

Comments received from families who have graduated from FSP:

- “It was good knowing we were not alone... and to be with other families” (Parent)
- “This class has helped me to see the mistakes I made in the past and helped me prevent the ones that may happen in the future.” (Youth)
- “I think the program was great! It was a time we were forced to be together and work through things. I’m glad we had to do this program because it was worth it!” (Parent)
- “Now that I’ve changed into a different person that I was before, I feel I can do anything and accomplish any goal.” (Youth)



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.

For more information about the Juvenile Risk Intervention Services Coordination (J-RISC), please contact:

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Niagara Falls Juvenile Risk Intervention Services Coordination Program (J-RISC)



Family Solutions Program

**Community Missions of
Niagara Frontier, Inc.**

**1570 Buffalo Avenue
Niagara Falls, NY 14303**

**Youth Services Divisional
Offices Phone Number
(716) 285-3403 ext. 2231**

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FSP Program Objective

The Niagara Falls Juvenile Risk Intervention Services Coordination (J-RISC) Program is designed to provide Family Solutions Program (FSP) to families to improve youth and family behavior within all contexts; home, school and the community.



What is Family Solutions Program?

The Families Solutions Program (FSP) delivers early intervention to at risk youth and their families by working together in groups to strengthen family relationships and prepare youth for successful futures. FSP promotes group social support and community networking, positive parenting practices and skill building such as anger management and improved decision-making. FSP is a short-term (10 week), evidence based, family program that meets together once a week for two hours. Group sessions will be held on-site for ten consecutive weeks.

Referral Process

The Niagara County Probation Department will refer juvenile probationers, to Family Solutions Program. The Probation Department will prioritize youth in need of the most intensive support services with regard to crime, gang involvement, family dynamics and/or truancy issues based on their initial Youth Assessment Screenings Instrument (YASI) score. The youth will also complete a mental health assessment that will be conducted through probation that will determine the youth's eligibility and appropriateness for the program.

Target Population for FSP

- Youth (7-17 years old) and 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)



Families Solutions Program Goals

The overall goal of the FSP is to promote changes in the youth and family environment that will reduce the likelihood of repeat offenses. Providing an early intervention program (FSP) to the referred youth and their supporting family members was developed to achieve this. For 10 weeks, youth and families meet together in multiple family groups. During this time, 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 discover and utilize families 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

FSP Effectiveness and Experiences

The FSP is a best practice family group program ("it really works") which aims to strengthen families by providing experiences that increase skills for successful living and positive relationships. FSP weekly sessions are intended to be enjoyable and energetic! Families work together and learn from each other. FSP sessions provide support to families and help develop stronger relationships.



FSP Topics

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

Cost of FSP

Community Missions and the J-RISC/FSP Program offers its services to youth and families referred by the Niagara County Probation Department at **no additional fees or charges.**