

# *Families First*

## UTAH YOUTH VILLAGE MODEL



### **BENEFITS OF BECOMING CERTIFIED IN THE UTAH YOUTH VILLAGE FAMILIES FIRST MODEL:**

- State opportunity to receive Title IVE funding for up to 50% of costs for Families First Model interventions
- Agencies receive increased state referrals
- Increased efficacy of any current agency in-home programs

### ***Dissemination* WHAT WE PROVIDE:**

- A. Pre-assessment of agency needs to determine specific training needs.
- B. Generally about 13 hours of virtual training and 28 hours of in-person training in Utah.
- C. Following the virtual and in-person training, implementation focused consultation is provided.
- D. Post assessment of implementation
- E. Agencies successfully implementing can become certified in Families First (Utah Youth Village Model)



**FOR MORE INFORMATION AND PRICING, CONTACT US:**  
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## ***Families First*** UTAH YOUTH VILLAGE MODEL

- Works with families in their own homes through State contracts and private referrals
- Approximately 6-10 hours a week for 12 weeks
- Skill-based services delivered by bachelors level staff
- 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 25 points\*; a 13 point change is clinically significant
- Well-Supported Title IV-E Prevention Services Clearinghouse in June 2022.

Link: <https://preventionservices.acf.hhs.gov/programs/392/show>

*\*As measured by the Youth Outcome Questionnaire*

### **UNIQUE IN-HOME SERVICE**

Families First is the Utah Youth 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.

### **CONSUMER SATISFACTION**



*From evaluations collected from participants and referral agencies*

### **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 and progress is made. 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 approximately 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.