

*“We refer to Families First because we hear, firsthand from the families we serve, that the program really works.”*

— Nick Tsandes, LDSC, The Children's Center

## Families First

- Works with families in their own homes
- Approximately 6-10 hours a week for 8-12 weeks
- Builds skills targeting family goals and needs through teaching, modeling, and role-playing
  - Active teaching to engage family members
  - Focus on individual and family strengths
- Negative behaviors typically decrease by 27 points\*; a 13 point change is clinically significant
- Follow-up is available based on parent/guardian preference
- Scores in the top 7% of programs nationally

## Examples of Skills Taught

- Positive Communication
- Positive/Supportive Relationships
- Disciplining without anger/violence
- Problem Solving/Consequential thinking
- Anger management
- Other skills targeting identified needs

*\*As measured by the Youth Outcome Questionnaire*



### Contact Us

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Changing the lives of children and families since 1969.



# Families First

## A Unique In-Home Service

Families First is the Village's unique intensive in-home intervention designed to teach parents and youth the necessary skills to change behaviors, build relationships, and stabilize the home.

Referrals are accepted from the parents themselves or professionals working with youth or families.

The youth, parents, and families referred to the program may have a variety of emotional and behavioral challenges. Some youth/families have been diagnosed with mental illnesses, some may be ungovernable, and others are reacting poorly to struggling family environments.

## How It Works

A Families First Specialist goes into the home of a referred family initially for approximately 6-10 hours a week, decreasing in intensity after behaviors stabilize. Visits can occur with the entire family or individual family members based on needs and focus of the specific visit. The Specialist becomes an ally to the youth and parents, teaching proven methods of effective discipline and accepting consequences without anger or violence. Positive communication skills are also taught, as is the need to effectively set and maintain boundaries. Typical interventions last from 8-12 weeks.

The Specialist uses positive reinforcement, modeling, role-playing, and other methods that are designed specifically to teach youth and parents lasting skills to stabilize the home.

After concluding the intensive in-home period, the family can choose to participate in follow-up services and have the Specialist available 24 hours a day for the next year. During this time the Specialist also initiates contact at specific intervals to check on the family and see how they are doing.

*“I have found Families First to be an invaluable program. This program is able to work with families in their own environment and as a result, the intervention is more powerful and long-lasting.”*

— Monty Millerberg  
Primary Children's Counseling



## Help One Child, Help Generations to Come

We are one of Utah's oldest and largest private non-profit providers with a continuum of services for children, parents, and family's. UYV offers treatment in a family setting for children in State's custody in our Treatment Foster Care homes located throughout the state. Aside from Families First, we offer online parent training through Smarter Parenting, mentoring services, outpatient therapy and Alpine Academy, a residential treatment center for teenagers from all over the country.

Through all of our programs, we reach into neighborhoods across the state, impacting thousands of lives every year.

For more information about Utah Youth Village and Families First, please call us at 801-272-9980 or visit us online at [www.Refer2FamiliesFirst.org](http://www.Refer2FamiliesFirst.org)

