



How to Safely Prevent Children from Needing Foster Care Under the Family First Act

Foster care is an important intervention for children who are not safe at home. But as many as 50% of U.S. children in foster care could have been spared the trauma of family separation if their family had access to supportive people and services before they experienced a crisis. In compliance with the Family First Act, these are the evidence-based programs and services we provide to strengthen families and safely prevent the need for foster care.

Functional Family Therapy

Family intervention aimed at reducing problem behaviors such as violent acting out and substance abuse in at-risk youth as well as improving prosocial skills and overall family and individual functioning.
For ages 11-18. Provided in 12 to 14 sessions.

Trauma-Focused Cognitive Behavior Therapy

A specialized model for children and youth experiencing post traumatic stress disorder and other symptoms related to their experience of childhood trauma.
For ages 3-18. Provided in 8 to 25 sessions.

Parent-Child Interaction Therapy

Teaches parents traditional play-therapy skills to use as social reinforcers of positive child behavior and traditional behavior management skills to decrease negative child behavior.
For ages 2-7. Provided in 14 sessions.

Homebuilders

An intensive crisis intervention approach for families at imminent risk of having their children placed in out of home care. The goal of these intensive, in-home services is to teach families the skills necessary to prevent future crises.
For ages 0-17. Provided in weekly sessions lasting 4 to 6 weeks.

Motivational Interviewing

A widely used model designed to enhance motivation for behavior change. It uses a client-centered approach to help individuals explore and resolve ambivalence.
For ages 13-18. Can be used in conjunction with other therapies and can be indefinite or as needed.

I hope this was helpful in guiding you through the evidence-based practices provided by KVC Kentucky as part of Kentucky's Family First Act implementation. If you have any questions or would like to discuss this further, please don't hesitate to reach out to the KVC FPRS Director in your region.

Thank you,

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