



Overview of the Major Components of The Family First Act



The Family First Prevention Services Act (FFPSA) provides an unprecedented opportunity for system transformation as we work toward a vision of an Illinois where children, youth and families thrive.

Illinois will leverage the Family First Prevention Services Act (Family First) to mobilize and broaden the array of evidence-based interventions for parenting skills, substance use disorder prevention and treatment, and mental health services, and strengthen and improve the ability to engage families as active partners in identifying and meeting their own needs.

In partnership with community-based providers, Sister Agencies, and local community networks, the Illinois Department of Children & Family Services (DCFS) will build cohesive community supports and resources through Family First and its greater prevention strategy to help each child realize his or her potential and safeguard vulnerable families. Together, we aim to reduce the stigma of child welfare involvement through a personalized approach to partnering with families that emphasizes sustaining and preserving family connections. Preventing foster care placements requires that all staff authentically engage and build trust with families and have the evidence-based treatment the children and families need.

Evidence Informed Interventions Adopted by IDCFS

EBI	Description	Target Population
Parenting Skills	Nurturing Parenting Program (NPP) is a family-centered parenting program designed for the prevention and treatment of child abuse and neglect. The model uses home coaching and group modalities to focus on remediating parenting patterns known to be associated with child maltreatment.	Families and Children age 0-19
	Positive Parenting Program (Triple P) aims to support parents of children experiencing developmental and behavior problems. DCFS has adopted Level-4 of this intervention tailored to the needs of the families served by the child welfare system.	Caregivers of children from age 6-12 with moderate to severe emotional/behavioral difficulties
Mental Health	Trauma-Focused Cognitive Behavioral Therapy (TF-CBT) is a psychotherapeutic treatment that engages children and parents/caregivers together to treat the effects of trauma.	Children age 6-18 and their Caregivers with trauma or other emotional and behavioral difficulties
	Child-Parent Psychotherapy (CPP) is an in-home intervention for trauma-exposed infants & toddlers.	Children age 0-5 who have experienced trauma and their caregivers
	Wraparound is a team-based planning process providing family-driven care to meet the complex needs of children who are often involved with several child and family-serving systems.	Children and youth with severe emotional/behavioral difficulties and their families
SUD and Mental Health	Multisystemic Therapy (MST) is an intensive family and community-based treatment for juvenile offenders with behavioral health issues.	Youth age 12-17 and their families
Engagement/ Casework Practice	Motivational Interviewing (MI) is a client-centered counseling method that aims to develop the client's internal motivation to achieve change. MI is often used to help engage and motivate clients for other treatment modalities as it helps clients explore and resolve their ambivalence to change.	Caregivers and youth



DCFS Home Visiting Program:

Home visiting programs provide in-home services designed to strengthen the parent-child relationship, model positive parenting skills, encourage economic self-sufficiency, support child development, promote learning and school readiness, and provide early detection for developmental delays and health issues. Home visiting programs work with families with young children who are experiencing one or more risk factors, including poverty, history of substance use disorder or violence, risk for child maltreatment, first-time or adolescent parents, or children with disabilities. In IL, home visiting programs are provided by our Sister Agencies [The IL Department of Human Services and the IL State Board of Education].

Target Population:

The DCFS Home Visiting program provides prevention services to pregnant and parenting youth in care, aged 13-21, and pregnant and new parents of children aged 0-3 years who are receiving prevention child welfare services through the Illinois Department of Children and Family Services (DCFS) Intact Family Services, with a priority focus on parents of children less than 6 months old. Home visiting begun prenatally may increase use of prenatal care; improve infant health; increase vaccination; and reduce infant visits to the emergency room. New DCFS policy requires intact caseworkers to notify the Early Childhood Project when they learn of a pregnant parent. Referrals to the DCFS Early Childhood Project for consultation regarding home visiting services are made via email at DCFS.HomeVisiting@illinois.gov.



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