

About Center For Family Connections

At a fundamental level, Center For Family Connections' (CFFC) mission is to help children feel safe, seen, and valued, and to help them adjust to the challenges of being, or having been, moved from one family to another. Many of the children CFFC serves have spent years in countless foster homes, orphanages, residential centers, or hospitals. CFFC constructs families, reconstructs families, refurbishes and restores families. The experienced clinicians understand the interactions and needs of complex families and provide the skills, tools and talent required to build stronger and healthier family units.

CFFC believes that the need to honor connections is an essential part of family life.

CFFC is an educational and clinical resource center that addresses the developmental, structural, and systemic issues related to adoption, foster care, kinship care, divorce and other complex blended families. CFFC serves individuals and families affected by adoption and foster care, as well as the people with whom they are connected, by offering training, education, advocacy, and clinical treatment.

CFFC serves a broad and diverse constituency nationally and internationally as well as in Greater Boston. From its founding, the staff has grown from 2 to 15, enabling CFFC clinicians to help more individuals and families. In the past year, CFFC served about 1,500 people on-site, and about 5,000 parents and professionals in national and international trainings and seminars. About 30% of CFFC's clients were low income; 30% were African American, 10% Latino, 15% Asian, and 45% Caucasian. CFFC's pro bono services to low-income clients are valued at approximately \$100,000 annually. Many of CFFC's clients reside in areas in DSS's Greater Boston and Metro regions.

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Center For Family Connections
presents

a Family Network Service

for

The Department of Social Services

Foster Family Therapy



Foster Family Therapy

This Center For Family Connections (CFFC) pilot program uses a family systems approach to address the therapeutic needs of children while they are in foster care. Children receiving therapy while they are in foster care are most often seen in individual therapy, and sometimes in group therapy.

Children need preparation for permanency and for a permanent family life. If children do not adjust to a foster family, they are unlikely to adjust easily to their permanent family, whether permanency is attained through reunification with their birth family or through adoption into a new family.

If we are to effect a change for these children in relationships, it would be best done while they are in foster care. If there is a plan in place for another family (not the current foster family) to adopt the child or for reunification with the child's birth family, then that family should be involved in concurrent work as well.

Foster Family Therapy: Program

As with all CFFC services, Foster Family Therapy is rooted in a strength-based, non-pathologizing, family-systems approach. Particularly in family therapy, our clinicians usually work in teams to provide the highest level of service to children and families.

In Foster Family Therapy, clinicians meet on a weekly, bi-weekly or monthly basis (depending on which interval is best suited to the needs of the family/families involved).

This program can include a mix of individual and family therapy for all involved family members including the child, foster family, potential adoptive family and/or birth parents or other kin. This may include birth and foster siblings as well as parents.

Additional services used when indicated include:

Family Group Conferencing

Pavao's Clinical Visitation Model

Foster Family Therapy: Outcomes

- Helps children make secure attachments.
- Supports foster families, birth families and/or potential adoptive families in building relationships that are necessary to support youth relationships.
- Facilitates continuity in care giving by helping foster families, birth families and/or potential adoptive families to share their strategies for dealing with challenges and teaching them new ones.
- Reduces the risk of disruption and/or placement.
- Enhances youth's capacity to develop attachments that continue into adulthood.
- Connects child, family, and placement resource in the facilitation permanency.
- Meets the needs of children whose placements may change several times while creating a network of support that promotes placement stability.
- Supports family and other important relationships before and after placement.
- Provides support to the foster families.
- Reduces the need for future services.