



Gándara Hispanic Specialty Family Support and Training (FS&T)

Family Support and Training (FS&T) is a service provided to the parent/caregiver/guardian of a youth (under the age of 21) in any setting where the youth resides, such as the home (including foster homes and therapeutic foster homes), and other community settings. Family Support and Training is a service that provides a structured, one-to-one, strength-based relationship between a Family Partner and a parent/caregiver/guardian. The purpose of this service is for resolving or ameliorating the youth's emotional and behavioral needs by improving the capacity of the parent/caregiver/guardian to parent the youth so as to improve the youth's functioning as identified in the outpatient or In-Home Therapy treatment plan or In-Home Behavioral Services (IHBS) behavior management plan, or Individual Care Plan (ICP), for youth enrolled in Intensive Care Coordination (ICC), and to support the youth in the community or to assist the youth in returning to the community. Services may include education, assistance in navigating the child serving systems (DCF, education, mental health, juvenile justice, etc.); fostering empowerment, including linkages to peer/parent support and self-help groups; assistance in identifying formal and community resources (e.g., after-school programs, food assistance, summer camps, etc.) support, coaching, and training for the parent/caregiver/guardian. Family Support and Training is delivered by strength-based, culturally and linguistically appropriate, qualified paraprofessionals under the supervision of a licensed clinician.

Family Support and Training services must be necessary to achieve a goal(s) established in an existing behavioral health treatment plan/behavior management plan/ICP for Outpatient therapy, In-Home Therapy, IHD, In-Home Behavioral Services (IHBS), or ICC. For Members being discharged from Outpatient, IHT, IHBS, or ICC, the receipt of Family Support and Training services following discharge must be necessary to achieve the goal(s) identified in the Member's discharge plan. Progress toward meeting the identified goal(s) in their treatment plan, behavior management plan, ICP, discharge plan, and/or ongoing action plan must be documented and communicated regularly to any other ongoing behavioral health treatment providers. Services are designed to improve the parent/caregiver/guardian's capacity to ameliorate or resolve the youth's emotional or behavioral needs and strengthen their capacity to parent.

Delivery of ICC may require care coordinators to team with Family Partners. In ICC, the care coordinator and Family Partner work together with youth with SED and their families while maintaining their discrete functions. The Family Partner works one-on-one and maintains regular frequent contact with the parent(s)/caregiver(s)/guardian(s) in order to provide education and support throughout the care planning process, attends CPT meetings, and may assist the parent(s)/caregiver(s)/guardian(s) in articulating the youth's strengths, needs, and goals for ICC to the care coordinator and CPT. The Family Partner educates parents/caregivers/guardians about how to effectively navigate the child-serving systems for themselves and about the existence of informal/community resources available to them; and facilitates the parent's/caregiver's/guardian's access to these resources.

For more information or to make a referral to the Gándara Hispanic Specialty Family Support & Training Services, call 413-846-0445

