



# About Family Intensive Treatment

**Family Intensive Treatment (FIT) Team is an integration of substance use and mental health treatment with child welfare services.**

The Family Intensive Treatment (FIT) Team was created as a service delivery model to integrate substance use and mental health treatment using a team approach model. Heartland for Children recognizes that quickly taking treatment to the family is an important component for early engagement and retention in treatment.

In-home interventions and Family Mentors will be utilized to achieve parental engagement in services and improve safety and well-being for children.

The model is unique in that it uses mentors as team members of the treatment team to help support parents. These mentors themselves have experienced success with substance use treatment and have been substance free for at least three years.

The mentors and clinicians play a vital role on the team, providing guidance, support, and a timely response to parents who are working on their addictions and healing from the trauma they have experienced.

An abundant amount of research has documented the inter-relation between substance use, child abuse and neglect, and family violence.

## WHY FIT?

The purposes of the FIT program are:

- to keep children safe;
- to develop a safe, nurturing & stable living situation for them as rapidly & responsibly as possible;
- to help their parents overcome their drug dependency

# FIT OBJECTIVES

- To keep children safe
- To reduce the number of children being removed from their homes.
- To develop a safe, nurturing, stable living situation for children as rapidly and responsibly as possible
- To reduce the time children remain in public agency custody before achieving permanency
- To reduce the number of subsequent removals from the family and thus the re-entry rate to custody within one year of program completion
- To help drug-addicted parents overcome their drug dependency
- To increase the percentage of substance-addicted parents who enter treatment
- To decrease absenteeism from scheduled treatment sessions
- To increase program completion rates

# REFERRALS

## What Type of Case Is Appropriate for a FIT Program referral?

The FIT model was designed to intervene rigorously to recruit, engage, and retain parents and caretakers in substance use treatment while keeping children safe.

If you are a Dependency Case Manager, a community-based provider, or a Protective Investigator (CPI) who is working with a parent(s) where substance use is a major concern, this might be a case where the FIT Program could help provide intensive services to the family.

It is very important, however, that the parent be willing to commit to work alongside the FIT Team members to participate in this program. The FIT Team is made up of case managers, mentors and clinicians who will begin working with the parent on his or her substance addiction and start providing mental health services and support.

If you determine you have a case/parent(s) that would be a good match for the FIT Program, contact the FIT Program Manager to discuss the case to ensure the FIT Program referral is an appropriate service option for the parent(s).

Once a referral is received by the FIT Program Manager, the family will be assessed and communication with the Dependency Case Manager and/or DCF Investigator will occur to provide an update on whether or not the referral will be accepted.

For questions and referrals:  
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