FAMILY CENTERED TREATMENT (FCT) IS AN EVIDENCE-BASED AND WELL-SUPPORTED FAMILY PRESERVATION MODEL OF HOME-BASED TRAUMA TREATMENT.

FCT is designed to find simple, practical, and common-sense solutions for families faced with disruption or dissolution of their family. This can be due to external and/or internal stressors, circumstances, or forced removal of children from the home due to the youth’s behavior or parent’s harmful behaviors. Obtaining highly successful engagement rates is a primary goal of FCT. The program is provided with families of specialty populations of all ages involved with agencies that specialize in child welfare, mental health, substance abuse, developmental disabilities, juvenile-justice and crossover-youth. Critical components of FCT are derivatives of Eco-Structural Family Therapy and Emotionally Focused Family Therapy which were enhanced with components added based on experience with clients. In 2018, FCT was recognized as a SAMHSA & National-Child Trauma-Stress Network Trauma Treatment model.

Program Goals

- Enable family stability via preservation of or development of a family placement
- Enable the necessary changes in the critical areas of family functioning that are the underlying causes for the risk of family dissolution
- Bring a reduction in hurtful and harmful behaviors affecting family functioning
- Develop an emotional and functioning balance in the family so that the family system can cope effectively with any individual member’s intrinsic or unresolvable challenges
- Enable changes in referred client behavior to include family system involvement so that changes are not dependent upon the therapist.
- Enable discovery and effective use of the intrinsic strengths necessary for sustaining the changes.

The FCT Model has been empirically studied for clinical outcomes and cost effectiveness by independent peer reviewed publications.

Youth Receiving FCT Services First Year Results

- Fewer Youth in Residential Placements: 24%
- Reduction in Length of Residential Placement for Average Youth: 20%
- Reduction in Length of Average Residential Placement: 30%
- Reduction in Days Spent in Pending Placement for Average Youth: 39%
- Reduction in Days Spent in the Average Pending Placement: 27%
- Reduction in Length of Average Community Detention: 23%

FCT Empirically Research Cost Analysis 2008 – 2013

$36,204,000

Savings to State / Taxpayers in Maryland