

# Improving Families Program



## *PROGRAM DESCRIPTION*

Youth Advocate Programs, Inc. (YAP) provides intensive services to the highest need families involved with or at risk of becoming involved with Child Protective Services through our Improving Families Program. The program is an in-home, in-community service that strengthens the ability of parents to safely care for their child(ren) by using the “teachable moments” approach. YAP staff assist parent(s) in the day-to-day activities of the home to find natural opportunities to model and offer coaching on healthy parenting and household management strategies.

The Improving Families Program reduces the risk of out of home placement, evidenced by a reduction in the number and severity of child protective reports. It also effectively prepares parents for the early return of their child(ren) from foster care or residential settings.

## *PROGRAM SERVICES*

**Examples of some of the services offered by the program are:**

- Assist in house maintenance by modeling skills and helping parents keep their home clean and manageable.
- Coach and support parents in interactions with their child(ren), including prompts to remain consistent, follow through or provide positive feedback.
- Engage the family in a weekly “family activity” to facilitate positive communication.
- Assist parents with finding community support.
- Assist parents in making and keeping medical appointments for their child(ren).
- Provide transportation to appointments and assist parents in securing transportation for future appointments.
- Assist in setting up household routines to secure stability and predictability.
- Provide parents with immediate feedback and support (promoting accountability).
- Support parents in identifying their educational or employment goals and assist them in navigating services, whether it is financial aid applications, the YAP Endowment Fund Scholarship application, VESID or enrolling in a local trade school.
- Assist parents in making appropriate plans for childcare and how to interview prospective sitters/childcare centers.
- Provide 24/7 crisis management by YAP to stabilize a situation.

## Sample Service Delivery Flow

Referral to Improving Families Program



Director/Assistant Director calls referral source to discuss emergent needs and non-negotiables to be addressed upon intake.



Services begin within 24-48 hours of receipt of referral or sooner if requested. Assessment process begins with parent and family.



Director/Assistant Director completes crisis and safety plan. Plan includes emergent needs identified by CPS worker and/or court system.



Set up team meeting with all service providers within 2 weeks of intake and continue services to family.



Team Meeting occurs; after Team Meeting is conducted the Individualized Service Plan (ISP) is created and will include all life domains and in-home "teachable moments" for family interactions. Parental education opportunities are maximized.



Continue to monitor and evaluate progress addressing parental and family needs as they arise as well as service provider concerns. Make modifications to safety plans and goals as needed.



Re-convene team meetings every 6 weeks (at least – more frequent if needed).



Continue to assist family in navigating systems and advocating through systems to overcome obstacles.



Prepare family for discharge with strong discharge plan and resources identified and agreed upon by all team members at least 30 days before case closing .



Close case and continue to monitor progress for 6 months post discharge.