



FAMILY PRESERVATION SERVICES

PROGRAM REPORT FISCAL YEAR 2011

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Commissioner

JANUARY 2012

Executive Summary

Family Preservation Services Fiscal Year 2011 Program Report

(JULY 1, 2010 TO JUNE 30, 2011)

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. 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 Youth and Family Services (DYFS) Local Offices and family participation in the program is voluntary. Families remain under DYFS supervision while receiving FPS services.

The Department of Children and Families (DCF) currently funds FPS programs in each of New Jersey's 21 counties through contracts with 15 community-based provider agencies. Four agencies operate programs in more than one county. During Fiscal Year 2011:

- ❖ Total annual funding for FPS services is approximately six million dollars. Based on this figure and statewide levels of service, the estimated average cost per family is \$6185 dollars
- ❖ The primary reason for referral to FPS programs was *child abuse/neglect* (36.2%), followed by *parenting issues* (22.7%), *reunification* (16.7%) and *substance abuse* (13.5)
- ❖ 2,029 children in 970 families received FPS services
- ❖ Of the 2,029 children who received services, 1,584 (75%) were under the age of 12
- ❖ Of the 2,029 children who received FPS services, 1,893 (93%) were at home with their families at the time they were discharged from the program
- ❖ Follow up data indicates that 1,740 children served in FY 2010 were successfully tracked one year after discharge. Of that figure, 1,575 (90.5%) remained in their homes

FAMILY PRESERVATION SERVICES
FISCAL YEAR 2010 PROGRAM REPORT
(JULY 1, 2010 TO JUNE 30, 2011)

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 15 community-based provider agencies. Four agencies operate programs in more than one county. During Fiscal Year 2011, total annual funding for FPS services was 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 Youth and Family Services (DYFS) and whose children are determined to be at imminent risk of out-of-home placement.

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 DYFS 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 such as: parenting; communication; crisis management; etc.
- ❖ 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

Financial assistance funds are dispersed on an as needed basis and must be directly related to the therapeutic process and/or goal attainment. 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.

- ❖ Follow up evaluations are completed at three (3), six (6) and twelve (12) month intervals after families are discharged

TRAINING

The Family Preservation Institute (FPI), Continuing Education and Professional Development Program, School of Social Work at Rutgers University, provides specialized training to DYFS and FPS staff.

The FPI conducts a series of workshops during the university’s academic year which are categorized under core curriculum, intermediate, advanced and certificate programs. The topics cover a range of social issues that address the safety and well-being of children who have been identified as being at risk of placement.

The FPI provides basic training for all new FPS staff and supervisors. The curriculum consists of a series of competency-based foundation courses that are tailored specifically to the New Jersey FPS program.

PROGRAM IMPROVEMENT ACTIVITIES

During SFY 2011, the DCF Office of Contract Administration established an ad hoc committee to review and refine the FPS data collection and service reporting system.

As a result of those efforts, data elements across all fields were revised and expanded for clarity and accuracy purposes. The data fields were then aligned from the point of referral through 12 months post discharge by linking case goals, service delivery and outcomes for each child who participated in FPS programming.

Service and reporting forms were also recreated to better address operational needs, facilitate more informed communication between DYFS and FPS, and ensure consistent data collection statewide.

The new format was implemented on July 1, 2011 and will be reflected in the SFY 2012 Annual Report. The Department is confident that the new system will yield more precise data and meaningful reports that better illustrate the extent to which FPS services help stabilize families, ensure child safety, prevent out of home placement, and improve family functioning.

SECTION II: PROGRAM STATISTICS

Aggregate data regarding program utilization rates and the delivery of services in each of the 21 county sites for the period July 1, 2010 to June 30, 2011 is presented in this report. The tables and charts provide a concise summary and illustrate program trends both regionally and statewide.

REFERRALS

DYFS 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 DYFS 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

1,117 families were referred to FPS programs statewide during SFY 2011. Table 1 illustrates the total number of families referred to FPS by county:

TABLE 1: TOTAL NUMBER OF REFERRALS TO FPS

COUNTY	FAMILIES REFERRED
Atlantic	46
Bergen	57
Burlington	77
Camden	64
Cape May	62
Cumberland	51
Essex	73
Gloucester	48
Hudson	49
Hunterdon	30
Mercer	62
Middlesex	76
Monmouth	47
Morris	47
Ocean	56
Passaic	66
Salem	52
Somerset	27
Sussex	45
Union	49
Warren	33
TOTAL	1117

"TURN BACKS"

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

Of the 1,117 families referred to FPS statewide during FY 2011, 147 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 for "Turn Backs":

TABLE 2: REASONS FOR "TURN BACKS"

REASON FOR REFERRAL	NO. OF FAMILIES	PERCENTAGE
Child in Danger	3	2.04%
Child NOT at Risk	4	2.72%
Child Placed Prior to Intervention	5	3.40%
Family Declined Services / Unavailable	111	75.51%
Other	24	16.33%
TOTAL	147	100.00%

Of the 970 families who were accepted for services, the most frequently cited reason for referral continues to be child abuse and neglect (36.19%). Specifically, 167 of the cases were referred for physical abuse (17.22%) and 164 were referred for neglect (16.91%). Table 3 provides a more detailed description of the various reasons for referral.

TABLE 3: REASONS FOR REFERRAL (FAMILIES ACCEPTED FOR SERVICES)

REASON FOR REFERRAL	NO. OF FAMILIES	PERCENTAGE
Physical Abuse	167	17.22%
Neglect	164	16.91%
Sexual Abuse	11	1.13%
Emotional Abuse	9	0.93%
Child Abuse & Neglect (Subtotal)	351	36.19%
Child's Behavior Out of Control	86	8.87%
Poor Parent / Child Relationship	134	13.81%
Parenting Issues (Subtotal)	220	22.68%
Child's Delinquent Behavior	12	1.24%
Child's Emotional Health Problem	14	1.44%
Child's Physical Health Problem	8	0.82%
Domestic Violence	17	1.75%
Reunification	162	16.70%
Runaway	2	0.21%
Substance Abuse	131	13.51%
Suicidal Ideation / Behavior	7	0.72%
Other	46	4.74%
TOTAL	970	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, 2010, to June 30, 2011, a total of 970 cases were completed.

While the method and focus of FPS service interventions varies from family-to-family, the service categories listed in Table 4 provide a broad picture of the work that was done with families:

TABLE 4: INTERVENTIONS PROVIDED

SERVICES	UNITS PROVIDED	PERCENTAGE
Anger Management	151	4.98%
Communication Skills	405	13.34%
Compliance of Child	227	7.48%
Concrete Services	396	13.05%
Dealing w / Substance Abuse	112	3.69%
Depression Management	55	1.81%
Health / Medical Care	106	3.49%
Household Management	174	5.73%
Parenting Skills	681	22.44%
Self-Esteem	66	2.17%
Stress Management	273	9.00%
Structuring Daily Routines	225	7.41%
Time Management	35	1.15%
Other	129	4.25%
TOTAL	3035	100.00%

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 5 provides further detail about average service hours provided to each family:

TABLE 5: HOURS OF SERVICE PROVIDED TO 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	35	5.67	7.44	10.07	17.51
Bergen	53	4.62	5.75	8.65	14.40
Burlington	69	3.95	5.68	4.41	10.09
Camden	59	4.46	9.15	8.18	17.32
Cape May	61	5.63	5.92	10.89	16.81
Cumberland	49	4.83	5.32	6.30	11.59
Essex	61	4.74	6.53	7.56	14.09
Gloucester	42	4.28	8.10	9.15	17.25
Hudson	44	4.71	5.03	5.38	10.41
Hunterdon	29	6.05	6.72	13.01	19.73
Mercer	58	5.02	6.49	6.81	13.30
Middlesex	60	3.92	6.18	9.83	16.01
Monmouth	38	4.71	8.39	8.44	13.33
Morris	41	4.86	6.63	3.36	9.98
Ocean	53	5.05	6.97	10.26	17.23
Passaic	34	5.68	4.26	1.90	6.16
Salem	46	5.45	5.58	11.97	17.56
Somerset	25	4.30	5.69	10.54	16.23
Sussex	44	4.30	6.81	3.96	10.77
Union	37	4.78	6.19	7.51	13.70
Warren	32	4.33	5.97	12.42	18.39
TOTAL	970	4.83	6.42	7.90	16.57

FINANCIAL ASSISTANCE

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 the programs based on the unique needs of each family. Table 6 illustrates the financial assistance provided by FPS programs:

TABLE 6: FINANCIAL ASSISTANCE

FINANCIAL ASSISTANCE	
No of Families Who Received Financial Assistance	598
Total Amount of Financial Assistance Distributed	\$23,426.62
Average Amount Per Family	\$39.17
Total No. of Families Served by FPS	970
Percentage of Families who Received Financial Assistance	61.65%

TERMINATION OF FPS SERVICES

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 DYFS case manager and provides linkages to other relevant services.

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
- ❖ Interrupted Intervention: FPS services end prior to 28 days (e.g., the result of the family refusing FPS services or another reason beyond the control of FPS)

Table 7 displays the termination status of FPS cases by County:

TABLE 7: TERMINATION STATUS

COUNTY	FULL INTERVENTION	INTERRUPTED INTERVENTION	TOTAL FAMILY INTERVENTIONS
Atlantic	31	4	35
Bergen	45	8	53
Burlington	56	13	69
Camden	51	8	59
Cape May	51	10	61
Cumberland	44	5	49
Essex	45	16	61
Gloucester	37	5	42
Hudson	42	2	44
Hunterdon	27	2	29
Mercer	53	5	58
Middlesex	42	18	60
Monmouth	33	5	38
Morris	37	4	41
Ocean	48	5	53
Passaic	22	12	34
Salem	41	5	46
Somerset	17	8	25
Sussex	35	9	44
Union	28	9	37
Warren	30	2	32
TOTAL	815	155	970

FPS programs track the whereabouts of all children from the time the case is accepted through discharge and afterwards. Table 8 details the placement disposition of every child who received services in FY 2011 and whose case was closed by FPS during the reporting period:

TABLE 8: PLACEMENT DISPOSITION OF CHILDREN SERVED AT FPS CASE CLOSING

PLACEMENT DISPOSITION AT TERMINATION OF FPS SERVICES	STATEWIDE TOTAL	PERCENTAGE
Child in Detention	1	0.05%
Child in Foster Care	53	2.61%
Child in Group Home	1	0.05%
Child in In-State Residential	3	0.15%
Child in Other Family-Like Setting	3	0.15%
Child in Out-of-State Residential	1	0.05%
Child in Shelter	3	0.15%
Child in Substance Abuse Rehabilitation	2	0.10%
Child Ran Away	2	0.10%
Child with Family	1893	93.30%
Child with Relative	42	2.07%
Family Refused Services	15	0.74%
Other	4	0.20%
Unable to Contact Family	6	0.30%
TOTAL	2029	100.00%

CASE FOLLOW-UP (SFY 2010)

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 9 displays information regarding 12 month follow up results for children who received services between July 1, 2009 and June 30, 2010 (SFY 2010):

TABLE 9: 12-MONTH FOLLOW-UP RESULTS FOR CHILDREN SERVED IN SFY 2010

County	Follow Ups Scheduled	Contacts Made	Child at Home	Child Placed	Unable to Contact Family	Placement Prevention
Atlantic	78	78	69	9	0	88.46%
Bergen	92	92	72	20	0	78.26%
Burlington	121	101	88	13	20	87.13%
Camden	91	91	86	5	0	94.51%
Cape May	157	155	143	12	2	92.26%
Cumberland	105	105	97	8	0	92.38%
Essex	79	75	67	8	4	89.33%
Gloucester	98	98	97	1	0	98.98%
Hudson	78	78	66	12	0	84.62%
Hunterdon	51	51	48	3	0	94.12%
Mercer	119	119	112	7	0	94.12%
Middlesex	78	75	69	6	3	92.00%
Monmouth	102	102	89	13	0	87.25%
Morris	73	73	62	11	0	84.93%
Ocean	106	106	99	7	0	93.40%
Passaic	29	29	29	0	0	100.00%
Salem	87	87	78	9	0	89.66%
Somerset	38	28	26	2	10	92.86%
Sussex	47	47	38	9	0	80.85%
Union	67	67	63	4	0	94.03%
Warren	83	83	77	6	0	92.77%
TOTAL	1779	1740	1575	165	39	90.52%

Of the 1,740 children that FPS programs were able to locate one year after receiving services, 1,575 (90.5%) children were at home with their families. Table 10 presents information regarding the placement disposition of the 165 children who were placed during SFY 2010:

TABLE 10: PLACEMENT DISPOSITION OF CHILDREN SERVED IN SFY 2010

PLACEMENT STATUS AT 12-MONTH FOLLOW-UP	NO. OF CHILDREN	PERCENTAGE
Child in Detention	3	1.82%
Child in Foster Care	80	48.48%
Child in Group Home	1	0.61%
Child in In-State Residential	7	4.24%
Child in Other Family-Like Setting	7	4.24%
Child in Other Out-of-Home Placement	3	1.82%
Child in Substance Abuse Rehab	1	0.61%
Child Living Independently	6	3.64%
Child with Relative	42	25.45%
Family Moved Away	13	7.88%
Other	2	1.21%
TOTAL	165	100.00%

SECTION III: CLIENT DEMOGRAPHICS

RACE/ETHNICITY OF CHILDREN SERVED

Table 11 illustrates the distribution of FPS services across race/ethnicity in each region. Over time, the statewide proportion of children served by FPS programs has remained consistent for each racial/ethnic group.

TABLE 11: RACE/ETHNICITY OF CHILDREN SERVED

COUNTY	ASIAN	BLACK	HISPANIC	MULTI-RACIAL	OTHER	WHITE	GRAND TOTAL
Atlantic		21	8	15		24	68
Bergen		16	26	18	1	29	90
Burlington		45	9	42		47	143
Camden	2	85	29	22		18	156
Cape May		32	11	34		58	135
Cumberland		39	25	19		28	111
Essex		91	16	3		4	114
Gloucester	4	22	7	16		34	83
Hudson	2	2	73	12		3	92
Hunterdon		5	4	8		52	69
Mercer	3	45	55	6	18	23	150
Middlesex	1	35	36	18	1	34	125
Monmouth	1	12	6	21		24	64
Morris		11	17	7	4	40	79
Ocean		15		6		79	100
Passaic		32	29	6		11	78
Salem		23	2	32		55	112
Somerset		24	9	8		10	51
Sussex		4		19	3	55	81
Union		36	22	10	3	5	76
Warren		6	3	7		36	52
TOTAL	13	601	387	329	30	669	2029

AGE OF CHILDREN SERVED

FPS programming began in New Jersey in 1988 and enacting legislation was passed in 1993. At that time, services were intended to reduce the number of children being placed in residential facilities, which are predominately older children. In recent years, the majority of children served by FPS programs have been under the age of 12, which is indicative of the trend toward serving younger children.

Table 12 depicts the ages of all children who received FPS services in SFY 2011:

TABLE 12: AGE OF CHILDREN SERVED

COUNTY	0-5 YEARS	6-12 YEARS	13-18 YEARS	TOTAL
Atlantic	41	19	8	68
Bergen	24	31	35	90
Burlington	67	41	35	143
Camden	59	71	26	156
Cape May	83	33	19	135
Cumberland	60	39	12	111
Essex	44	36	34	114
Gloucester	45	25	13	83
Hudson	35	29	28	92
Hunterdon	21	24	24	69
Mercer	62	62	26	150
Middlesex	43	49	33	125
Monmouth	22	24	18	64
Morris	29	34	16	79
Ocean	53	30	17	100
Passaic	26	34	18	78
Salem	46	47	19	112
Somerset	18	17	16	51
Sussex	37	23	21	81
Union	29	28	19	76
Warren	27	17	8	52
TOTAL	871	713	445	2029

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.