

# FAMILY SUPPORT SERVICE STANDARDS

## PURPOSE

The purpose of these standards is to provide direction and guidance to the Children and Family Services (CFS) programs regarding the structure and application of family support services for children with SED. These standards are intended to achieve statewide consistency in the development and application of CMH core services and shall be implemented in the context of all applicable laws, rules and policies.

## INTRODUCTION

The *Idaho Needs Assessment* by the Human Service Collaborative, defines family support as, "...essential adjuncts to community based services... Peer family-to-family supports, transportation assistance, companions, respite, guidance or support with basic living needs (e.g., housing, utilities, vocational or employment issues), and specialized assistance for transitions in or out of more intensive levels of care". The *Promoting Safe and Stable Families Category Definitions (Revised 3/01/02)* define family support as, "Community-based services to promote the well-being of children and families designed to increase the strength and stability of families (including adoptive, foster and extended families), to increase parents' confidence and/competence in their parenting abilities, to afford children a stable and supportive family environment, and otherwise enhance child development". The *CMH Service Definitions and Measures (adopted by the ICCMH 6/19/01)* states, "The main goal of family support services is to strengthen adults in their roles as parents through the provision of resources for transportation, family preservation services, emergency assistance funds, training or education, etc." [emphasis added].

## CORE VALUES

- The system of care should be child-centered and family focused, with the needs of the child and family dictating the types and mix of services provided.
- The families and surrogate families of children with emotional disturbances should be full participants in all aspects of the planning and delivery of services.
- Children with emotional disturbance should receive services that are integrated, with linkages between child-serving agencies and programs and mechanisms for planning, developing and coordinating services.
- Children with emotional disturbance should receive services within the least restrictive, most normative environment that is clinically appropriate.
- Children with emotional disturbances should receive individualized services in accordance with the unique needs and potentials of each child, and guided by an individualized service plan.

- The system of care should be culturally competent, with agencies, programs, and services that are responsive to the cultural, racial, and ethnic differences of the populations they serve.
- The needs of children and families can more effectively be met through flexible funding strategies than through categorical funding restricted to the most expensive resources.

## STANDARDS

**1. Each region of the state shall develop and maintain the following family support services.**

**2. FAMILY PRESERVATION SERVICES**

- a. Available to families throughout the region.
- b. Time-limited (30-90 days)
- c. 2-7 hours per week
- d. Provided in the child's treatment natural setting that is most appropriate to meet the child and family's needs.
- e. Address
  - i. Family structure
  - ii. Home and budget management
  - iii. Communication
  - iv. Behavior Modification
  - v. Parenting
  - vi. Problem Solving

**3. INDIVIDUAL AND RELATIONSHIP COUNSELING FOR THE CHILD'S PARENTS**

- a. Each region shall insure that Individual and Relationship counseling services are available to families throughout the region.
- b. Therapeutic services shall be delivered to the child's parents only when those services are necessary to create or maintain a stable family environment for their child with SED.

**4. PARENT TRAINING**

- a. Parent training shall be delivered through referrals to community programs, contractors and/or by CFS staff.
- b. Each region shall identify parenting classes available in their communities and inform parents of these opportunities.
- c. The following parent training shall be available to all families served by CMH.

- i. Self-advocacy training**
- ii. Self-case management training**
- iii. Consumer training**

**5. PEER SUPPORT**

- a. Peer support group formation shall be facilitated by a contractor or CFS staff.**
- b. DHW shall make peer support, or parent-to-parent support, available to all families served by CMH.**

**6. TRANSPORTATION shall be made available to families when the lack of transportation creates a barrier to the successful delivery of services.**

**7. FLEXIBLE FUNDING shall be made available to families receiving CMH services when it is necessary to help maintain the child in the family home or to remove a barrier to treatment interventions.**

**8. Any variance to these standards shall be documented and approved by division administration, unless otherwise noted.**

**9. Each region shall establish family support service delivery goals and shall annually submit a plan and timeline to achieve those goals to division administration for approval.**