

# Family Preservation Services

Program Report | FISCAL YEAR 2016



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**Commissioner**

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## ***Executive Summary***

# **Family Preservation Services**

## **Fiscal Year 2016 Program Report**

(JULY 1, 2015 TO JUNE 30, 2016)

Family Preservation Services (FPS) is an intensive, in-home crisis intervention and family education program for families whose children are at imminent risk of abuse, neglect, or out-of-home placement, and for families preparing to be reunified with their children. The program's goals are to:

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

Services include child and family assessments, skill based interventions, counseling and related support, linkages to community resources, and limited financial assistance. Services are typically provided in the family's home. Family participation is voluntary.

FPS staff is available to families 24 hours a day, seven days a week for a period of up to eight weeks. Program interventions are intensive, providing each family five to 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 family needs.

Service referrals are made by Child Protection and Permanency (CP&P) local offices. Families remain under CP&P supervision while receiving FPS services.

The New Jersey Department of Children and Families (DCF) funds each New Jersey county's FPS program. During Fiscal Year 2016:

- Total contract funding for FPS services remained at approximately six million dollars.
- 946 families and 2,163 children received FPS services.
- From initial intake to discharge, 92 percent of the families served remained preserved in their target home.
- Of the 2,163 children who received services, 49 percent were six years of age or younger
- Follow-Up data indicates that 1,664 of 1,664 children served in State Fiscal Year 2015 were successfully tracked one year after discharge from an FPS program. Of that figure, 1,508 (91 percent) were either at home or in another stable living arrangement, 21 (2 percent) had voluntarily relocated or were residing in an alternative living arrangement not related to child protective services, and 128 (8 percent) were in placement, constituting a 92 percent long-term rate of being preserved in their target home.

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# FAMILY PRESERVATION SERVICES

## FISCAL YEAR 2016 PROGRAM REPORT

(JULY 1, 2015 TO JUNE 30, 2016)

### SECTION I: PROGRAM OVERVIEW

The New Jersey Department of Children and Families (DCF) funds Family Preservation Services (FPS) programs in every New Jersey county, contracting with 14 community-based provider agencies. Six agencies operate programs in more than one county. During Fiscal Year 2016, total funding for FPS services remained at approximately six million dollars. The estimated average cost is \$6,342.49 per family.

#### **THE FPS MODEL**

FPS is an intensive, in-home crisis intervention and family education program for families under CP&P supervision and whose children are determined to be at imminent risk of out-of-home placement or are preparing for reunification from an out-of-home placement.

FPS services are delivered by specially trained staff that provides a combination of counseling and concrete services that respond to each family's 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 families at any given time, except that during the last week prior to discharging one family, staff may carry a third case.

The program's goals are to:

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

Services are typically provided in the family's home and in accordance with the established program model set forth in the New Jersey Family Preservation Services Manual and the enacting statute.

Staff is available to families 24 hours a day, seven days a week for a period of up to eight weeks. Program interventions are intensive, providing families no less than five and no more than 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,
- Goal directed interventions are developed in consultation with the family to address the reason(s) for the risk determination and identify services and/or activities,
- Using a behavioral/cognitive approach and building on family strengths, trained staff provide instruction and model skills 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, six, and 12 month intervals after families are discharged.

## SECTION II: SERVICE STATISTICS

This section provides aggregate data regarding program use rates and the delivery of services at each of the 21 county sites for the period July 1, 2015 to June 30, 2016.

### REFERRALS

CP&P is the sole source of referrals to FPS programs. Families are eligible for FPS when there is a presenting crisis that places at least one child at risk of being removed from home, 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 CP&P when:

- the risk of placement is not imminent and the child can benefit from less intensive services
- the safety risk is too great for the child to remain at 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
- there is a lack of available program slots

Table 1 provides a statewide summary of FPS referrals and turn-backs during State Fiscal Year 2016.

**TABLE 1: TOTAL NUMBER OF FPS REFERRALS & TURN BACKS**

COUNTY	FAMILIES REFERRED	TURN-BACKS
Atlantic	60	5%
Bergen	62	21%
Burlington	95	16%
Camden	48	6%
Cape May	54	2%
Cumberland	56	7%
Essex	74	16%
Gloucester	55	7%
Hudson	48	19%
Hunterdon	27	4%
Mercer	42	29%
Middlesex	55	29%
Monmouth	55	7%
Morris	52	12%
Ocean	49	8%
Passaic	44	18%
Salem	46	20%
Somerset	28	7%
Sussex	48	13%
Union	58	16%
Warren	32	3%
<b>TOTAL</b>	<b>1,088</b>	<b>13%</b>

Of the 1,088 families referred to FPS statewide during FY 2016, 142 were “turned back.” As in prior years, a family’s unwillingness to participate in FPS programming was the primary reason.

**TABLE 2: REASONS FOR "TURN BACKS"**

REASON FOR TURN BACK	NO. OF FAMILIES	PERCENTAGE
Family declined FPS services or is unavailable	97	68%
Child placed prior to FPS intervention or during 72 hr. assessment period	10	7%
Child not at imminent risk of placement	5	4%
Active Domestic Violence	3	2%
Substance abuse or mental illness exists to such a great extent that it impedes a family’s ability to engage and learn skills	3	2%
No Slots Available	1	1%
Other	23	16%
<b>Total</b>	<b>142</b>	<b>100%</b>

Table 3 lists the total number of families and children who entered FPS programs during the reporting period.

**TABLE 3: FPS SERVICE PARTICIPANTS**

COUNTY	FAMILIES	CHILDREN
Atlantic	57	152
Bergen	49	102
Burlington	80	179
Camden	45	112
Cape May	53	127
Cumberland	52	119
Essex	62	140
Gloucester	51	125
Hudson	39	92
Hunterdon	26	62
Mercer	30	76
Middlesex	39	90
Monmouth	51	112
Morris	46	94
Ocean	45	110
Passaic	36	107
Salem	37	70
Somerset	26	49
Sussex	42	76
Union	49	105
Warren	31	64
<b>TOTAL</b>	<b>946</b>	<b>2,163</b>

**TABLE 4: AGE OF CHILDREN SERVED**

0-6 Years	7-12 Years	13-18 Years	19+ Years	Total
1,053	692	416	2	2,163

**CHILD PROTECTIVE SERVICES CONCERNS AND DETERMINATIONS**

Of the 946 families that entered FPS programs, the most frequently cited source of risk identified by DCF was child neglect. Table 5 lists the child protective services determinations that resulted in CP&P involvement in the family and eventual referral to FPS.

**TABLE 5: SOURCE OF RISK**

SOURCE OF RISK	NO. OF FAMILIES	PERCENTAGE
Neglect	655	69%
Physical Abuse	201	21%
Emotional Abuse	68	7%
Sexual Abuse	20	2%
Unification Failure*	2	0.2%
<b>TOTAL</b>	<b>946</b>	<b>100%</b>

\*Unification Failure is used for those situations where a child is placed with a parent who was not involved in the circumstances that prompted a child's initial removal from home, but this living situation is determined to be a source of risk for the child and requires FPS intervention.

Families involved with DCF experience many issues, conditions, and circumstances (acute, chronic, or cumulative) that impact their ability to ensure child safety and provide a stable home environment for their children. Table 6 lists the stress factors identified among the 946 families that participated in FPS programs.

**TABLE 6: FAMILY STRESS FACTORS**

Family Stress Factors	Totals	Percentage of Families
Financial	443	47%
Mental health (parent)	375	40%
Housing related	373	39%
Mental/behavior health (child)	342	36%
Domestic violence history	254	27%
Substance abuse (parent)	246	26%
Physical health (parent)	71	8%
Disability (parent)	61	6%
Physical health (child)	58	6%
Disability (child)	54	6%
Delinquency	51	5%
Substance abuse (child)	24	3%
Geographic Isolation	0	0%
Daily routines/ time management	0	0%
Household management	0	0%
Support health/ medical care	0	0%

\*FPS does not provide services to families that are currently experiencing domestic violence or when there has been a domestic violence incident within six months. DCF protocols and other specialized programs exist to address the needs of these families.

Each child under CP&P supervision has a case goal that drives the delivery of FPS services in their target home. Table 7 provides a summary of the CP&P case/service goals that were established for each of the 2,163 children whose families participated in FPS.

**TABLE 7: CP&P CASE/SERVICE GOALS**

Case/Service Goal	Children	Percentage
Reunification	200	9.2%
Stabilize in Home	1,958	90.5%
Stabilize in placement	5	.2%
<b>TOTAL</b>	<b>2,163</b>	<b>100%</b>

### SERVICE INTERVENTIONS

A referral becomes an intervention when the family and FPS program agree that FPS services are appropriate. For the period July 1, 2015 to June 30, 2016, 946 families and 2,163 children received FPS services.

While the method and focus of FPS service interventions varies from family-to-family, the service categories listed below are a broad picture of the assistance FPS provided families.

**TABLE 8: TYPES OF FPS SERVICES PROVIDED**

SERVICES	UNITS PROVIDED	PERCENTAGE OF FAMILIES
Parenting skills	559	59%
Stress management / Coping	390	41%
Concrete services*	246	26%
Communication skills	228	24%
Behavior management	209	22%
Daily routines / time management	195	21%
Household management	194	21%
Access resources	166	18%
Anger/Conflict resolution	163	17%
Support mental health treatment	155	16%
Safety Strategies	144	15%
Budget / Finance management	117	12%
Support sub abuse treatment	88	9%
Support health / med care	60	6%
Employment assistance	39	4%

\*Concrete Services may include emergency financial assistance, food, clothing, transportation, and housing assistance

FPS does not provide substance abuse, mental health, or medical services. FPS staff works with families to reinforce and complement specialized care and treatment plans from a family systems perspective.

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



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

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

Table 9 lists the duration and frequency of FPS services provided to participating families.

**TABLE 9: DURATION AND FREQUENCY OF SERVICES PROVIDED TO FAMILIES**

COUNTY	NO. FAMILIES SERVED	AVG. LENGTH OF STAY (Weeks)	DIRECT SERVICE HOURS PER FAMILY (Avg. per Week)	INDIRECT SERVICE HOURS PER FAMILY (Avg. per Week)	TOTAL SERVICE HOURS PER FAMILY (Avg. per Week)
Atlantic	57	4.7	5.5	10.8	16.3
Bergen	49	5.1	5.4	7.2	12.6
Burlington	80	3.9	5.4	3.4	8.8
Camden	45	4.4	9.3	10.1	19.4
Cape May	53	5.6	5.6	8.3	13.9
Cumberland	52	3.8	6.9	5.8	12.7
Essex	62	4.8	6.2	8.0	14.3
Gloucester	51	4.3	9.2	11.6	20.9
Hudson	39	4.7	5.5	9.8	15.3
Hunterdon	26	4.7	4.7	8.5	13.2
Mercer	30	6.0	7.2	8.5	15.8
Middlesex	39	4.9	5.9	9.1	15.0
Monmouth	51	4.1	7.9	10.1	18.0
Morris	46	6.1	4.8	4.8	9.6
Ocean	45	5.6	6.3	11.5	17.8
Passaic	36	6.5	5.8	9.7	15.5
Salem	37	4.9	5.7	10.4	16.2
Somerset	26	4.4	4.7	9.2	13.9
Sussex	42	5.5	5.5	4.5	9.9
Union	49	4.5	6.8	8.0	14.8
Warren	31	5.3	5.2	5.6	10.8
<b>TOTAL</b>	<b>946</b>	<b>4.9</b>	<b>6.2</b>	<b>8.2</b>	<b>14.4</b>

FPS programs provide very limited financial assistance to help families overcome barriers to success and reinforce the therapeutic process. Assistance 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. Disbursements are made at the discretion of programs based on the needs of each family. Allowable expenditures may include essential household items, engagement activities, skill building aids such as books, videos, and games, and low-cost "reinforcement" to reward achievements. Table 10 describes the financial assistance provided by FPS programs.

**TABLE 10: FINANCIAL ASSISTANCE PROVIDED TO FAMILIES**

FINANCIAL ASSISTANCE	
Total No. of Families Served by FPS	946
No. Families that Received Financial Assistance	414
Total Amount of Financial Assistance Distributed	\$18,373.43
Average Amount per Family	\$44.38
Percentage of Families that Received Financial Assistance	44%

The FPS Model has clear standards regarding a family's 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 community services and supports.

FPS is a voluntary program and families can withdraw at any time, however every effort is made to maintain their engagement. When families choose to discontinue their participation, FPS informs 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 seven 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 seven days.

When FPS cases are closed and services terminated, interventions are classified into two 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	63%	37%	57
Bergen	90%	10%	49
Burlington	91%	9%	80
Camden	87%	13%	45
Cape May	96%	4%	53
Cumberland	87%	13%	52
Essex	77%	23%	62
Gloucester	92%	8%	51
Hudson	87%	13%	39
Hunterdon	65%	35%	26
Mercer	97%	3%	30
Middlesex	77%	23%	39
Monmouth	80%	20%	51
Morris	89%	11%	46
Ocean	93%	7%	45
Passaic	92%	8%	36
Salem	81%	19%	37
Somerset	77%	23%	26
Sussex	81%	19%	42
Union	78%	22%	49
Warren	84%	16%	31
<b>TOTAL</b>	<b>84%</b>	<b>16%</b>	<b>946</b>

Treatment goals are formed within 10 days of the initial FPS assessment. Goals are set 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	455	48%
Significantly Met (50% +)	241	26%
Partially Met (49%-20%)	88	9%
Minimal or No goals Met (Less than 20%)	162	17%
<b>TOTAL</b>	<b>946*</b>	<b>100%</b>

\*Includes 148 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 beyond. Table 13 details the placement disposition of every child who received services in FY 2016 and whose case was closed by FPS during the reporting period.

**TABLE 13: LOCATION OF CHILDREN SERVED AT DISCHARGE**

<b>Housing Location at Discharge</b>	<b>Total</b>	<b>Percentage</b>
In Home	1,983	92%
Foster care	135	6%
With relative	17	1%
Other family-like setting	15	1%
Unknown/Information not available*	7	0.3%
Other	2	0.1%
Shelter	2	0.1%
Group home	1	0.05%
Ran away	1	0.05%
<b>TOTAL</b>	<b>2,163</b>	<b>100%</b>

\*The "Unknown" term describes the inability to provide the child's location at discharge. The majority of these children discharged as "interrupted interventions" causing FPS to be unable to complete full interventions with them.

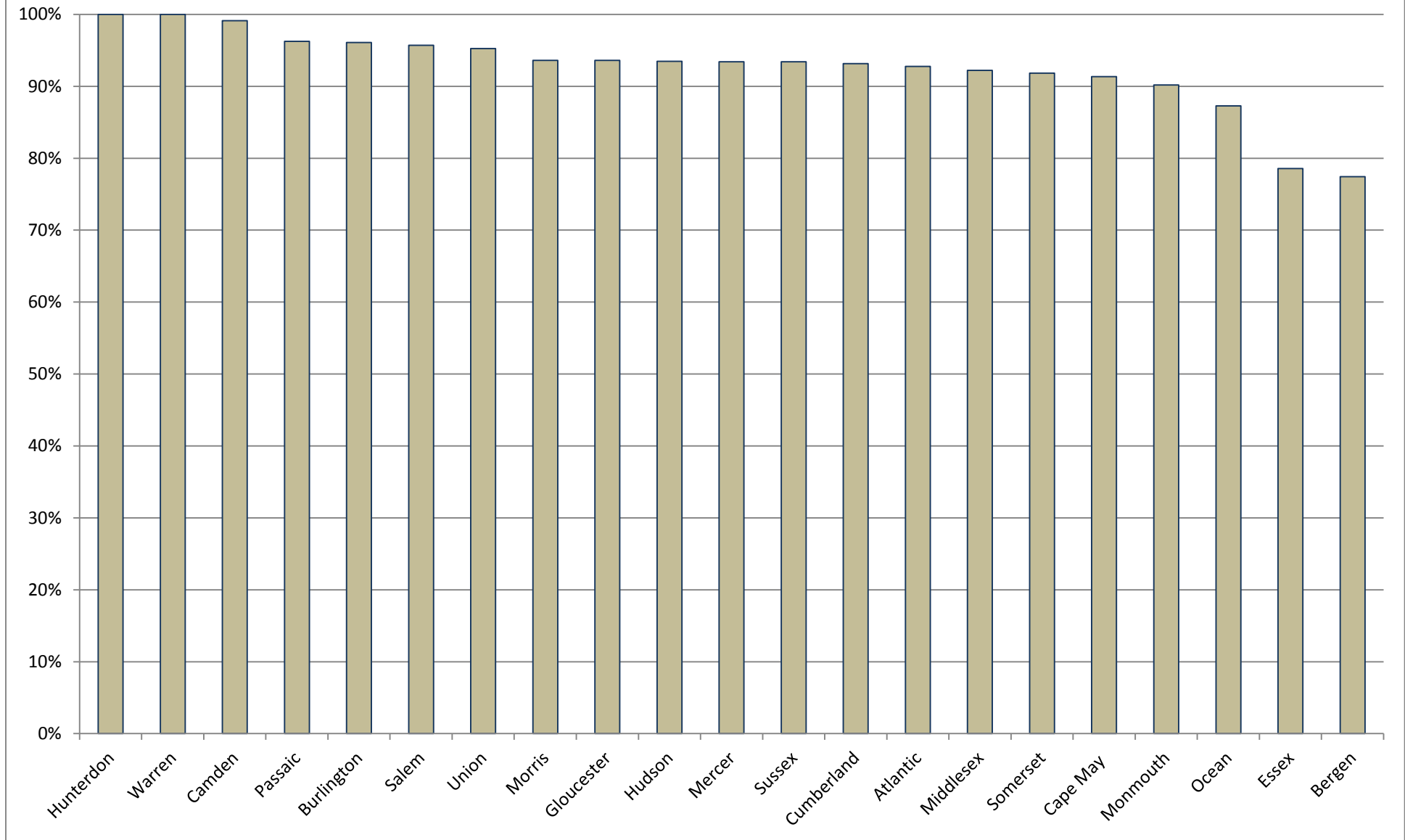
Table 14 provides a broad overview of the levels, programmatic delivery, and impact of FPS services statewide.

**TABLE 14: SUMMARY OF FPS SERVICE INTERVENTIONS**

County	Clients Served		FPS Services Provided				Child's Status at Discharge*			% Preserved
	Families	Children	Avg. Length of Stay (Weeks)	DIRECT SERVICE HOURS PER FAMILY (Avg. per Week)	FULL INTERVENTION	INTERRUPTED INTERVENTION	Preserved	Placed	Other	
Atlantic	57	152	4.7	5.5	36	21	141	2	9	93%
Bergen	49	102	5.1	5.4	44	5	79	10	13	77%
Burlington	80	179	3.9	5.4	73	7	172	3	4	96%
Camden	45	112	4.4	9.3	39	6	111	0	1	99%
Cape May	53	127	5.6	5.6	51	2	116	5	6	91%
Cumberland	52	119	3.8	6.9	45	7	111	7	1	93%
Essex	62	140	4.8	6.2	48	14	110	3	27	79%
Gloucester	51	125	4.3	9.2	47	4	117	0	8	94%
Hudson	39	92	4.7	5.5	34	5	86	5	1	93%
Hunterdon	26	62	4.7	4.7	17	9	62	0	0	100%
Mercer	30	76	6.0	7.2	29	1	71	3	2	93%
Middlesex	39	90	4.9	5.9	30	9	83	3	4	92%
Monmouth	51	112	4.1	7.9	41	10	101	3	8	90%
Morris	46	94	6.1	4.8	41	5	88	5	1	94%
Ocean	45	110	5.6	6.3	42	3	96	7	7	87%
Passaic	36	107	6.5	5.8	33	3	103	3	1	96%
Salem	37	70	4.9	5.7	30	7	67	0	3	96%
Somerset	26	49	4.4	4.7	20	6	45	1	3	92%
Sussex	42	76	5.5	5.5	34	8	71	2	3	93%
Union	49	105	4.5	6.8	38	11	100	1	4	95%
Warren	31	64	5.3	5.2	26	5	64	0	0	100%
<b>TOTAL</b>	<b>946</b>	<b>2,163</b>	<b>4.9</b>	<b>6.2</b>	<b>798</b>	<b>148</b>	<b>1,994</b>	<b>63</b>	<b>106</b>	<b>92%</b>

\*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.

### NJ SFY 2016 Family Preservation Services Children Preserved at Discharge



### SECTION III: FOLLOW-UP DATA

#### CASE FOLLOW-UP (SFY 2015)

Follow up evaluations are completed at three, six, and 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, 2014 and June 30, 2015 (SFY 2015).

TABLE 15: 12-MONTH FOLLOW-UP RESULTS FOR CHILDREN SERVED IN SFY 2015

County	No. Children Eligible for Follow-Up	% Contacts Made	Preserved	Placed	Other*	% Preserved*
Atlantic	21	100%	19	2	0	90%
Bergen	101	100%	101	0	0	100%
Burlington	147	100%	137	6	4	93%
Camden	117	100%	117	0	0	100%
Cape May	121	100%	118	3	0	98%
Cumberland	95	100%	91	4	0	96%
Essex	71	100%	64	5	2	90%
Gloucester	95	100%	95	0	0	100%
Hudson	65	100%	61	3	1	94%
Hunterdon	59	100%	55	4	0	93%
Mercer	103	100%	86	16	1	83%
Middlesex	62	100%	54	7	1	87%
Monmouth	88	100%	76	10	2	86%
Morris	64	100%	58	1	5	91%
Ocean	98	100%	87	8	3	89%
Passaic	67	100%	54	13	0	81%
Salem	77	100%	72	0	5	94%
Somerset	45	100%	43	2	0	96%
Sussex	67	100%	56	11	0	84%
Union	48	100%	42	2	4	88%
Warren	53	100%	39	14	0	74%
<b>TOTAL</b>	<b>1,664</b>	<b>100%</b>	<b>1,525</b>	<b>111</b>	<b>28</b>	<b>92%</b>

\*Other means the child voluntarily relocated or was residing in an alternative living arrangement not related to child protective services.

\*% Preserved is calculated based on the number of contacts made.

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 2015**

<b>Follow-Up Status</b>	<b>Total</b>	<b>Percentage</b>
Preserved: Remains in home	1,444	86.8%
Placed by DCP&P safety reasons	97	5.8%
Preserved: Reunified with family	61	3.7%
Preserved: Stabilized in foster home	20	1.2%
Remains in Placement (Reunification Service Goal Only)	11	0.7%
Voluntary move or relocation	11	0.7%
Other placement non-safety reasons	10	0.6%
Other	7	0.4%
Brief placement & reunified w/in period	3	0.2%
<b>TOTAL</b>	<b>1,664</b>	<b>100%</b>

**TABLE 17: HOUSING LOCATION OF CHILDREN SERVED IN SFY 2015**

<b>HOUSING LOCATION AT 12-MONTH FOLLOW-UP</b>	<b>NO. OF CHILDREN</b>
In Home	1,495
Foster care	101
With relative	26
Other family-like setting	23
In-state residential	5
Living independently	5
Group home	4
Unknown	4
Substance abuse rehab	1
<b>TOTAL</b>	<b>1,664</b>