



Probation Service Definition

ADMINISTRATIVE OFFICE OF THE COURTS & PROBATION

SERVICE NAME	Intensive Family Preservation (IFP) <input type="checkbox"/> Adult <input checked="" type="checkbox"/> Juvenile
Category	Treatment
Setting	Home-Based
Facility License	Facility licensure is not required. Agency must be compliant with licensing standards as required by the Department of Health & Human Services (DHHS) - Division of Public Health
Service Description	<p>Intensive Family Preservation (IFP) services provide intensive therapeutic and skill building interventions. IFP services are designed to create rapid, sustainable, positive changes in the family. Interventions will focus on the family’s strengths, and reducing family risk factors by improving family functioning. This service targets the entire family unit, as well as the youth’s individual functioning, and is typically provided when all family members are present in the family home, or in a natural family environment</p> <p>The goal of IFP is to preserve family integrity, improve family functioning, access informal and formal community resources for long-term support, and reduce youth’s criminogenic risk by teaching the parent/caregiver to improve their capacity as a parent</p>
Service Expectations	<ul style="list-style-type: none"> • IFP is a time-limited, 12-week service designed to intervene with the immediate crisis; develop & teach the skills necessary for the family to remain intact and the youth in the community <ul style="list-style-type: none"> ○ Weeks 1 to 3 – Services focus on assessing, developing a written plan to include goals and objectives, and gathering information with the family as well as building a therapeutic relationship with the family based on needs/strengths/services ○ Weeks 4 to 10 – Services focus on training, education, and coaching the individualized services ○ Weeks 10 to 12 – Services focus on reviewing the material taught, developing community supports, crisis prevention planning to address future issues, and the generalization of skills • Services shall be conducted in-person and in the family home, or an environment in the community where the behaviors to be addressed are occurring <ul style="list-style-type: none"> ○ This service must include multiple in-person direct contacts and indirect contacts (e.g. e-mails, text messages) with the family each week

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	<ul style="list-style-type: none"> • Development of skills for meeting basic functioning and therapeutic needs <ul style="list-style-type: none"> ○ Utilize evidence-based services and interventions, including crisis intervention, motivational interviewing, parent education, skill building, coaching and cognitive/behavioral therapy, to target areas of high criminogenic risk and/or respond to individual circumstances ○ Teach basic living/functioning skills, such as accessing/using public transportation systems, budgeting, and accessing/using social services agencies ○ Educate families in areas of their therapeutic needs, such as counseling, child development, parenting skills, anger and mood management, appropriate communication, and assertiveness to reduce criminogenic risk ○ Build on parental resilience and foundational parenting knowledge with concrete formal and informal community-based supports and resources • A written individualized service plan shall be <ul style="list-style-type: none"> ○ Developed based on goals of the youth and family within 10 days of intake. ○ Informed by the referral for services from the probation/problem-solving court officer, and relevant collateral documentation ○ Shared in writing with the probation/problem solving court officer within 30 days of intake. ○ Revised as needed throughout the service, with written updates provided no less than every 90 days if no revisions have been made • The agency will document the progress toward the individualized daily program schedule in their reports. Probation/Problem Solving Court Officer will verify with staff to determine if progress is being made. If progress is not indicated, the staff shall provide a rationale as to what changes will be made to initiate a plan to indicate progress • A crisis (safety risk/reduction) plan will be developed and updated as needed throughout the service. The youth parent/guardian/caregiver must be able to demonstrate they have the knowledge and skills to implement the crisis plan. The crisis plan will be shared with the probation/problem solving court officer
Service Frequency	<ul style="list-style-type: none"> • Weekly in-person contact will include a minimum of 3 hours of skill building and 1 hour of therapeutic engagement per 3 hours of skill building. Contact will vary based on the court order or service plan goals and is subject to probation/problem solving court officer approval. • Frequency of services will vary based on the needs of the youth/family. Contact hours will generally be more intensive at the beginning of service delivery and taper as the youth’s functions improves.

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Length of Service	<ul style="list-style-type: none"> Expected duration of services is up to 12 weeks. Duration of services is individualized based on progress of the youth and family.
Staffing	<ul style="list-style-type: none"> Staff must be affiliated with an agency that is a Registered Service Provider. Therapist must: <ul style="list-style-type: none"> Hold a Master’s Degree in social work, counseling, or other relevant human service profession Be licensed as a of a minimum LMHP (Licensed Mental Health Practitioner) or PLMHP (Provisional Licensed Mental Health Practitioner in the state of Nebraska and practicing within their scope of licensure Have completed IFP training on topics such as positive functioning, increasing social support, increasing parenting skills, improve school attendance, establishing daily routines, enhancing motivation, helping youth and family become self-directed, and decreasing conflict Skill Builder must: <ul style="list-style-type: none"> Hold a Bachelor’s degree in a human services related field OR Hold a High School diploma with some college coursework and over 2 years’ experience with juvenile behavioral interventions All providers must be trained in trauma-informed care, recovery principles, evidence-based practices, adolescent development and crisis management.
Staff to Client Ratio	<ul style="list-style-type: none"> All staffing shall be adequate to meet the individualized treatment needs of the individual and meet the responsibilities of each staff position as outlined in the IFP model. Each IFP Team consists of one Therapist and one Skill Builder. Caseloads range from 4 to 6 families per team and shall not exceed 6 families per team. (1:6)
Hours of Operation	<ul style="list-style-type: none"> Services are scheduled during day, evening, or weekend hours, based on family availability. Services are available for crisis assistance 24 hours/day, 7 days/week.
Service Desired Outcomes	Youth is/has: <ul style="list-style-type: none"> Residing a home with family Made progress on goals related to decreasing overall criminogenic risk as outlined in the service plan. Improved in their daily functioning and decreased behaviors related to the referral behaviors have diminished

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	<p>Family has:</p> <ul style="list-style-type: none"> • Improved family functioning as evidenced by an increase in positive family communication, youth following familial rules and youth remaining in the family home. • Implemented informal and formal support systems to maintain the youth in the community. • Developed and implemented a written crisis plan • Demonstrated they have the knowledge and skills to implement the plan. • Coordinated with treatment professionals, as appropriate
Unit and Rate	See rate sheet