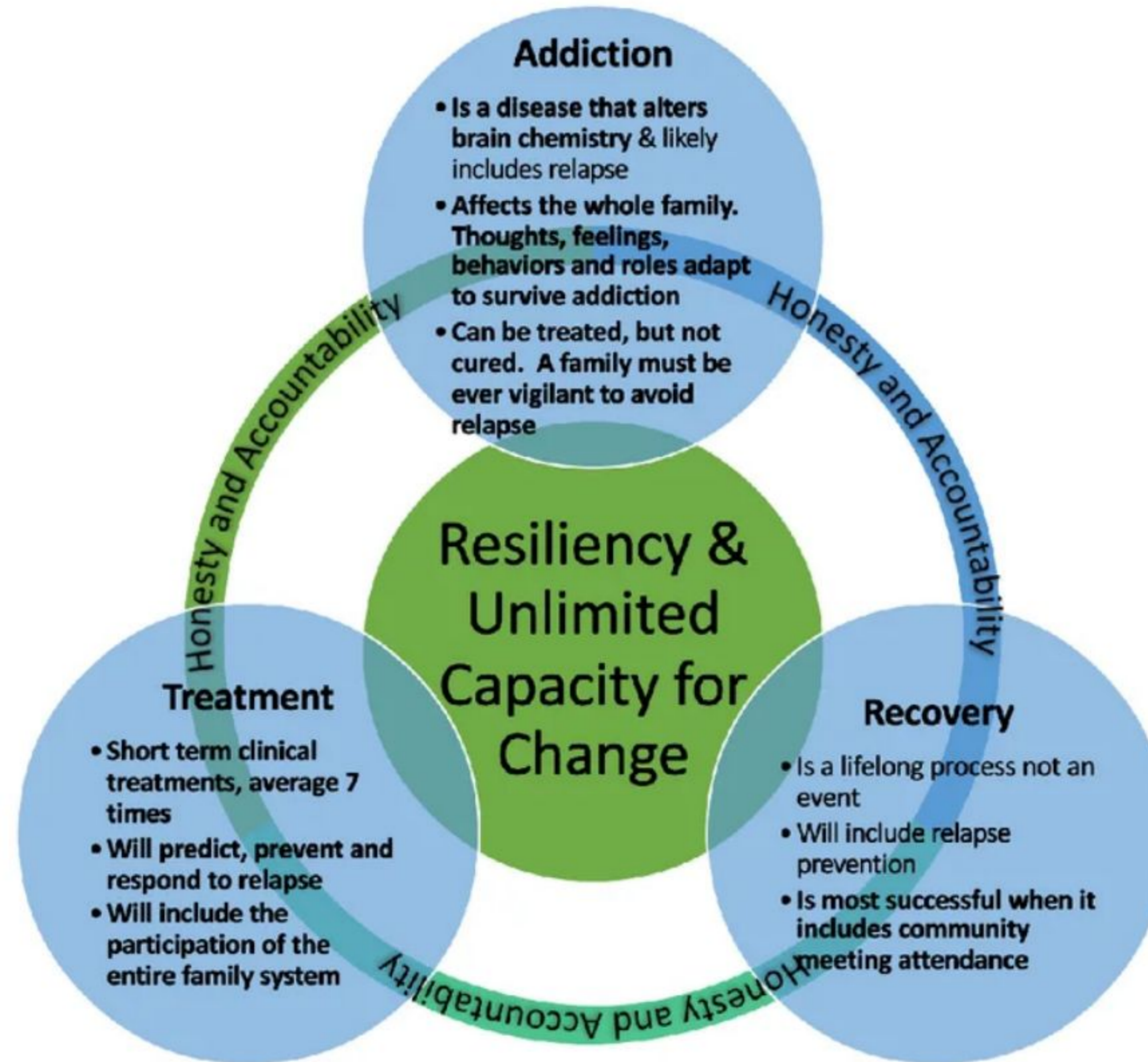
0 players

**No result yet**

The top Quiz players will be displayed here when there are results.

# Family Centered Treatment-Recovery

An FCT pilot program developed in collaboration between SPARC Foundation, FCT Foundation, and Departments of Social Services to address the confluence of parental substance abuse, trauma and child welfare.



# Family Centered Treatment-Recovery

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Up to 80% of clients seeking substance use disorder treatment services have experienced trauma.

Trauma can be a relapse trigger for those with substance use disorders.

With FCTR, treatment aims to capitalize on the strengths of the family system by activating the healing capacity of the family system to address the dynamics of trauma and substance use.

FCTR looks just like FCT except for the practitioners focus and intent to include the SU and the effect on the family system.

# Family Centered Treatment-Recovery

Traditional Substance Abuse Service Offerings:	Family Centered Treatment-Recovery
✓ In office or in-patient only	✓ Community based and in family homes
✓ Individually focused treatment plan	✓ Family centered plan inclusive of recovery
✓ SA education to individual	✓ SA education to entire family
✓ Random urine screens	✓ Initial hair follicle test and weekly random urine screens
✓ Individual-based Contingency Management Vouchers	✓ Family-based Contingency Management Vouchers
✓ Person Centered Peer Support Specialist/WRAP	✓ Person Centered and Family Centered Certified Peer Support Specialist/WRAP
✓ Therapy to address individual traumas	✓ Therapy to address individual and generational traumas
✓ Treatment driven by therapist and/or group	✓ Treatment driven by the family
✓ Multiple Barriers to Treatment	✓ Removal of barriers to treatment

# What's happening now in FCT?

FCT Foundation  
Nationally  
Partnerships  
Virginia Specific



# Final Thoughts? What questions do you have?

# How Can I Reach You: Contact Information



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