

# Early Childhood Mental Health Conference

Hope in Action – Family First Prevention  
Services Act (FFPSA) Pilot Programs

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September 29, 2023

# Family First Prevention Services Act

## Goal to Increase Family Strengthening



Keep children and youth safely at home

Identify family-like placements

Access to high quality residential treatment

# Why is the Shift So Important?

Funding is available

Investments in services and resources

Identify and locate extended family members and significant persons

# Prevention Hub Pathway

## 1. No Wrong Door for Family in Need of Supports and Services

A family can access prevention services through any door in the County of San Diego via self referral, community, juvenile probation and/or child welfare services.

## 2. Prevention Hub

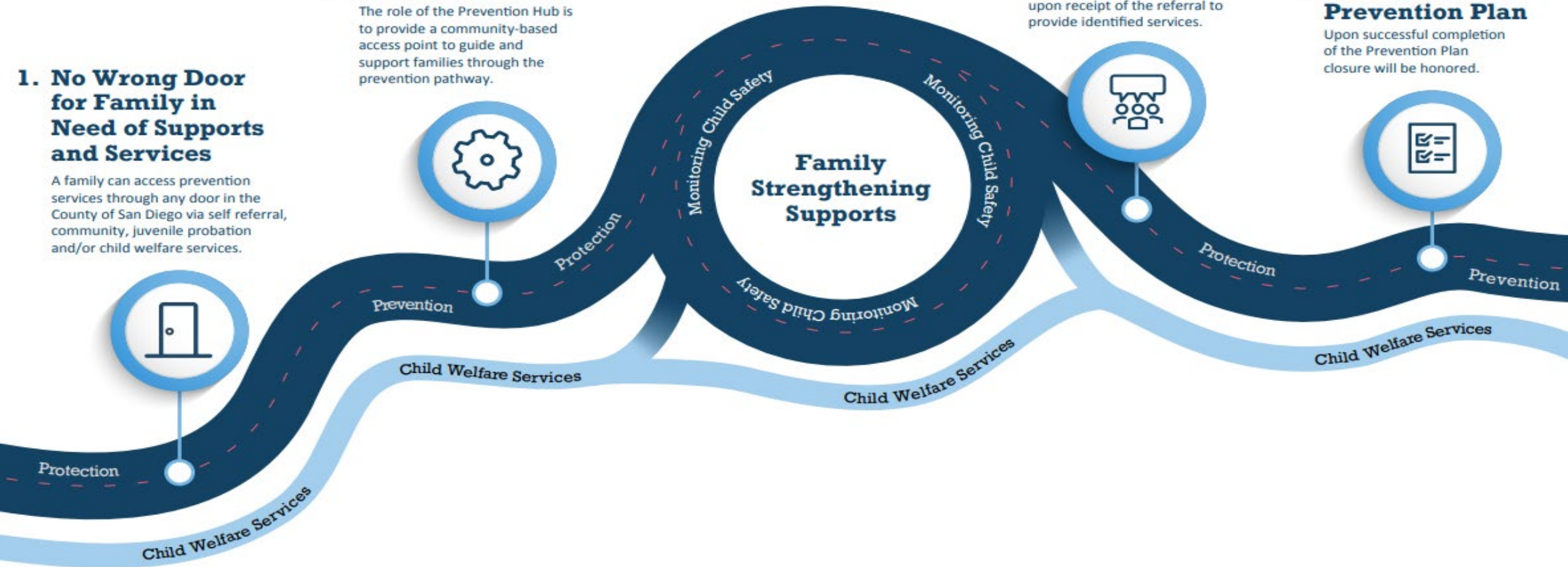
The role of the Prevention Hub is to provide a community-based access point to guide and support families through the prevention pathway.

## 3. Community Based Organizations and Tribal Partners

The community providers will engage with the family upon receipt of the referral to provide identified services.

## 4. Closure of Prevention Plan

Upon successful completion of the Prevention Plan closure will be honored.



# Pilot Sites

Lifeline  
Community  
Services

Functional  
Family  
Therapy



SBCS

First 5, First  
Steps (HFA)



San Diego  
Center for  
Children

Parent-Child  
Interaction  
Therapy



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# Lifeline Community Services



# Overview of Functional Family Therapy

## FFT

- Home-based therapy program
- Flexibly structured
- Culturally sensitive
- Focuses on developing a positive relationship with the family
- Youth and families must be willing to participate in family counseling

## Target Population

- The program serves youth in county-funded prevention, early intervention, and diversion programs
- Youth 12 to 18 years of age

## Program Delivery

- Therapists meet weekly with families
- Most families complete the program in 8 to 14 sessions

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**SBCS**





# Overview of Healthy Families America

## First 5 First Steps (HFA)

- Family support program (prenatal, postpartum)
- Promotes nurturing parent-child interaction/attachment
- Promotes healthy childhood growth and development
- Enhancement of family functioning
- Prevent child abuse and neglect

## Target Population

- Low Income
  - Teens
  - Military Service members
  - Immigrants/Refugees
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- Prenatal up to three months of birth.
  - CalWORKs recipients before baby's second year of life.

## Program Delivery

- In participant's home
- Services for up to three years
- Weekly home visits at the start, less frequent depending on their needs and progress
- Periodic developmental and mental health screenings, as well as needs assessments

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# San Diego Center for Children



# Overview of Parent-Child Interaction Therapy

## PCIT

- Two-phased evidence-based treatment program for young children
- Phase 1: Parenting skills to increase desired behaviors using positive attention
- Phase 2: Parenting skills to increase compliance, and decrease aggressive and destructive behavior

## Target Population

- The program serves children ages 2-7 with behavioral concerns

## Program Delivery

- Weekly 60-minute sessions with families in clinic
- Therapists use "bug-in-ear" technology to provide live coaching to parents from behind a one-way mirror
- Most families complete the program treatment in 12 to 20 sessions

# Panel Discussion

## Evidence

Prevention Needs

Increased Community Referrals

## Community Referrals

Shift in Referral Sources

Capacity Building

## Braided and Blended Funding

Resourcing

Supplementing vs. Supplanting

# Lessons Learned

**Barriers**

**Successes**

**Timing of  
Implementation**

**Documentation**

**Training**

**Fidelity of the  
Model**

**Funding**

# Wrap Up

