HISTORY & OVERVIEW

Child & Family Services has been servicing the community since 1843. We are a comprehensive agency offering a wide range of counseling and community support services. These include specialty clinics, individual, group and family therapy, psychiatric consultation, adoption services and community youth support.

Child & Family Services’ commitment is to serve the community with the highest respect and professionalism.

EMPOWERING FAMILIES FOR SUCCESS

Contact Information

Child & Family Services' mission is “...to heal and strengthen the lives of children and families.”
Empowering Families for Success (EFS) works with families of children up to age 22 with acute mental health issues whose needs require approaches different from traditional methods. These families are referred to our program by the Department of Mental Health, to reduce psychiatric inpatient hospitalizations and/or residential treatment, and to prepare older teenagers for independent living.

The program provides flexible support to families with concerns related to mental health. Most services are provided in the family’s home, at a time most convenient to them. We emphasize the principles of wraparound, a process which encourages families to consider their strengths in identifying ways to meet their challenges.

Since families know best what might or might not work for them, EFS acts as a partner in developing an individualized treatment plan.

The EFS program is designed to help families by:

- Developing goals and possible solutions to families’ challenges as families identify them.
- Serving as family supports at meetings.
- Coordinating social support and skill-based groups.
- Identifying community supports and activities.
- Emphasis on healthy, whole, individual lifestyle choices (nutrition, physical activity).

EFS uses a variety of service modalities including flexible support teams, groups, and individual practitioner through partnership with DMH.

The Flexible Support team assists to strengthen the well-being of Youth and their families, promote family cohesion and successful community living. Each team is designed to meet the individual needs of the youth and family while identifying natural supports and community resources to prevent unnecessary out of home placements. Flexible support team may be composed of clinical services, individual therapeutic support, young adult peer mentoring, and parent/caregiver peer support.

When possible, families are teamed with staff members familiar with their language and cultural background.