



FHP HELPS YOUTH by teaching them how to:

- Solve problems effectively
- Give feedback to other youth appropriately
- Build healthy family relationships
- Develop social skills to help them make good decisions
- Develop independent-living skills to help them achieve success in school, at home, and on the job

RESULTS FROM FHP STUDIES have shown:

- Youth functioning is similar to national norms 3 months after discharge (e.g., high school graduation, employment, mental health, support system)
- The % of youth with psychiatric disorders decreased significantly from intake to 12 months later
- After discharge, 80% of youth move to a less-restrictive setting (e.g., family home, independent living)
- Recidivism to the FHP is comparable to other evidence-based programs
- Youth with varying levels of trauma show favorable responses to FHP, with decreases in disruptive and self-injurious behaviors

BOYS TOWN

FAMILY HOME PROGRAM

The Boys Town Family Home ProgramSM (FHP) provides care for at-risk youth ages 10 to 18 who can't live at home and whose special needs require more intensive attention. These youth are experiencing a myriad of severe behavioral, emotional and psychological problems when they are admitted to a Boys Town FHP.

Boys Town residents live in family-style homes where they receive effective care and learn valuable skills from specially trained married couples called Family-Teachers[®]. Six to eight boys or girls live in each home.

Family-Teachers and a full-time Assistant Family-Teacher[®] are responsible for providing structured supervision for youth in their daily living and learning activities. These caregivers work with youth on skill-building in the home, the community and with their family.

FHP CORE PROGRAM COMPONENTS

- **TEACHING SKILLS**
Teaching children and families social, interpersonal, family-living, and life skills.
- **BUILDING HEALTHY RELATIONSHIPS**
Helping children and families learn how to build positive, healthy relationships with each other and those outside the family.
- **SUPPORTING RELIGION AND SPIRITUALITY**
Fostering spiritual growth to help children and families grapple with the moral decisions they must make every day regarding their relationships, personal responsibilities, and self-worth.
- **CREATING A POSITIVE FAMILY ENVIRONMENT**
We believe in the value of "family," and that a positive and healthy family unit is the best environment for children.
- **PROMOTING SELF-DETERMINATION**
Promoting the development of individual and group self-determination, empowerment, leadership, and responsibility.

FHP EVIDENCE-BASED PRACTICE STATUS

The Boys Town Family Home ProgramSM is an evidence-based service rated as "Promising" on the *Office of Juvenile Justice and Delinquency Prevention Model Programs Guide* (www.ojjdp.gov/MPG/Program).



OUR MISSION

Changing the way America
cares for children and families.

ABOUT THE BOYS TOWN CHILD AND FAMILY TRANSLATIONAL RESEARCH CENTERSM

The Center conducts and disseminates applied research and provides clinical data support to promote Boys Town's Mission and advance knowledge and practice in child and family science.

Our goals include guiding the development, evaluation and implementation of evidence-based interventions for preventing and reducing social and behavioral problems in children and families, as well as promoting their positive development on a large scale to promote public health.

What is translational research? Embedded within partnerships between researchers and practitioners, translational research draws from and informs practice. It involves multiple research activities, including basic research and the development, evaluation and scale-up of evidence-based interventions, for the benefit of children and families.

Visit us online at boystown.org/trc

CALL FOR MORE INFORMATION
531-355-1255

FHP RESEARCH SUMMARY

At Boys Town, we continually measure the effectiveness of our programs to ensure those we serve actually get better. The Boys Town Child and Family Translational Research Center conducts applied research to help understand the nature of problems children and their families face today and identify the most effective ways to help them.

The Family Home Program is the most studied of all Boys Town services. These studies provide evidence of the transformation youth experience while in Boys Town's residential care. From admission to departure, serious youth problems decrease dramatically and youth move toward becoming productive citizens and continue to use what they learn long after they leave our care. To learn more about FHP research, go to this link, www.boystown.org/research/publications/Pages/Publications.aspx, select the Bibliography, and click "Family Home Program" in the table of contents.

- Outcome studies indicate that most youth improve significantly from intake to discharge on standardized outcome measures and, on average, are functioning at levels similar to national norms three months after discharge.
- For boys and girls, the average score on a standardized assessment of behavior problems improved from clinical or borderline clinical range at intake to normal levels at discharge. The percentage of youth with diagnosable psychiatric disorders also decreased significantly from intake to 12 months later. Girls improved as much as boys on diagnoses and behavior problems. However, girls improved more than boys in perceived success at discharge and in being able to move to less-restrictive living situations after leaving the program.
- Approximately 80% of youth move on to a less-restrictive setting, such as their family's home or independent living.
- A Five-Year Follow-Up Study found that as youth enter young adulthood, they are functioning similarly to their peers in the national population in terms of high school graduation, employment, mental health and having a social support system.
- A Sixteen-Year Follow-Up Study, an extension of a quasi-experimental longitudinal study done in the 1980s, found results similar to those of the Five-Year Study: Former Boys Town youth continue to match or exceed national norms in areas that reflect good citizenship, good character and healthy relationships. In fact, results indicated that individuals who were in the Family Home Program 18 months or more were significantly less likely than individuals in the national population to be in a physically abusive relationship.
- At 12 months post-discharge, the Family Home Program's recidivism rate is comparable to other evidence-based programs.
- Compared to youth in foster care, Family Homes youth were more likely to be favorably discharged, more likely to return home and less likely to experience subsequent placement in the first six months after discharge.
- Although concerns about peer contagion are often cited in critiques of group treatments for troubled youths, few studies have examined the effects of exposure to deviant peers in residential group care settings. Results from a recent Boys Town study indicated that more than 90% of the youth in the Family Home Program did not have an increase in problem behaviors and that positive peer influences may also be protective and inhibit problem behaviors.
- A study was conducted to determine if trauma exposure, symptoms and the clinical impression were related to youth response to FHP services. Overall, youth in low- and high-trauma groups and boys and girls made progress in the FHP at similar rates based on decreases in disruptive and self-injurious behaviors and caregiver reports of youth conduct problems. However, youth who were deemed by staff to have lower levels of trauma showed greater decreases in emotional problems.