

Family Centered Treatment (FCT) is an evidence based and well-supported trauma treatment model of home-based family therapy. FCT is owned by a private non-profit incorporated organization devoted to the preservation of families through research, training, and development.



NATIONAL SCOPE

29 FCT Licensed Organizations

> 75 sites/13 States

Multiple statewide implementation sites

Established payment streams include Medicaid, state funding & grant



EVIDENCE BASED

SUPPORTED model by the Title IV-E Prevention Services Clearinghouse



Rated: HIGH relevance for Family Stabilization



SAMHSA's NREPP Legacy model



OJJDP Model Programs Guide



COST BENEFIT

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

From 2008-2013 published State data showed that FCT saved Maryland >\$36,000,000

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, 96% of all families referred are engaged into FCT and nearly 80% receive > 20 contacts

Pilots and Research

FCT-Recovery: FCTR layers the evidence based, in-home treatment model of FCT, with sobriety support and interventions when there is substance misuse by a parent.

FCT Reunification: Pilot providing services to youth referred to FCT and placed in Foster Care simultaneously to decrease time in foster care, prepare the family for reunification and address issues that led to out of home placement.

FCT Family Engagement Services: Partnership between MCO, PRTF and FCT Providers. Pilot goals:

1. Increasing family involvement while a child is placed at a PRTF
2. Reducing the time in residential placement
3. Provide families with a consistent treatment provider before, during and after their child's residential placement.

RCT Study sponsored by Duke Endowment: Reducing the Need for Out-of-Home Placements: A Randomized Controlled Trial to Examine the Effects of Family Centered Treatment on Well-Being Outcomes and Public Dollar Costs.

Indiana Department of Child Services Child Welfare Title IV-E Waiver Demonstration Project. This QED study focused on Safety, Permanency, Well-being and Cost. - *Publication Pending*

FCT Families Include Those With:

- Trauma Exposure
- System Involvement
- Mental Health/Substance Use
- Family Functioning Stabilization Needs
- Family Reunification Needs

Family Centered Treatment addresses the strengths and gaps of the whole family, ages birth - seniors. By partnering with the youth, siblings, caregivers, grandparents and other valuable members in a child's life, FCT breaks maladaptive cycles and sets up each generation for success.

*Sullivan, Benbear, Honess, et. al. (2012) Family Centered Treatment®—An Alternative to Residential Placements for Adjudicated Youth: Outcomes and Cost-Effectiveness, Journal of Juvenile Justice Volume 2, Issue 1 ePub.
 *Bright, C. L., Betsinger, S., Farrell, J., Winters, A., Dutrow, D., Lee, B. R., & Afkinich, J. (2015). Youth Outcomes Following Family Centered Treatment® in Maryland. Baltimore, MD: University of Maryland School of Social Work.
 **Family Centered Treatment Historical Outcome Data Report, Sullivan, Wood (2020). Revised 2021

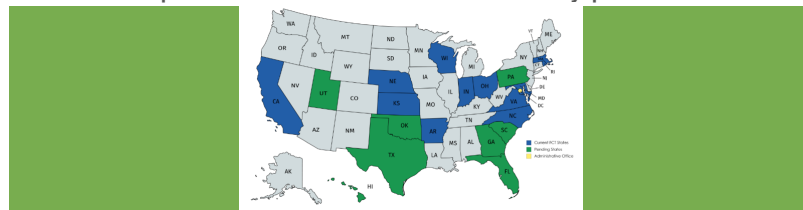
2020 National Outcomes

Positive Outcomes: 91% of all FCT referrals had a positive placement at closure.

Completion Outcomes: 98% of FCT families who completed the 4 phases of treatment had a positive placement at closure.

Engagement: 93% of FCT families had more than 5 direct contacts and at least 45 days of treatment.

Family Voice: 96% of FCT families report that "the services received helped us to better handle our family problems."



In 2018, The FCT Foundation (FCTF) was awarded a federal Substance Abuse and Mental Health Services Administration (SAMHSA) grant to become a NCTSN Network Member. This award identifies FCT as a recognized trauma treatment practice and provides funding to increase the distribution of Certified FCT trained therapists and outreach of the model to additional sites and locations across the US.



To learn more about FCT, its outcomes and publications, click here!



FAMILY CENTERED TREATMENT®

www.familycenteredtreatment.org