

# Family Based Recovery (FBR)

## Program Overview

FBR is an intensive, in-home clinical treatment program for families with children (birth to 5 years old inclusive) who are at risk for abuse and/or neglect, poor developmental outcomes and removal from their home due to parental substance use. The team provides individual, couples and family therapy; promotes positive parent-child interaction for secure attachment; works to increase a parent's awareness and understanding of child development; provides case management services and conducts weekly relapse prevention and parenting group.

## Target Population

FBR treats individuals who are actively using substances or who have a recent history of substance use that are also parenting a child under the age of 6 and meet the following criteria:

- The mother and/or father report substance use within the last 30 days (The adult client can either self-report use or the referral source can have lab results showing a positive drug test);
- The parent's drug use should not be a onetime occurrence but substance use that currently meets criteria for substance use disorder (the substance use severity will necessitate the level of intensity of the program.);
- The index child is age birth to 5 years old inclusive, resides in the parent's home, or is placed outside the home with a plan for imminent reunification (within 30 days);
- The parent is not involved in another treatment program or is willing to discharge from that program to enter FBR;
- The family is willing to have FBR provide treatment in their home;
- The parent has the cognitive capacity to utilize the FBR tools, but does not need to know how to read.
- A parent with a current diagnosis of Schizophrenia Spectrum and Other Psychotic Disorder needs to be stabilized on medications prior to referral.

## Length of Service

Most families will remain in FBR for 6 - 12 months, with occasional longer lengths of stay (up to 18 months) determined on a case-by-case basis with the approval of FBR Services.

The Contractor will provide:

- 3 home visits per week for the first six months.
- After six months, a client might step down in service intensity.

The FBR team will work a flexible schedule in order to accommodate individual family needs, schedules, and in order to respond to crisis situations. Twenty-four (24) hour/seven (7) day phone coverage for crisis intervention must be available, including holidays and weekends. FBR 24-hour/7-day crisis response will be provided by FBR staff (i.e., as opposed to a nonspecific emergency call service).

## Program Coverage and Providers

FBR is available to families statewide through geographically dispersed teams at different agencies. Each team covers a larger region of surrounding towns. Choose the team closest to your location.

Geographic Region	Agency Contact
<b>New Haven / Milford</b>	Yale Child Study Center
<b>Bridgeport</b>	Child and Family Guidance Center
<b>Hartford/Manchester</b>	The Village
<b>Norwich/Willimantic/Middletown</b>	United Community and Family Services (UCFS)
<b>New Haven/Milford</b>	CFS
<b>Norwich/Willimantic/Middletown</b>	Community Health Resources
<b>Waterbury/Torrington/Danbury</b>	CMHA
<b>Meriden/New Britain</b>	CMHA