



Family  
Centered  
Treatment  
Foundation®

# FAMILY VOICES

H o p e I S S u c c e s s

At Family Centered Treatment,

## We pride ourselves with family-led practitioner feedback.

That's why when we partner with families, every session involves active participation and ends with family-led practitioner feedback. Through the feedback surveys, families are asked to share stories about their FCT experiences. FCT then utilizes these stories not only to cater our model to individual family needs, but to provide families a voice in their treatment.



Here is a celebration of some of our amazing families who have shared their journeys with us!

## One Day at a Time

When families feel hopeless, finding motivation to change is difficult. This was the situation for two children and their foster mother. The family had tried multiple rounds of intensive in-home services without desired behavioral results. Knowing this was the children's last shot at family placement, this determined mother was connected with FCT in hope that somehow her children would get another chance. At the start of FCT, the children were hesitant, questioning the effectiveness of the program. However, the practitioner encouraged the mother to take things one day at a time, teaching her to use consistency and empowerment to give her family the hope they needed. As a result, the two children were able to remain with their foster mother, giving them the daily reminder that they were worth not giving up on.



## The Learning Curve

Having to do everything by yourself is one of the most overwhelming parts of being a single mother. Before FCT, one newly single mother was struggling to help her children cope with the trauma of divorce. Although the mother was able to get herself and her children into services, the family's hectic schedule and ineffective coping skills were making life difficult. When the mother discovered that her 7-year-old daughter experienced sexual abuse at the hands of a family member, she was connected with FCT for support. The FCT practitioner immediately utilized trauma-informed interventions to help the children learn healthy boundaries and establish a safe environment. Through the interventions, FCT was able to create the support system this mother needed to persevere, despite having two major surgeries during the process. The FCT practitioner maintained her understanding and patience, allowing the mother time to address her own health needs and still help her children find healing. At program completion, the children had transitioned their anger and hurt to trust both their mother and their father to keep them safe. The mother told us even after FCT services she still remembers the practitioner's words, "Change is a learning curve, and leaning into that curve allows us the room to heal."



## Separate but Together

“We are able to be safe,” said one grandmother who had just discovered she would be a parent again, this time to her grandchildren.

Overwhelmed by the prospect of raising two teens, she told FCT she wanted to help her grandchildren cope with the separation from their parents. Then she was led to FCT.

Through sessions with the whole family, the children were able to communicate their feelings to their parents. Although the children remained with their grandmother, they were able to create a healthy relationship with their parents, allowing space for forgiveness. Additionally, this grandmother was able to learn skills to address the children's trauma ensuring the children were safe and loved.

## Reestablishing Trust

Escaping domestic violence becomes even more difficult when children are involved. Having newly escaped a domestic violence situation, one mother was unable to get her children to leave her side. The children had taken on the role of protecting their mother, fearing that without her they would never make it on their own. This family had unfavorable experiences with law enforcement and were scared of everyone, specifically people in positions of power. Having learned the art of pretending, the family survived by convincing everyone that they were okay. They told the FCT practitioner they were unable to trust anyone. This made it challenging to develop practitioner trust. However, the consistency of the FCT program provided a safe space allowing the mother to open up about her abuse. As she began to recover, the children were able to let go of the responsibility of caring for their mother and focus on being kids.

Through the FCT services, the children learned appropriate family roles and responsibilities. FCT also helped this family forgive, let go, and move forward with their lives. For their Family Giving Project, the family chose to buy cards for the first responders and police officers, letting go of their anger for a system that had previously let them down.

## The Journey is Worth It

No parent wants their child to have to live away from them, but sometimes a child's behaviors can put a family at risk. That was the situation for two parents whose eldest son had just been removed from their home. The parents told FCT, “We didn’t want him (their son) to live in a residential home for the rest of his life, but we didn’t know what to do.” When the FCT practitioner began services, she reminded the family to hold on and things would come together. The mother told FCT, “It was hard at first because I didn’t understand the process, but as I continued to engage, it all started to make sense.” This mother learned that less reactivity to her son's behavior reduced the triggers that made him meltdown. She said at the conclusion of services she was much more prepared this time for her son's return. “It’s a bumpy ride,” she said, “you will get a flat or two, but the journey is worth it.”

