



Probation Service Definition

ADMINISTRATIVE OFFICE OF PROBATION

SERVICE NAME	Intensive Family Preservation (IFP) <input type="checkbox"/> Adult <input checked="" type="checkbox"/> Juvenile
Category	Mental Health
Setting	Community based
Facility License	The agency providing Intensive Family Preservation (IFP) services must be consistent with licensing standards of the Nebraska Department of Health and Human Services (NDHHS), Division of Public Health as a mental health treatment center.
Service Description	<ul style="list-style-type: none"> • IFP is a team approach (therapist and skill builder) that provides both therapeutic and skill-building intensive interventions within the family home and community settings. The therapist and skill builder have separate goals and objectives. • Youth and families referred may have mental health issues, family relationship problems, youth delinquency, truancy, and abuse/neglect issues. The purpose of IFP is to prevent out-of-home placement of the youth and/or reunify families. • The goal of IFP is to preserve: family (bio or foster) integrity, improved family functioning, access informal and formal community resources for long term support, reduce youth’s criminogenic risk and improve capacity to function effectively in the community after IFP services are completed
Service Expectations	<p>The first three (3) weeks of IFP services is to assess, develop a written safety plan, and gather information with the family as well as building a therapeutic relationship with the family based on needs/strengths/services. The next 4 to 10 weeks of IFP services is for training, education, and coaching the individualized services; weeks 10 to 15 are for review of the material taught, developing community supports, working on therapeutic issues, relapse prevention, plans to address future issues, and the generalization of skills.</p> <ul style="list-style-type: none"> • Intervention at the crisis point - IFP therapist reach families when the families are in crisis. Youth/family is seen within 24 hours of referral • Treatment in the natural setting - Service takes place in the family home or an environment in the community where the problems are occurring and, ultimately, where they need to be resolved

	<ul style="list-style-type: none"> • Accessibility and responsiveness - Therapists are on call to their youth 24/7 days a week. Families are given as much time as they need, when they need it. This accessibility also allows close monitoring of potentially dangerous situations • Intensity - Time-limited services designed to intervene with the immediate crisis; develop & teach the skills necessary for the family to remain intact • Lower caseloads - Therapists and skill builders (team) have fewer cases. This enables them to be accessible and provide intensive services. • Research-based interventions - Therapists utilize a range of evidence based services and interventions, including crisis intervention, motivational interviewing, parent education, building of skills taught, and cognitive/behavioral therapy • Flexibility - Services are provided when and where the youth's needs are. The IFP team provides a wide range of services, assisting families meeting basic Maslow's needs to evidenced based therapeutic techniques. IFP teams teach basic skills (accessing/using public transportation systems, budgeting, and accessing\ using social services agencies. They also educate families in areas of their therapeutic needs (counseling, child development, parenting skills, anger and mood management, appropriate communication, and assertiveness to reduce criminogenic risk. • The IFP therapist will develop\implement goals and objectives. The skill builder will take direction from the IFP therapist so they work with the family and youth on to achieve goals and objectives. • Crisis management and stabilization is provided 24/7.
Service Frequency	<p>Minimum of (3) hours per week from the skill builder. Minimum of (1) hour of therapeutic engagement shall accompany every 3 hours of skill building. At the onset of IFP services, the hours may be more intense, the hours per week will taper to a prescribed schedule as a youth's functioning improves. The IFP therapist and probation officer will determine the frequency and duration of IFP sessions. Sessions may be long and must continue as the situation warrants.</p>
Length of Stay	Up to 15 weeks
Staffing	<p>An IFP team consists of an LMHP (Licensed Mental Health Practitioner) or PLMHP (Provisional Licensed Mental Health Practitioner) and a skill builder with a bachelor's degree. IFP Therapist = master's degree in social work, counseling, education or other relevant human service profession, with 2 years of experience in children and family services. Licensed in the state of Nebraska and must practice within scope. Home Builder's Model training is required.</p>
Staff to Client Ratio	1 therapist/skill builder to 5 families
Hours of Operation	24/7

Service Desired Outcomes	<ul style="list-style-type: none"> • Youth remains in home environment or transitions home. • Youth has made progress on (therapist and skill builder) goals as outlined in the IFP plan. • Family functioning has improved • Youth has improved in their daily functioning and their behavioral health symptoms have diminished. • Youth criminogenic risk is reduced • Youth and family have and implement informal and formal support systems secured and crisis plan in place to help maintain stability in the community. • Crisis plan is in place; youth and parents/caregiver know how to implement it • Youth and parents/caregiver have been connected to community supports, as needed • Provider has coordinated with other treating community professionals, as needed
Unit and Rate	Weekly case rate

Homebuilder's Model http://www.institutefamily.org/programs_ifps.asp

[Click to direct to Service Interpretive Guideline]

