

## Combined In-Home Services

Combined In-Home Services (CIHS) is a suite of therapeutic services provided to families and children, managed by FIN. These services are designed to prevent an out-of-home placement, facilitate a safe return, avoid a placement disruption, teach parent education and provide crisis intervention with families connected to the Child Welfare system.

These therapeutic services are administered by highly educated and qualified practitioners. Providers in our network range from sole proprietors to very large non-profit agencies. Practitioners providing Evidence Based Practices (EBPs) are required to meet fidelity requirements defined in each practice and are monitored for quality through those entities.

The Department of Children Youth and Families (DCYF) has geographic locations separated into six regions. Region 1 and Region 2 are made up of 20 counties in Eastern and Central Washington. FIN began overseeing CIHS in Region 1 in July 2017 and expanded these services to Region 2 in May 2020. FIN currently has 25 CIHS providers in DCYF's Regions 1 and 2.

DCYF social workers identify which service is appropriate for a family and send the referral to FIN. FIN then makes the connection with the provider.

## Services Offered

<p style="text-align: center;"><b>Incredible Years (IY)</b></p> <p><b>Description</b> Designed to prevent out-of-home placement and facilitate safe return. 10-18 weekly sessions</p> <p><b>Expected Outcomes</b></p> <ul style="list-style-type: none"> <li>• Increase appropriate parenting skills</li> <li>• Improve parent child relationship</li> <li>• Decrease child behavior problems</li> </ul> <p><b>Age of Child:</b></p> <ul style="list-style-type: none"> <li>• 0 years – 12 years. Different classes for age groups</li> </ul>	<p style="text-align: center;"><b>Parent-Child Interaction Therapy (PCIT)</b></p> <p><b>Description</b> To prevent out-of-home placement, facilitate return of a child, or to avoid placement disruption. 23-16 weekly sessions</p> <p><b>Expected Outcomes</b></p> <ul style="list-style-type: none"> <li>• Increase appropriate parenting skills</li> <li>• Improve parent child relationship</li> <li>• Decrease child behavior problems</li> <li>• Reductions in re-occurrence of physical abuse reports</li> </ul> <p><b>Age of Child:</b> 2 years to 7 years</p>
<p style="text-align: center;"><b>Positive Parenting Program (Triple P)</b></p> <p><b>Description</b> Parent education services utilizing the “Positive Parenting” program with Parents who have an open case with DCYF, or to caregivers who are caring for a dependent child with behavior problems. 1-15 weekly sessions</p> <p><b>Expected Outcomes</b></p> <ul style="list-style-type: none"> <li>• Increase appropriate parenting skills</li> <li>• Decrease in child behavior problems.</li> </ul> <p><b>Age of Child:</b> 18 months to 17 years</p>	<p style="text-align: center;"><b>Promoting First Relationships (PFR)</b></p> <p><b>Description</b> Supports parents to experience joy and confidence in their relationships with their infants and toddlers. 10-13 weekly sessions</p> <p><b>Expected Outcomes</b></p> <ul style="list-style-type: none"> <li>• Parent has increased understanding of emotional health and development</li> <li>• Parent has increased capacity to reflect on their own feelings and their child’s feeling in order to provide empathetic compassionate care for their child.</li> </ul> <p><b>Age of Child:</b> Birth to 3 years</p>
<p style="text-align: center;"><b>SafeCare</b></p> <p><b>Description</b> Provides home-based training that is designed to increase parenting skills and improve the home environment. 18-20 weekly sessions</p> <p><b>Expected Outcomes</b></p> <ul style="list-style-type: none"> <li>• To prevent out-of-home placement of a child who is considered at risk of placement, or to facilitate the return of a child from out-of-home care</li> <li>• Increase parents’ understanding and management of child illness and injuries</li> </ul> <p><b>Age of Child:</b> Birth to 5 years</p>	<p style="text-align: center;"><b>Functional Family Therapy (FFT)</b></p> <p><b>Description</b> Motivate and team families to decrease negativity in youth, access community resources and decrease problem behaviors. 10-15 weekly sessions</p> <p><b>Expected Outcomes</b></p> <ul style="list-style-type: none"> <li>• Increase youth academic and social competence</li> <li>• Increase parenting skills and appropriate disciplining.</li> <li>• Increase supportive family communication</li> </ul> <p><b>Age of Child:</b> 12 years to 17 years</p>
<p style="text-align: center;"><b>Family Preservation Services (FPS) Non-EBP</b></p> <p><b>Description</b> Increased child safety and prevent out-of-home placement to a minor child who is considered to be at substantial likelihood of placement or return a child back home. FPS begins can be up to 6 months in duration. Service available 24 hours a day.</p> <p><b>Expected Outcomes</b></p> <ul style="list-style-type: none"> <li>• Improving parenting and family functioning while keeping children safe.</li> </ul> <p><b>Age of Child:</b> All ages</p>	<p style="text-align: center;"><b>Crisis Family Intervention (CFI) Non-EBP</b></p> <p><b>Description</b> Crisis Intervention Emergent Response and safety assessment. 12 hours of counseling in 45-day period.</p> <p><b>Expected Outcomes</b></p> <ul style="list-style-type: none"> <li>• Resolve the immediate crisis and teach skills to family members to address recurring areas of conflict.</li> </ul> <p><b>Age of Child:</b> 13-17</p>