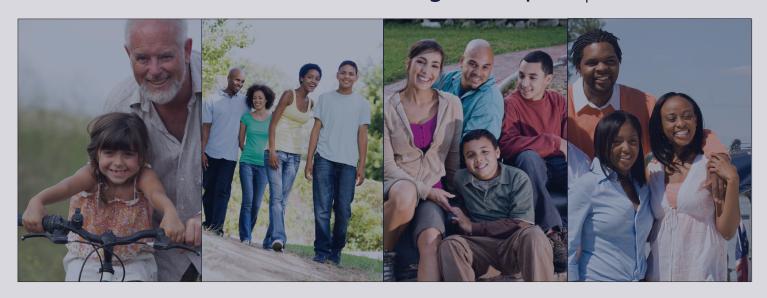


Family Preservation Services

Program Report | FISCAL YEAR 2013



Executive Summary

Family Preservation Services Fiscal Year 2013 Program Report

(JULY 1, 2012 TO JUNE 30, 2013)

Family Preservation Services (FPS) is an intensive, in-home, crisis intervention and family education program targeted to families whose children are at imminent risk of abuse and neglect and out of home placement, or those who are preparing for reunification. The goals of the program are to:

- ensure child safety
- stabilize the family
- prevent out of home placement
- improve family functioning
- link families with appropriate community resources

Services include: child and family assessments; skill based interventions, counseling and related support; linkages to community resources; limited financial assistance; and follow-up. Services are provided in the family's home or related environment as circumstances warrant.

FPS staff is available to families 24 hours a day, 7 days a week for a period of up to eight (8) weeks. Program interventions are intensive, providing each family five (5) to twenty (20) hours of direct face-to-face service per week depending on the nature and severity of their situation and presenting problems. All services are designed to build on family strengths and respond to a wide range of family needs.

All referrals for services are made by Division of Child Protection & Permanency CP&P) Local Offices and family participation in the program is voluntary. Families remain under CP&P supervision while receiving FPS services.

The Department of Children and Families (DCF) currently funds FPS programs in each of New Jersey's 21 counties. During Fiscal Year 2013:

- Total contract funding for FPS services remained at approximately six million dollars.
- ❖ 877 families and 1900 children received FPS services
- ❖ FPS programs achieved a statewide placement prevention rate of 94.67% between initial intake and discharge
- Of the 1900 children who received services, one-half were 6 years of age or younger
- ❖ Follow-Up Data indicates that 1,637 of 1,665 children served in SFY 2012 were successfully tracked one year after discharge from an FPS program. Of that figure, 1,474 were either at home or in another stable living arrangement, 23 had voluntarily relocated or were residing in an alternative living arrangement not related to child protective services, and 140 were in placement, constituting a long-term placement prevention rate of 91.33.%

FAMILY PRESERVATION SERVICES

FISCAL YEAR 2013 PROGRAM REPORT

(JULY 1, 2012 TO JUNE 30, 2013)

SECTION I: PROGRAM OVERVIEW

The Department of Children and Families (DCF) currently funds Family Preservation Services (FPS) programs in each of New Jersey's 21 counties through contracts with 14 community-based provider agencies. Six agencies operate programs in more than one county. During Fiscal Year 2013, total annual funding for FPS services remained at approximately six million dollars. Based on this figure and statewide levels of service, the estimated average cost per family is \$6,185 dollars.

THE FPS MODEL

Family Preservation Services is an intensive, in-home, crisis intervention and family education program that targets families who are under the supervision of the Division of Child Protection & Permanency (CP&P) and whose children are determined to be at imminent risk of out-of-home placement or preparing for reunification.

FPS services are delivered by specially trained staff that provide a combination of counseling and concrete services that respond to each family's unique needs. As specified in the enacting legislation (N.J.S.A. 30:4C-74), direct service staff carry a caseload of no more than two (2) families at any given time, except that during the last week prior to discharging one family, staff may carry a third case.

The goals of the FPS program are to:

- Ensure the safety of children
- Stabilize the family
- Improve family functioning
- Prevent unnecessary out-of-home placement
- Link families with appropriate community resources

Services are provided in the family's home or related environment as circumstances warrant and in accordance with the established program model as set forth in the New Jersey Family Preservation Services Manual and the enacting statute.

Staff is available to families 24 hours a day, 7 days a week for a period of up to eight (8) weeks. Program interventions are intensive, providing families no less than five (5) and no more than twenty (20) hours of direct face-to-face service each week depending on the nature and severity of their situation. More specifically:

- ❖ Initial visits with the family are conducted within 24 hours of referral. The referring CP&P Case Manager is invited to attend the first home visit
- ❖ Initial and final assessments of family functioning are conducted using the North Carolina Family Assessment Scales (NCFAS)
- Goal directed interventions are developed in consultation with the family to address the reason(s) for the risk determination and the identification of services and/or activities to be achieved within specified time frames

- Using a behavioral/cognitive approach and building on family strengths, trained staff provide instruction and model skills that are designed to improve family functioning in areas including, but not limited to: parenting; stress management, communication; and crisis management.
- Concrete services are provided to families as needed. Such services may include, but are not limited to emergency financial assistance, food, clothing, transportation and housing assistance
- ❖ Follow up evaluations are completed at three (3), six (6) and twelve (12) month intervals after families are discharged

PROGRAM ACTIVITIES

The Cumberland County Guidance Center opted not to renew its FPS contract and discontinued its services effective June 30, 2012. A new provider agency was selected through the DCF competitive bidding process, however implementation was delayed and program operations began in December 2012.

SECTION II: SERVICE STATISTICS

Aggregate data regarding program utilization rates and the delivery of services in each of the 21 county sites for the period July 1, 2012 to June 30, 2013 follows:

REFERRALS

CP&P is the sole source of referrals to FPS programs. Families are eligible for FPS services when there is a presenting crisis that places at least one child at risk of being removed; or when a child is returning from out of home placement. Eligibility criteria include active CP&P cases in which:

- the child can remain safely in the home with intensive services
- the family has agreed to participate
- ❖ other less intensive services will not sufficiently reduce the risk, or are unavailable

Occasionally, FPS programs receive inappropriate referrals and must "turn back" cases to the referring CP&P office. This determination is made within 72 hours of receiving the referral. According to FPS program standards, cases may be returned to the Division when:

- the risk of placement is not imminent & the child can benefit from less intensive services
- the safety risk is too great for the child to remain in home
- the goal is to keep the family together until a suitable placement is secured
- the youth presents a significant risk to self and/or others
- the family's presenting problem indicates a need for longer term, less intensive services
- the family declines FPS services

Table 1 provides a statewide summary of FPS referrals and turn-backs during SFY 2013:

TABLE 1: TOTAL NUMBER OF FPS REFERRALS & TURN BACKS

County	FAMILIES REFERRED	TURN-BACKS
Atlantic	50	17
Bergen	53	4
Burlington	93	7
Camden	57	6
Cape May	55	1
Cumberland	40	7
Essex	56	4
Gloucester	43	0
Hudson	51	6
Hunterdon	29	2
Mercer	60	14
Middlesex	61	15
Monmouth	34	4
Morris	45	14
Ocean	54	7
Passaic	45	26
Salem	64	21
Somerset	32	6
Sussex	51	6
Union	43	7
Warren	36	1
TOTAL	1052	175

Of the 1,052 families referred to FPS statewide during FY 2013, 175 were "turned back." As in prior years, the family's unwillingness to participate in FPS programming was the primary reason for "turn backs". Table 2 outlines the reasons why 175 cases were returned to CP&P:

TABLE 2: REASONS FOR "TURN BACKS"

REASON FOR TURN BACK	No. of Families	PERCENTAGE
Child not at imminent risk of placement	8	4.57%
Child placed prior to FPS intervention or during 72 hr. assessment period	6	3.43%
Family declined FPS services or is unavailable	122	69.71%
FPS recommended placement	2	1.14%
Lack of available program slots	20	11.43%
Safety concerns for FPS staff	3	1.71%
Other	14	8.00%
TOTAL	175	100.00%

Table 3 provides a statewide overview of the total number of families and children who entered FPS programs during the reporting period.

TABLE 3: FPS SERVICE PARTICIPANTS

COUNTY	FAMILIES	CHILDREN
Atlantic	33	67
Bergen	49	91
Burlington	86	154
Camden	51	129
Cape May	54	115
Cumberland	33	73
Essex	52	126
Gloucester	43	109
Hudson	45	115
Hunterdon	27	66
Mercer	46	110
Middlesex	46	109
Monmouth	30	58
Morris	31	55
Ocean	47	109
Passaic	19	40
Salem	43	82
Somerset	26	63
Sussex	45	88
Union	36	75
Warren	35	66
TOTAL	877	1900

TABLE 4: AGE OF CHILDREN SERVED

0-6 Years	7-12 Years	13-18 Years	19+ Years	Total
954	579	366	1	1900

CHILD PROTECTIVE SERVICES CONCERNS & DETERMINATIONS

Of the 877 families that entered FPS programs, the most frequently cited source of risk identified by DCF was child neglect. Table 5 provides a more detailed description of the child protective services determinations that resulted in DCF involvement in the family and ultimately, the referral to FPS.

TABLE 5: SOURCE OF RISK

Source of Risk	No. of Families	PERCENTAGE
Emotional Abuse	56	6.39%
Neglect	581	66.25%
Physical Abuse	206	23.49%
Sexual Abuse	21	2.39%
Unification Failure	13	1.48%
TOTAL	877	100.00%

Many families involved with DCF experience a myriad of issues, conditions and circumstances (either acute, chronic, or cumulative) that impact their ability to ensure child safety and provide a stable home environment for their children. Table 6 illustrates the multiplicity and range of stress factors that were identified for the 877 families that participated in FPS programs.

TABLE 6: FAMILY STRESS FACTORS

Family Stress Factors	Totals
Delinquency	59
Disability (child)	48
Disability (parent)	45
Domestic Violence History*	228
Financial	385
Housing Related	321
Mental Health (parent)	329
Mental/Behavioral Health (child)	291
Physical Health (child)	63
Physical Health (parent)	70
Substance Abuse (child)	28
Substance Abuse (parent)	237
Totals	2104

^{*} FPS does not provide services to families that are currently experiencing domestic violence. DCF protocols and other specialized programs exist to address the needs of these families.

Each child under DCF supervision has a case goal that drives the delivery of FPS services. Table 7 provides a summary of the DCF case/service goals that were established for each of the 1900 children whose families participated in FPS:

TABLE 7: DCF CASE/SERVICE GOALS

Case/Service Goal	Children	Percentage
Reunification	167	8.79%
Stabilize in Home	1707	89.84%
Stabilize in placement	26	1.37%
TOTAL	1900	100.00%

SERVICE INTERVENTIONS

A referral becomes an intervention when the family and the FPS program agree that FPS services are appropriate. For the period July 1, 2012, to June 30, 2013, a total of 877 families and 1900 children received FPS services.

While the method and focus of FPS service interventions varies from family-to-family, the service categories listed below provide a broad picture of the work that was done with families:

TABLE 8: TYPES OF FPS SERVICES PROVIDED

Services	UNITS PROVIDED	PERCENTAGE
Access Resources	142	5.09%
Anger/Conflict Resolution	170	6.10%
Behavior Management	177	6.35%
Budget / Finance Management	101	3.62%
Communication Skills	254	9.11%
Concrete Services*	271	9.72%
Employment Assistance	33	1.18%
Household Management	161	5.77%
Parenting Skills	570	20.44%
Safety Strategies	142	5.09%
Stress Management / Coping	335	12.02%
Daily Routines / Time Management	153	5.49%
Support Health / Medical Care	77	2.76%
Support Mental Health Treatment	103	3.69%
Support Substance Abuse Treatment	99	3.55%
TOTAL	2788	100.00%

^{*}Concrete Services may include emergency financial assistance, food, clothing, transportation and housing assistance

As a point of clarification, programs do not provide substance abuse, mental health or medical services. FPS staff work with families to reinforce and complement specialized care and treatment plans from a family systems perspective. For example, individuals participating in substance abuse treatment programs require an environment, relationships and life skills that support their on-going recovery and sobriety.

FPS service interventions span a period of four to eight weeks, depending on each family's unique needs and case goals. During this period, each family receives no less than 5 and no more than 20 hours per week of direct services.

Programs are required to record information on the amount of time spent on each case. Service hours are divided into two categories:

- Direct Service Hours: hours of face-to-face contact between the FPS worker and the family
- ❖ Indirect Service Hours: all other service-related hours spent on behalf of the family, including but not limited to documentation, advocacy, collateral contacts, case consultation, supervision, and travel.

Table 9 provides further detail about the duration and frequency of FPS services provided to participating families:

County	No. FAMILIES SERVED	AVG. LENGTH OF STAY (Weeks)	DIRECT SERVICE HOURS PROVIDED (Avg. per Week)	INDIRECT SERVICE HOURS PROVIDED (Avg. per Week)	TOTAL SERVICE HOURS PROVIDED (Avg. per Week)
Atlantic	33	5.44	7.25	8.59	15.84
Bergen	49	4.73	5.46	8.41	13.86
Burlington	86	3.89	6.01	5.04	11.05
Camden	51	3.86	9.53	9.15	18.68
Cape May	54	5.52	5.32	9.70	15.03
Cumberland	33	3.54	6.37	5.53	11.91
Essex	52	4.55	5.97	6.61	12.58
Gloucester	43	3.92	10.04	10.66	20.08
Hudson	45	4.69	5.65	8.82	14.31
Hunterdon	27	5.02	5.05	10.44	15.49
Mercer	46	5.74	6.73	5.31	12.05
Middlesex	46	5.09	5.50	10.07	15.65
Monmouth	30	4.77	7.95	10.24	18.19
Morris	31	5.45	5.21	3.25	8.00
Ocean	47	5.28	6.75	9.08	15.84
Passaic	19	6.39	4.55	4.87	9.42
Salem	43	5.25	5.21	10.25	15.45
Somerset	26	5.55	4.34	8.47	12.82
Sussex	45	4.75	6.87	2.60	9.47
Union	36	4.66	6.12	7.20	13.32
Warren	35	4.82	6.31	11.96	18.27
TOTAL	877	4.83	6.24	7.81	14.00

FPS programs provide very limited financial assistance to help families overcome barriers to success and reinforce the therapeutic process. These funds may be used to:

- * Address concrete needs that jeopardize the family's stability
- Strengthen and promote family relationships
- Reward progress or goal attainment

Not every family served by FPS receives financial assistance. Dispersements are made at the discretion of programs based on the unique needs of each family. Allowable expenditures may include: essential household items; engagement activities; skill building aids such as books, videos, and games; low cost "reinforcement" to reward achievements, etc. Table 10 illustrates the financial assistance provided by FPS programs:

TABLE 10: FINANCIAL ASSISTANCE PROVIDED TO FAMILIES

FINANCIAL ASSISTANCE	
Total No. of Families Served by FPS	877
No. Families that Received Financial Assistance	461
Total Amount of Financial Assistance Distributed	\$18,909.91

Average Amount per Family	\$41.02
Percentage of Families that Received Financial Assistance	52.57%

The FPS Model has clear standards regarding termination or discharge from the program. Because FPS is a short term intervention, discharge planning begins early with the goal of linking families to other services and supports within the community.

FPS is a voluntary program from which families can withdraw at any time however every effort is made to maintain their engagement. When families choose to discontinue their participation in the program, FPS advises the CP&P case manager, provides linkages to other relevant services, and closes the case.

Termination can and often does occur when families destabilize and safety concerns become too great for children to remain at home. FPS remains actively involved with families that experience short-term out of home placement for 7 days or less. During this time, FPS works to facilitate the child's timely return if possible. FPS must close the case when a placement exceeds 7 days.

When FPS cases are closed and services are terminated, interventions are classified into two distinct categories:

- ❖ Full Intervention: FPS services last a minimum of 28 days or all case goals are achieved
- ❖ Interrupted Intervention: FPS services end prior to 28 days as a result of the family discontinuing FPS services or another reason beyond the control of FPS

Table 11 displays the intervention status of closed FPS cases by County:

TABLE 11: INTERVENTION STATUS (CLOSED CASES)

COUNTY	FULL INTERVENTION	INTERRUPTED INTERVENTION	TOTAL FAMILY INTERVENTIONS
Atlantic	33		33
Bergen	49		49
Burlington	72	14	86
Camden	41	10	51
Cape May	54		54
Cumberland	23	10	33
Essex	43	9	52
Gloucester	35	8	43
Hudson	43	2	45
Hunterdon	23	4	27
Mercer	46		46
Middlesex	44	2	46
Monmouth	30		30
Morris	31		31
Ocean	47		47
Passaic	19		19
Salem	41	2	43
Somerset	23	3	26
Sussex	45		45
Union	27	9	36

Warren	35		35
TOTAL	804	73	877

Treatment goals are formed within 10 days of the initial FPS assessment through a collaborative process that includes FPS, the referring CP&P worker and the family. These goals are developed to address the reasons for the risk determination that precipitated the referral, and the information that was obtained during the assessment period. All treatment goals are specific to each family, clearly delineated and achievable within the duration of the FPS intervention. Table 12 provides a summary of the extent to which participating families attained their respective treatment goals at the point of discharge:

TABLE 12: STATUS OF TREATMENT GOALS AT DISCHARGE

Individualized Treatment Goals	Total	Percentage
All Treatment Goals Met	467	53.25%
Significantly Met (50% +)	173	19.73%
Partially Met (49%-20%)	91	10.38%
Minimal or No goals Met (10%-0)	146	16.65%
TOTAL	877	100.00%

^{*}includes 73 interrupted interventions which by definition, include families that did not complete the program or attain all of their respective treatment goals

FPS programs track the whereabouts of all children from the time the case is accepted through discharge and afterwards. Table 13 details the placement disposition of every child who received services in FY 2013 and whose case was closed by FPS during the reporting period:

TABLE 13: LOCATION OF CHILDREN SERVED AT DISCHARGE

Housing Location at Discharge	Total	Percentage
Foster Care	93	4.89%
Group Home	3	0.16%
In Home	1710	90.00%
Incarcerated / Detention	2	0.11%
With Relative	41	2.16%
In-state Residential	4	0.21%
Other Family-like Setting	14	0.74%
Ran Away	2	0.11%
Shelter	9	0.47%
Substance Abuse Rehab.	1	0.05%
Unknown/Info not available	6	0.32%
Other	15	0.79%
TOTAL	1900	100.00%

Table 14 provides a broad overview of the levels, programmatic delivery, and impact of FPS services statewide:

TABLE 14: SUMMARY OF FPS SERVICE INTERVENTIONS

Country	Unduplicated (Clients Served		FPS Service	s Provided		Child's Status at Discharge*		ırge*	Placement
County	Families	Children	Avg. Length of Stay (Weeks)	DIRECT SERVICE HOURS (Avg. per Week)	FULL INTERVENTION	INTERRUPTED INTERVENTION	Preserved	Placed	Other	Other Prevention
Atlantic	33	67	5.44	7.25	33	0	54	7	6	88.52%
Bergen	49	91	4.73	5.46	49	0	84	4	3	95.45%
Burlington	86	154	3.89	6.01	72	14	135	12	7	91.84%
Camden	51	129	3.86	9.53	41	10	119	8	2	93.70%
Cape May	54	115	5.52	5.32	54	0	114	1	0	99.13%
Cumberland	33	73	3.54	6.37	23	10	67	4	2	94.37%
Essex	52	126	4.55	5.97	43	9	102	15	9	87.18%
Gloucester	43	109	3.92	10.04	35	8	103	6	0	94.50%
Hudson	45	115	4.69	5.65	43	2	110	5	0	95.65%
Hunterdon	27	66	5.02	5.05	23	4	61	4	1	93.85%
Mercer	46	110	5.74	6.73	46	0	104	5	1	95.41%
Middlesex	46	109	5.09	5.50	44	2	99	10	0	90.83%
Monmouth	30	58	4.77	7.95	30	0	58	0	0	100.00%
Morris	31	55	5.45	5.21	31	0	53	0	2	100.00%
Ocean	47	109	5.28	6.75	47	0	103	4	2	96.26%
Passaic	19	40	6.39	4.55	19	0	39	0	1	100.00%
Salem	43	82	5.25	5.21	41	2	77	4	1	95.06%
Somerset	26	63	5.55	4.34	23	3	61	1	1	98.39%
Sussex	45	88	4.75	6.87	45	0	81	3	4	96.43%
Union	36	75	4.66	6.12	27	9	72	2	1	97.30%
Warren	35	66	4.82	6.31	35	0	61	4	1	93.85%
TOTAL	877	1900	4.83	6.24	804	73	1757	99	44	94.67%

^{*}Child's Status at Discharge: "Preserved" means the child remained in the target home; "Placed" means the child was in a DCF out-of-home placement setting; "Other" means the child voluntarily relocated or was residing in an alternative living arrangement not related to child protective services

SECTION III: FOLLOW-UP DATA

CASE FOLLOW-UP (SFY 2012)

Follow up evaluations are completed at three (3), six (6) and twelve (12) month intervals after families are discharged from the program. The number of children who remain with their families one year after receiving services is clearly tied to the overarching goal of placement prevention and is considered an indicator of success for FPS agencies.

Table 15 displays information regarding 12 month follow up results for children who received services between July 1, 2011 and June 30, 2012 (SFY 2012):

TABLE 15: 12-MONTH FOLLOW-UP RESULTS FOR CHILDREN SERVED IN SFY 2012

County	Follow Ups Scheduled	Contacts Made	Preserved	Placed	Voluntary Move or Relocation	Unable to Contact Family	Placement Prevention
Atlantic	71	71	62	9	0	0	87.32%
Bergen	103	103	102	1	0	0	99.03%
Burlington	150	139	111	19	9	11	85.38%
Camden	102	102	102	0	0	0	100.00%
Cape May	91	91	83	6	2	0	93.26%
Essex	96	86	75	11	0	10	87.21%
Gloucester	88	88	88	0	0	0	100.00%
Hudson	76	76	67	9	0	0	88.16%
Hunterdon	51	51	44	5	2	0	89.80%
Mercer	118	118	111	4	3	0	96.52%
Middlesex	69	69	66	2	1	0	97.06%
Monmouth	94	94	92	1	1	0	98.92%
Morris	89	89	79	10	0	0	88.76%
Ocean	94	94	76	18	0	0	80.85%
Passaic	56	56	52	1	3	0	98.11%
Salem	87	87	75	11	1	0	87.21%
Somerset	33	33	30	2	1	0	93.75%
Sussex	84	84	62	22	0	0	73.81%
Union	47	40	34	6	0	7	85.00%
Warren	66	66	63	3	0	0	95.45%
TOTAL	1665	1637	1474	140	23	28	91.33%

^{*}As the result of a turnover in provider agencies, Follow-up evaluations were not conducted in Cumberland County

More specific information regarding the status and housing location of children served one year post-discharge is presented in Tables 16 and 17.

TABLE 16: STATUS OF CHILDREN SERVED IN SFY 2012

Follow-Up Status	Total	Percentage
Brief placement & reunified w/in period	9	0.54%
Other placement non-safety reasons	19	1.14%
Placed by CP&P safety reasons	112	6.73%
Preserved: Remains in home	1377	82.70%
Preserved: Reunified with family	88	5.29%
Preserved: Stabilized in foster home	9	0.54%
Voluntary move or relocation	23	1.68%
Unknown/Info not available	28	1.38%
TOTAL	1665	100.00%

TABLE 17: HOUSING LOCATION OF CHILDREN SERVED IN SFY 2012

HOUSING LOCATION AT 12-MONTH FOLLOW-UP	No. of CHILDREN
Foster Care	89
Group Home	3
In Home	1469
In-state Residential	9
Living Independently	1
Other family-like setting	17
Shelter	
Substance Abuse rehab	1
With relative	37
Ran away	
Other	11
Unknown/Info not available	28
TOTAL	1665

SECTION IV: CONCLUSION

DCF recognizes the role that FPS programs play in supporting safety, permanency, and well-being for children and families involved with New Jersey's child welfare system. The FPS model complements the Department's mission to engage families and increase family participation in the identification and utilization of services that build upon their strengths and improve family functioning.

DCF is committed to maximizing its existing resources to ensure that FPS services remain available to children and families throughout New Jersey.