

For program-specific information, visit the www.hhs.nd.gov/cfs/title-iv-e-prevention-services/families website containing the most up-to-date list of providers, locations, and contact information. It is encouraged to contact providers prior to family referral to determine the extent of available services in your area.

What are FamilyFirst Services?

FamilyFirst Services are designed to strengthen and stabilize families, helping children and youth remain safely at home. Services provide practical parenting support and can help address behavioral health needs. If a school professional notices a child displaying behaviors such as physical or verbal aggression, self-harm, depression, anxiety, substance use, conflict with parents or caregivers, and is at risk of out of home placement, the child and their family may be eligible for FamilyFirst Services.

Why is the phrase “is at risk of out of home placement” used in FamilyFirst Services?

The language of “is at risk of out of home placement” is a federal requirement. It is part of North Dakota’s state plan to help parents access resources early with the goal of providing support to families before challenges result in a child being removed from the home.

Are FamilyFirst Services free to families?

Yes, eligible children and their families can receive FamilyFirst Services at no cost.

Where are FamilyFirst Services located?

There are FamilyFirst Services available throughout ND, but because the availability of providers varies by region, not all services are available everywhere. For the most up-to-date information of service providers and where they are located, head to: www.hhs.nd.gov/cfs/title-iv-e-prevention-services/families.

Who can access FamilyFirst Services?

To receive FamilyFirst prevention services, a child/youth must meet the following criteria:

- Birth through 17 years of age
- U.S. citizen or qualified alien
- Resident of North Dakota
- Not in an open foster care program. Exception: a youth who is pregnant or parenting
- Must be living in the home of a parent/caregiver
- Is at risk of out-of-home placement if preventative services are not provided

Once the above criteria are met, a more comprehensive determination of eligibility is completed through an application process.

How can families apply for services?

If the criteria listed above is met, an application can be submitted. The application must be completed with legal guardian approval.

The application is reviewed, and eligibility will be determined based on the circumstances and characteristics of the child and their parents/caregiver.

There are 3 different ways to apply:

1. **School assists parent/caregiver with completing application:** Fill out the Individual Applications Public Questionnaire at dhs-ive-prod.powerappsportals.us/ffp-home/individual-application-public. If the school assists with the application, both the parent/caregiver and the school will be notified of the approval or

denial of the application. NOTE: In the application, if the school personnel know what service they are referring the family for, they can add that into the application.

2. **School can refer to a FamilyFirst provider who will assist the parent/caregiver with completing application:** If the school needs more information about services and providers in their area, reach out to TitleIVEprevention@nd.gov. If the provider assists with the application, both the family and the FamilyFirst provider will be notified of the approval or denial of the application.
3. **Family completes application:** If the parent/caregiver completes the application, once it has been processed the parent/caregiver will be notified of the approval or denial of the application.

FamilyFirst Services are intended to meet the needs of children and families prior to a child's removal from the home. However, if an individual suspects a child is in present danger or has experienced abuse or neglect, it is important to follow mandated reporter protocols. For more information on mandated reporting, visit mandatedreporter.pcand.org.

North Dakota's approved FamilyFirst Services are:

Healthy Families: Healthy Families North Dakota is a home visitation program for expecting and new parents. The program aims to strengthen family functioning, promote healthy environments for children and build parent protective factors.

Parents as Teachers: Parents as Teachers (PAT) is a home visitation program for expecting and new parents. The program aims to strengthen families by promoting positive child development, preventing maltreatment and building positive parent practices.

Nurse-Family Partnership: Nurse-Family Partnership (NFP) is a home visitation program for mothers and their newborns by trained nurses. The program promotes stability and success for both mother and baby by improving health, relationships and economic well-being.

Brief Strategic Family Therapy: Brief Strategic Family Therapy (BSFT®) is an intervention designed to strengthen family relationships and improve communication for families with children ages 6 to 17. The program focuses on parent-child interactions, conflict resolution and parenting skills, while addressing issues such as truancy, behavioral problems and adolescent substance use.

Parent-Child Interaction Therapy: Parent-Child Interaction Therapy (PCIT) is a child centered play therapy for children ages 2 to 7 and their parents/caregivers that helps improve child behavior, strengthen parenting skills and build better parent-child relationships.

Multisystemic Therapy: Multisystemic Therapy (MST) is a 3-to-5-month program for youth ages 12 to 17 that partners with families in their homes and communities to reduce problem behaviors like crime, substance use and mental health issues by targeting the root causes and offering support 24/7.

Functional Family Therapy: Functional Family Therapy (FFT) is a short-term intervention for families with youth ages 11 to 17 with emotional, behavioral and conflict concerns, improving outcomes by promoting positive behavior changes and decreasing conflicts.

Family Check-Up/Everyday Parenting: Family Check-Up® (FCU) is a strength-based parenting program that helps parents/caregivers with children ages 2 to 17. The program works to improve parenting skills and deal with behavioral or emotional challenges in kids and teens.