

Comments received from families who have graduated locally from FSP:

- ***“It taught us how to communicate, that is the key.”*** (mother, Middleport)
- ***“It helps us to get along a lot better in our home.”*** (grandmother, Lockport)
- ***“As a mom, you question yourself to keep you in check when dealing with a teen who is struggling. Did I do the right thing? Did I say the right thing? Was I fair when giving a consequence even though I was angry or just tired of the same fight for the thousandth time, etc. It was really encouraging to know that I’m not alone. There are other parents just like me who love their kids and just want what’s best for them, while trying to establish peace and a bit of order in their homes.”*** (mother, Middleport)
- ***“FSP is a very important program. It keeps the children busy at a program, out of trouble. I feel the program could run longer due to some kids need it longer than others. My daughter isn’t at risk anymore. It helped us bond and become closer.”*** (mother, Niagara Falls)

**Time and Location of Group Session:**

Date: \_\_\_\_\_

Time: \_\_\_\_\_

Location: \_\_\_\_\_

For more information about the Family Solutions Program, please contact:

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FSP is a part of the Juvenile Risk Intervention Services Coordination (J-RISC)

# Family Solutions Program (FSP)



Provided by:  
**Community Missions of Niagara Frontier, Inc.**

1570 Buffalo Avenue  
Niagara Falls, NY 14303

Main Agency Line (716) 285-3403  
Youth Services Divisional Offices  
**(716) 285-2403 ext. 2231**

Dear Family Solutions Participant,

Welcome to the **Family Solutions Program (FSP)**! The FSP is a family group program which aims to strengthen families by providing experiences that increase skills for successful living and positive relationships. FSP sessions are intended to be enjoyable and lively. Families work together and learn from each other. FSP sessions provide support to families and help develop stronger relationships.



### Target Population for FSP

- Youth (7-17 years old) and their families
- Siblings are welcome!
- At-risk youth/juvenile offenders
- Truant students
- Youth with behavioral issues
- Parents/guardians (anyone who are considered “family” to the referred child)

### Family Solutions Program Goals

The goal of the FSP is to promote changes in the youth and family environment. Youth and families gain knowledge and skills needed to:

- Increase youth life skills and family strengths
- Overcome perceptions of hopelessness and sense of uselessness that results from experiences such as school failures and negative involvement
- Assist families to discover and utilize their strengths and resources
- Help parents learn parenting skills
- Increase life coping skills as challenges in daily living are encountered
- Reduce school dropout rates and juvenile delinquency

### Important Things to Know

- There will be 3 – 7 other families attending the Family Solutions Program with your family
- Weekly attendance is required to build trust among families & provide the most benefits
- Please feel free to bring any siblings seven and over and/or other important adult family members in the life of the youth referred to the program
- Friends of the youth are **NOT** allowed to attend the program

### Referral Process

The Niagara County Probation Department or Niagara County Department of Social Services will refer juveniles to the J-RISC Program through the Family Solutions Program.

### Cost of FSP

Community Missions, Inc. and the J-RISC Program offer its services to referred youth and families at no additional fees or charges.

### Overview of Families4Change, Inc.

Families4Change is a non-profit organization that has founded two family-based programs, which are nationally recognized evidenced based practices: Family Solutions Program (FSP) and Families and Schools Connected (FSC). Both programs are rooted in the strength-based family-focused approach.



As a family you will meet for two hours once a week for 10 weeks. You can expect to gain skills and discuss topics aimed at helping strengthen your family. These topics include:

- Family cooperation and communication
- The importance of education. including school attendance & making family-school partnership stronger
- How to manage anger and conflicts in acceptable ways
- Effective parenting skills (including parental monitoring, supervision, effective discipline, providing guidance and support)
- How to make good decisions and successfully manage peer pressure