

Family Preservation Services

Program Report | FISCAL YEAR 2017



Allison M. Blake, Ph.D., L.S.W.
Commissioner

Executive Summary

Family Preservation Services

Fiscal Year 2017 Program Report

(JULY 1, 2016 TO JUNE 30, 2017)

Family Preservation Services (FPS) is an intensive, in-home crisis intervention and family education program for families with children 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 the safety of children
- Stabilize families
- Improve family functioning
- Prevent unnecessary out-of-home placement
- 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 up to eight weeks. Interventions are intensive, providing each family 5 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 build on family strengths and respond to family needs.

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 county's FPS program. During Fiscal Year 2017:

- Contract funding for FPS services was approximately six million dollars.
- Nearly 900 families and more than 2,000 children received FPS services.
- From initial intake to discharge, 93 percent of the families served remained preserved in their target home.
- Forty-eight percent of children who received services were six years of age or younger.
- Nearly 90 percent of children were residing in their target home one year after discharge from the FPS program.

FAMILY PRESERVATION SERVICES

FISCAL YEAR 2017 PROGRAM REPORT

(JULY 1, 2016 TO JUNE 30, 2017)

SECTION I: PROGRAM OVERVIEW

The New Jersey Department of Children and Families (DCF) funds the Family Preservation Services (FPS) program. There is a FPS program in every county. DCF contracts with 14 community-based provider agencies, six of which operate programs in multiple counties. During Fiscal Year 2017, funding for FPS services was approximately six million dollars. The estimated average cost per family is little more than \$6,680.

During the fiscal year, Requests for Proposals were posted and contracts for Cape May, Hudson, Mercer, Monmouth, Morris, Ocean, Passaic and Sussex counties were modified. As a result of the modifications, agencies serving Mercer and Cape May counties did not submit full data reports and some of their data is missing from this report.

THE FPS MODEL

FPS is an intensive, in-home crisis intervention and family education program for families under CP&P supervision with children 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 for 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 time, except that during the last week prior to discharging a family, staff may carry a third case.

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 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, often teaming with the CP&P case manager,
- Initial and final assessments of family functioning are conducted with 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 to 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. Services may include, but are not limited to, emergency financial assistance, food, clothing, transportation and housing assistance.
- Follow-up family evaluations are done at three, six, and 12 month intervals after discharge.

SECTION II: SERVICE STATISTICS

This section provides aggregate data on program utilization rates and service delivery at each county-based site between July 1, 2016 and June 30, 2017.

REFERRALS

CP&P is the sole referral source 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 the home, or when a child is returning home from out-of-home placement. Eligibility criteria include active CP&P cases in which:

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

FPS programs occasionally receive inappropriate referrals and must “turn back” or return cases to the referring CP&P office. This determination is made within 72 hours of receiving the referral.

FPS program standards note that 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 case 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 Fiscal Year 2017.

TABLE 1: TOTAL NUMBER OF FPS REFERRALS & TURN BACKS

COUNTY	FAMILIES REFERRED	TURN-BACKS
Atlantic	55	7%
Bergen	73	27%
Burlington	120	17%
Camden	58	0%
Cape May	53	4%
Cumberland	59	19%
Essex	55	22%
Gloucester	54	0%
Hudson	37	24%
Hunterdon	28	25%
Mercer	59	32%
Middlesex	64	27%
Monmouth	46	7%
Morris	48	10%
Ocean	29	3%
Passaic	44	20%
Salem	50	18%
Somerset	29	7%
Sussex	44	9%
Union	19	16%
Warren	34	9%
TOTAL	1,058	15%

Of 1,058 cases referred to FPS during FY 2017, 160 were “turned back” or returned to the referring local office. As in prior years, the primary reason for returning a case is the family’s unwillingness to participate in the program.

TABLE 2: REASONS FOR "TURN BACKS"

REASON FOR TURN BACK	NO. OF FAMILIES	PERCENTAGE
Family Declined FPS services or is unavailable	123	77%
Other	18	11%
Child placed prior to FPS intervention or during 72 hr. assessment period	8	5%
Child not at risk of placement	4	3%
No Slots available at this time	2	1%
Safety concerns for FPS staff	2	1%
Substance abuse or mental illness exists to such a great extent that it impedes a family’s ability to engage and learn skills	2	1%
Active Domestic Violence	1	1%
Total	160	100%

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

TABLE 3: FPS SERVICE PARTICIPANTS

COUNTY	FAMILIES	CHILDREN
Atlantic	51	132
Bergen	53	115
Burlington	100	225
Camden	58	149
Cape May	51	120
Cumberland	48	119
Essex	43	110
Gloucester	54	129
Hudson	28	50
Hunterdon	21	58
Mercer	40	90
Middlesex	47	104
Monmouth	43	92
Morris	43	93
Ocean	28	70
Passaic	35	98
Salem	41	83
Somerset	27	56
Sussex	40	76
Union	16	37
Warren	31	88
TOTAL	898	2,094

TABLE 4: AGE OF CHILDREN SERVED

0-6 Years	7-12 Years	13-18 Years	19+ Years	Total
1,010	677	407	0	2,094

CHILD PROTECTIVE SERVICES CONCERNS AND DETERMINATIONS

Of 898 families that entered FPS programs, the most frequently cited identified source of risk was child neglect. Table 5 lists the child protective services determinations that led to CP&P involvement and the family's eventual referral to FPS.

TABLE 5: SOURCE OF RISK

SOURCE OF RISK	NO. OF FAMILIES	PERCENTAGE
Neglect	626	70%
Physical Abuse	200	22%
Emotional Abuse	52	6%
Sexual Abuse	20	2%
TOTAL	898	100%

Families involved with DCF experience many challenges (acute, chronic, or cumulative) that impact their ability to ensure child safety and provide a stable home environment. Table 6 lists the stress factors identified among the 898 families that participated in FPS programs.

TABLE 6: FAMILY STRESS FACTORS

FAMILY STRESS FACTORS	TOTAL*	PERCENTAGE OF FAMILIES
Financial	425	47%
Mental Health (parent)	371	41%
Housing Related	352	39%
Mental/Behavioral Health (child)	268	30%
Substance Abuse (parent)	263	29%
Domestic Violence History	242	27%
Physical Health (parent)	67	7%
Disability (parent)	61	7%
Disability (child)	49	5%
Physical Health (child)	48	5%
Delinquency	43	5%
Substance Abuse (child)	17	2%
Geographic Isolation	0	0%
Daily routines/ Time Management	0	0%
Household Management	0	0%
Support Health/ Medical Care	0	0%

*This table is missing data from Mercer and Cape May Counties.

Each child under CP&P supervision has a case goal that drives the delivery of FPS services in their target home. Table 7 shows CP&P case/service goals for the 2,094 children whose families participated in FPS.

TABLE 7: CP&P CASE/SERVICE GOALS

Case/Service Goal	Children	Percentage
Stabilize in Home	1,843	88%
Reunification	215	10%
Stabilize in Placement	36	2%
TOTAL	2,094	100%

SERVICE INTERVENTIONS

A referral becomes an intervention when the family and FPS program agree FPS services are appropriate. Between July 1, 2016 and June 30, 2017, 898 families and 2,094 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	547	61%
Stress Management / Coping	339	38%
Concrete Services*	265	30%
Communication Skills	237	26%
Behavior Management	202	22%
Access Resources	201	22%
Daily Routines / Time Management	200	22%
Household Management	198	22%
Anger/Conflict Resolution	156	17%
Support Mental Health Treatment	134	15%
Budget / Finance Management	131	15%
Safety Strategies	123	14%
Support Substance Abuse Treatment	88	10%
Support Health / Medical Care	72	8%
Employment Assistance	38	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 work 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. A family receives no less than five and no more than 20 hours per week of direct services.

Programs are required to record time spent on each case and categorize hours into Direct and Indirect Service Hours.

- 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	51	4.1	5.8	11.8	17.6
Bergen	53	4.8	5.5	7.4	12.8
Burlington	100	3.7	5.6	3.5	9.1
Camden	58	4.2	9.2	1.3	10.5
Cape May	51	5.5	4.7	9.3	13.9
Cumberland	48	3.8	6.0	4.9	10.9
Essex	43	5.6	6.7	8.1	14.8
Gloucester	54	4.2	9.4	11.6	21.0
Hudson	28	4.5	5.7	10.3	16.0
Hunterdon	21	5.3	5.3	5.6	10.9
Mercer	40	5.9	5.8	6.7	12.5
Middlesex	47	4.8	6.0	8.8	14.8
Monmouth	43	4.6	7.7	10.0	17.7
Morris	43	5.8	5.5	4.3	9.7
Ocean	28	6.3	6.9	11.2	18.1
Passaic	35	5.2	5.8	11.6	17.4
Salem	41	5.4	6.8	9.7	16.4
Somerset	27	4.8	5.2	6.3	11.5
Sussex	40	5.7	6.1	4.9	11.0
Union	16	5.8	6.4	8.3	14.6
Warren	31	5.9	5.3	4.4	9.7
TOTAL	898	4.8	6.3	7.9	14.1

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 FPS serves receives financial assistance. Disbursements are made at the discretion of programs based on the family's needs. Allowable expenses may include essential household items, engagement activities, skill building aids (e.g. books, videos, and games), and low-cost "reinforcement" to reward achievement. Table 10 describes the financial assistance families have received.

TABLE 10: FINANCIAL ASSISTANCE PROVIDED TO FAMILIES

FINANCIAL ASSISTANCE	
Total No. of Families Served by FPS	898
No. Families that Received Financial Assistance	406
Total Amount of Financial Assistance Distributed	\$17,773.80
Average Amount per Family	\$43.78
Percentage of Families that Received Financial Assistance	45%

The FPS Model has clear standards regarding a family's termination or discharge from the program. FPS is a short-term intervention, so 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 as either:

- 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 shows intervention status of closed FPS cases by county.

TABLE 11: INTERVENTION STATUS (CLOSED CASES)

COUNTY	% FULL INTERVENTION	% INTERRUPTED INTERVENTION	TOTAL FAMILY INTERVENTIONS
Atlantic	80%	20%	51
Bergen	83%	17%	53
Burlington	89%	11%	100
Camden	88%	12%	58
Cape May	96%	4%	51
Cumberland	83%	17%	48
Essex	77%	23%	43
Gloucester	85%	15%	54
Hudson	82%	18%	28
Hunterdon	86%	14%	21
Mercer	90%	10%	40
Middlesex	87%	13%	47
Monmouth	84%	16%	43
Morris	93%	7%	43
Ocean	89%	11%	28
Passaic	83%	17%	35
Salem	83%	17%	41
Somerset	74%	26%	27
Sussex	93%	8%	40
Union	94%	6%	16
Warren	84%	16%	31
TOTAL	86%	14%	898

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. Goals are developed to address the reasons for the risk determination that precipitated the referral, and the information obtained during the assessment. 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 discharge.

TABLE 12: STATUS OF TREATMENT GOALS AT DISCHARGE

Individualized Treatment Goals	Total	Percentage
All Treatment Goals Met (100%)	428	48%
Significantly met (50% - 99%)	269	30%
Partially Met (20% - 49%)	73	8%
Minimal or No goals Met (0%- 19%)	126	14%
TOTAL	896*	100%

*Includes 125 interrupted interventions which by definition, include families that did not complete the program or achieve all of their respective treatment goals. This table is also missing data from Mercer and Cape May Counties.

FPS programs track the whereabouts of all children from when a case is accepted through discharge and beyond. Table 13 details the placement disposition of every child who received services in FY 2017 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
In Home	1,926	92%
Foster care	109	5%
With relative	28	1%
Other family-like setting	10	0.48%
Other	8	0.38%
In-state residential	4	0.19%
Incarcerated / detention	3	0.14%
Unknown*	3	0.14%
Shelter	2	0.10%
Ran away	1	0.05%
TOTAL	2,094	100%

*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.

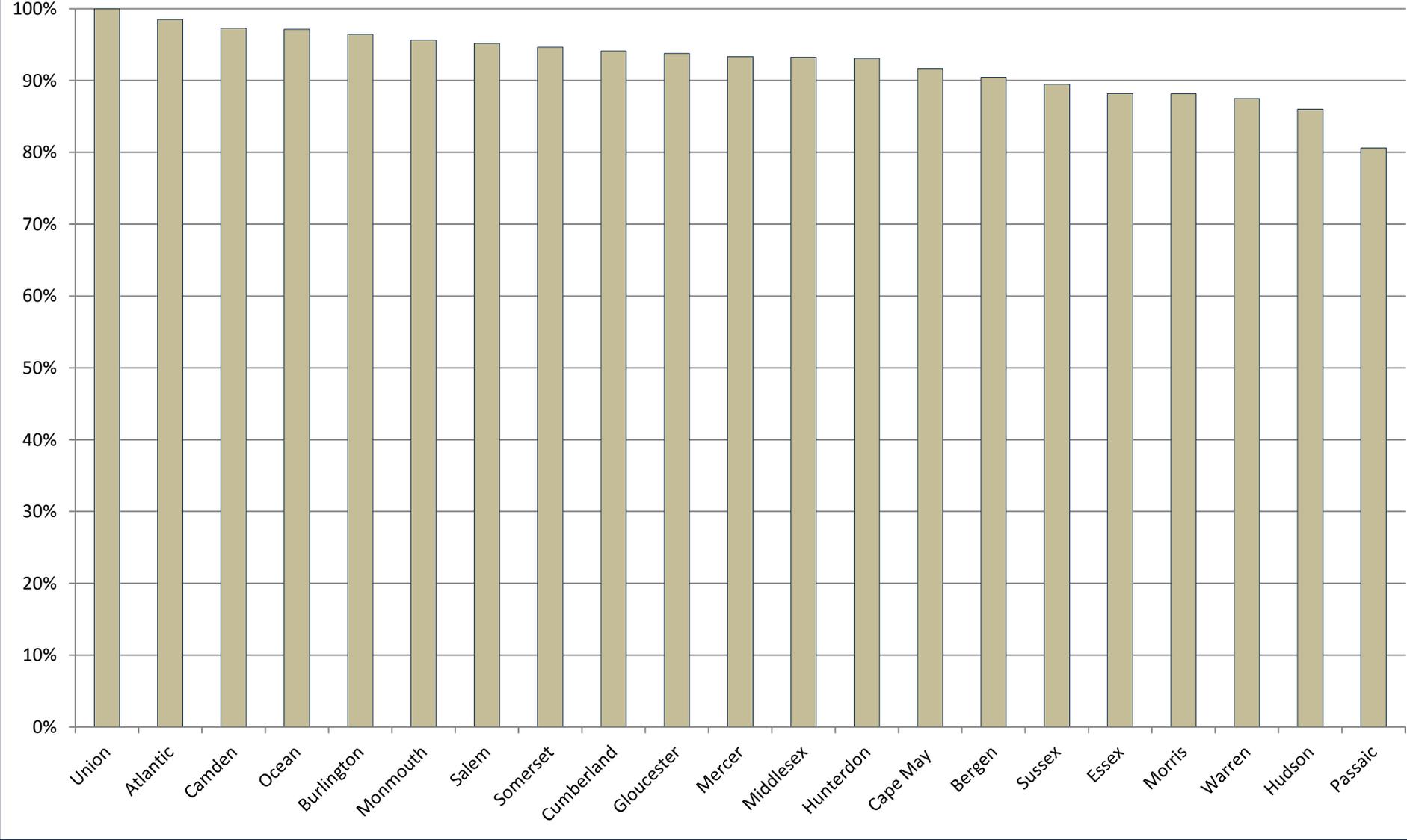
Table 14 provides a broad overview of the levels, programmatic delivery, and impact of FPS services statewide.

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	51	132	4.1	5.8	41	10	130	0	2	98%
Bergen	53	115	4.8	5.5	44	9	104	1	10	90%
Burlington	100	225	3.7	5.6	89	11	217	0	8	96%
Camden	58	149	4.2	9.2	51	7	145	2	2	97%
Cape May	51	120	5.5	4.7	49	2	110	7	3	92%
Cumberland	48	119	3.8	6.0	40	8	112	0	7	94%
Essex	43	110	5.6	6.7	33	10	97	8	5	88%
Gloucester	54	129	4.2	9.4	46	8	121	6	2	94%
Hudson	28	50	4.5	5.7	23	5	43	0	7	86%
Hunterdon	21	58	5.3	5.3	18	3	54	0	4	93%
Mercer	40	90	5.9	5.8	36	4	84	4	2	93%
Middlesex	47	104	4.8	6.0	41	6	97	2	5	93%
Monmouth	43	92	4.6	7.7	36	7	88	2	2	96%
Morris	43	93	5.8	5.5	40	3	82	4	7	88%
Ocean	28	70	6.3	6.9	25	3	68	0	2	97%
Passaic	35	98	5.2	5.8	29	6	79	8	11	81%
Salem	41	83	5.4	6.8	34	7	79	3	1	95%
Somerset	27	56	4.8	5.2	20	7	53	0	3	95%
Sussex	40	76	5.7	6.1	37	3	68	4	4	89%
Union	16	37	5.8	6.4	15	1	37	0	0	100%
Warren	31	88	5.9	5.3	26	5	77	2	9	88%
TOTAL	898	2,094	4.8	6.3	773	125	1,945	53	96	93%

*Child's Status at Discharge: "Preserved" means the child remained in the target home; "Placed" means the child was in a CP&P 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 FY 2017 Family Preservation Services Children Preserved at Discharge



SECTION III: FOLLOW-UP DATA

CASE FOLLOW-UP (FY 2016)

Follow up evaluations are completed at 3, 6, 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, 2015 and June 30, 2016 (FY 2016).

TABLE 15: 12-MONTH FOLLOW-UP RESULTS FOR CHILDREN SERVED IN FY 2016

County	No. Children Eligible for Follow-Up	% Contacts Made	Preserved	Placed	Other*	% Preserved**
Atlantic	88	100%	76	12	0	86%
Bergen	80	99%	71	8	0	90%
Burlington	171	98%	152	13	3	90%
Camden	100	100%	97	3	0	97%
Cape May	120	100%	116	4	0	97%
Cumberland	100	100%	90	10	0	90%
Essex	107	78%	63	20	0	76%
Gloucester	116	100%	116	0	0	100%
Hudson	60	100%	58	2	0	97%
Hunterdon	38	100%	38	0	0	100%
Middlesex	69	100%	63	6	0	91%
Monmouth	92	100%	80	6	6	87%
Morris	73	100%	67	4	2	92%
Ocean	83	99%	74	6	2	90%
Passaic	99	100%	67	27	5	68%
Salem	54	100%	49	5	0	91%
Somerset	44	100%	44	0	0	100%
Sussex	51	100%	46	1	4	90%
Union	78	81%	60	0	3	95%
Warren	54	100%	46	8	0	85%
TOTAL ***	1,677	97%	1,473	135	25	90%

*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.

***This table is missing data from Mercer and Cape May Counties.

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

TABLE 16: STATUS OF CHILDREN SERVED IN FY 2016

Follow-Up Status	Total	Percentage
Preserved: Remains in home	1,396	85.5%
Placed by CP&P for safety reasons	124	7.6%
Preserved: Reunified with family	52	3.2%
Preserved: Stabilized in foster home	25	1.5%
Voluntary move or relocation	15	0.9%
Brief placement & reunified w/in period	7	0.4%
Other placement non-safety reasons	6	0.4%
Other	4	0.2%
Remains in Placement (Reunification Service Goal Only)	4	0.2%
TOTAL	1,633	100%

TABLE 17: HOUSING LOCATION OF CHILDREN SERVED IN FY 2016

HOUSING LOCATION AT 12-MONTH FOLLOW-UP	NO. OF CHILDREN
In Home	1,457
Foster care	146
Other family-like setting	10
With relative	9
In-state residential	3
Group home	2
Other	2
Shelter	2
Incarcerated / detention	1
Ran away	1
TOTAL	1,633