

### AT-A-GLANCE

**Initiative Start Date:**  
1993

**Area Served:**



**Initiative Location:**  
Annandale, VA

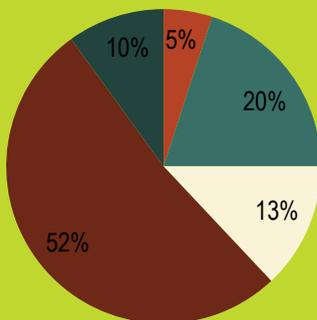
**Initiative Budget:**  
\$1.2 million

**Age Range of Youth:**  
0 – 22 years old

**Number of Youth Served:**  
200 annually

**Diversity of Youth Served:**

- Asian/Pacific Islander
- Black/African American
- Latino/Hispanic
- White/Caucasian
- Other/Unknown



### ABOUT

PHILLIPS Family Partners is a program that serves families, youth and children with serious emotional and behavioral problems such as mental illness, development disabilities, autism, sexual abuse, attachment disorders or substance abuse. Many of the youth are at risk of being removed from their homes and placed into foster care or other residential settings because of the complexity of their needs. Staff provide in-home and community-based counseling, education, family support and advocacy services. Their overall goal is to help families reduce stress and build strengths so they are able to maintain a safe and stable home environment.

### KEY ACTIVITIES

- **Home Based Services** – reach families with most intensive needs who may not access other community resources; counselors accessible 24/7, work with family members two to ten hours a week, spend additional time on case management and wraparound services for six to nine months.
- **Treatment Plans** – engage, assess and develop individualized plans with families; provide crisis stabilization and counseling (e.g., cognitive behavior, individual or family therapy); teach skills to manage anger and behavior issues; empower youth and families to advocate for themselves.
- **Tools** – use motivational interviewing, genograms, family mapping, life books, journals and relaxations techniques to improve family functioning and communication.

### HIGHLIGHT

Compassion is one of the key values underlying PHILLIPS Family Partners' approach, a value attested to by the story of a 16-year-old teen who was unable to talk to anyone but his mother. He was thought to have a very low IQ and was on the verge of being placed in a residential setting when he was referred to PHILLIPS Family Partners. Compassion and skill in working with this young man and his family enabled him to literally find his voice and to function in his home and community. He attributes his progress, in part, to the patience of staff who helped him to move forward at his own pace. With family counseling and support from PHILLIPS and his psychiatrist, he recently graduated from high school and is now working for the federal government.

**Youth Thrive** is a research-informed framework developed by the Center for the Study of Social Policy (CSSP) that identifies five protective and promotive factors for youth (age 11-26):

- Youth Resilience
- Social Connections
- Knowledge of Adolescent Development
- Concrete Support in Times of Need
- Cognitive and Social-Emotional Competence

The goal of Youth Thrive is to increase the likelihood that all youth are supported in ways that advance healthy development and well-being and reduce the impact of negative life experiences. Youth Thrive focuses particularly on vulnerable youth, beginning with those involved in the child welfare system.

CSSP conducted a national search to identify initiatives that provide compelling examples of programs and policy efforts that build the five protective and promotive factors for youth in the child welfare system. This is a profile of one of the 15 selected exemplary initiatives.

### **BUILDING THE PROTECTIVE & PROMOTIVE FACTORS**

The exemplary initiatives address all or most of the protective and promotive factors. Here are several examples:

***Social Connections:*** The team at PHILLIPS Family Partners invests significant time and effort to make sure there is a system in place to help youth continue to thrive after their involvement with PHILLIPS is complete. They reach out to the people and organizations where youth and families ordinarily spend time – in their neighborhood, schools, faith communities – to ensure they have the supports and resources they need going forward.

***Knowledge of Adolescent Development:*** The ordinarily tough dynamics of adolescent development are made harder when you add disability, behavior problems or trauma into the mix. PHILLIPS uses a treatment team to understand and address the comprehensive needs of individual youth. Its strategies are based on a careful review of empirical evidence of effective treatment for families.

### **USING DATA**

PHILLIPS Family Partners has several major components to its evaluation strategy:

Referrer Satisfaction Surveys – assess the opinions of individuals who made referrals to PHILLIPS Family Partners. For example, in 2012, 100 percent of referrers were “very” or “mostly” satisfied with the overall quality of PHILLIPS Family Partners.

Child and Adolescent Needs and Strengths (CANS) Assessment Data Analysis Report – monitor pre- and post-CANS scores and analyzes change in functioning over time. In 2013, 79 percent of youth improved on their CANS domains after participating in the program.

Monthly and Annual Reports – collect data and analyze trends on who was served, number of hours of services provided, family satisfaction and involvement and key variables and outcomes related to success. Over the last 10 years, the number of clients served annually more than tripled and hours of service increased by 47 percent. In terms of results, 86 percent of clients were able to remain with or be reunified with their biological or adopted family.