



community  
solutions, inc.

our name is our mission

# Home-Based Youth Services

*Intensive community services for youth in the juvenile justice and child welfare systems*



## National Endorsement for Community-Based Model Programs

*Researchers find that evidence-based, model programs reduce recidivism, out-of-home placement, substance abuse and school failure.*

- National Institutes of Health panel of experts endorses FFT and MST as being model programs and highly effective in reducing aggression, delinquency and substance abuse.
- Blueprints for Violence Prevention endorses FFT, MST and MTFC as model programs.
- SAMHSA names BSFT, FFT, MST and MTFC as model programs.
- National Institute of Drug Abuse assesses BSFT, FFT, MST and MTFC as highly effective.

## Keys to Successful Home-Based Youth and Family Services

- Therapy is strength-focused and problem-oriented.
- Goals are set primarily by family.
- Therapists set clearly defined, achievable, short-term tasks.
- Interventions support parents' skills and authority.
- Family is connected to the community and a broader social support network.
- All work is done in the family's natural environment.
- Therapists are flexible and resourceful as they engage and treat youth and their families.
- Program maintains strong adherence to a research-validated manual.

## Home-Based Youth Services

Community Solutions is a nonprofit organization that promotes self-reliance, responsibility and accountability for at-risk and disadvantaged youth and adults. Since 1962, Community Solutions has delivered supervision, treatment and comprehensive, individual services to help clients interact more effectively with their communities and become productive citizens.

Community Solutions offers a portfolio of services to hundreds of youth and adults referred through contracts with all branches of the state and federal juvenile and criminal justice systems, as well as social service agencies. Currently, Community Solutions clinicians work in homes and communities throughout the country, achieving excellent outcomes and consistently receiving high marks from outside evaluators.

**Programs specific to Community Solutions' home-based youth services include:**

- **Brief Strategic Family Therapy (BSFT)**
- **Functional Family Therapy (FFT)**
- **Intensive Family Preservation and Reunification Services**
- **Multisystemic Therapy (MST)**
- **Multidimensional Treatment Foster Care (MTFC)**

**Community Solutions** is the only agency licensed to collectively offer all of these model programs.

Community Solutions is the only agency licensed to collectively offer all of these model programs. The goals of Community Solutions' youth services division are to improve academic performance and family dynamics, and to prepare youth for success in their communities. The balanced approach to accountability, community protection and competency development provides the greatest benefit to our youth.

## Our Continuum of Home-Based Youth Services

### Brief Strategic Family Therapy (BSFT)

BSFT is an effective, problem-focused and practical approach to the elimination of substance abuse risk factors. It successfully reduces problem behaviors in children and adolescents 11-18 years old and strengthens their families. BSFT helps the families of rebellious, truant, delinquent or substance-using youth identify the conduct that has supported the adolescent's anti-social behavior and develop new, more functional patterns. Therapists use reframing techniques to help families draw upon their own strengths, and assign weekly tasks to parents as well as youth. Sessions target behavior problems, association with anti-social peers, substance abuse and problematic family relations. Youth earn privileges by contracting to meet behavioral goals that are set cooperatively by the family, therapist and the referring juvenile service staff. BSFT has proven particularly successful with Latino and African-American families.



## **Functional Family Therapy (FFT)**

FFT is an outcome-driven and highly successful family intervention program for at-risk youth and youth involved in the juvenile justice system. FFT is applied to a wide range of at-risk youth ages 11-18 and their families, including youth with problems such as conduct disorder, violent acting out, and alcohol and substance abuse. The FFT model is appealing because of its well-defined phases that organize family change in a coherent manner. An FFT clinician works with families for an average of 12 sessions over a three- to four-month period to help change family behavior by targeting communication and increasing the family's ability to use resources, as well as practicing newly-learned behaviors in multiple situations. Services are conducted in both clinical and home-based settings and can be provided in a variety of contexts, including schools, child welfare, probation, parole/aftercare, mental health and as an alternative to incarceration or out-of-home placement.

## **Intensive Family Preservation Services (IFPS)**

Intensive Family Preservation and Reunification is an intensive, in-home family preservation and reunification program for families with children (birth to 18) returning from, or at-risk of, placement into foster care, group or residential treatment, psychiatric hospitals or juvenile justice facilities. The program is designed to eliminate barriers to service, while using research-based interventions to improve parental skills, parental capabilities, family interactions, children's behavior and family safety. The goal is to prevent the unnecessary out-of-home placement of children through intensive, on-site intervention, and to teach families new problem-solving skills to prevent future crises.

## **Multidimensional Treatment Foster Care (MTFC)**

MTFC is a behavioral treatment alternative to residential placement for adolescents who have problems with chronic anti-social behavior, emotional disturbance and delinquency. Youth are placed individually in a family setting for six to nine months. MTFC provides parent training and other services to the biological families of treated youth, helping to improve family relationships and reduce delinquency when youth return to their homes. Community families are recruited, trained and supported to provide well-supervised placements and treatment. MTFC parents are part of the treatment team along with program staff. The goal of the MTFC program is to decrease problem behavior and to increase developmentally appropriate, normative and pro-social behavior in children and adolescents who are in need of out-of-home placement.

## **Multisystemic Therapy (MST)**

In 1999, Community Solutions became the first licensed provider in New England to provide MST, an intensive family- and community-based treatment model that addresses multiple aspects of serious anti-social behavior in adolescents. The multisystemic approach addresses the many factors that are known to contribute to delinquency across key settings, or systems, within which youth live, work and play. MST has proven to be effective in reducing anti-social behavior among diverse populations of serious and chronic juvenile offenders. The typical duration of treatment is approximately four months, which includes approximately 60 hours of therapist-family contact with therapists being accessible to the youth and family 24 hours a day, seven days a week. MST therapists only work with five to six families at a time and work closely with the family to promote the parent's capacity to monitor and provide effective discipline. MST can be used to prevent residential placement or as aftercare when youth are leaving a residential facility.

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*Community Solutions Inc. operates these programs in cooperation with the Center for Family Services at University of Miami Medical School, FFT Inc., Institute for Family Development, MST Services, MST Institute and TFC Consultants Inc.*

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# Community Solutions Inc. Home-Based Youth Services

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