



The Family Specialist meets with the youth at least three times each month to provide counseling and therapeutic activities. The Family Counselor meets the family at least every two weeks to offer supportive counseling and casework services.

Professional Parents

The REACH FBT Program provides intensive pre-service and ongoing training for Professional Parents.

Professional Parents and Family Specialists meet at least weekly to review progress, service planning, and treatment issues. A 24-hour emergency on-call system also provides assistance as needed.

Referrals

Referrals to the REACH FBT Program are made by the departments of social services, psychiatric hospitals, residential treatment facilities, group homes, mental health professionals, schools, and families in conjunction with the local single points of accountability.

Our mission is to provide quality care, treatment, and services to youth with serious emotional disturbance and their families. We believe that a stable, consistent environment can provide the right foundation as the youth progresses through the rehabilitative process.

REACH Family-Based Treatment Program

Family-based treatment foster care would not be possible without the commitment, time, and effort of those who choose to become Professional Parents with the REACH FBT Program. Recruitment efforts are ongoing. Please call the REACH office for more information and to learn how you may be able to help. We can make a difference, one home and one child at a time.

Contacts

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REACH Family-Based Treatment Program

Reaching for
Excellence in
Alternative
Children's
Homes

"Pathways provides children, adults, and families with specialized programs and services in developmental disabilities, mental health, family support, traumatic brain injury, nursing home alternatives, home care, and child care. We hold ourselves accountable for meeting the expressed needs of those we support and for offering them meaningful opportunities to develop their own capabilities."



REACH Family-Based Treatment Program

The Pathways, Inc. REACH Family-Based Treatment (FBT) Program, licensed by the New York State Office of Mental Health, is committed to effectively recruiting, training, and supporting Professional Parents and enabling them to provide intense support and care to youth participating in our program. We are committed to providing guidance and training in structured daily living and socialization/recreation activities to foster the acquisition of necessary daily living skills and the development of age-appropriate social and interpersonal skills.

Behavior management training and counseling services assist the youth in developing coping skills while reinforcing newly-learned positive behaviors. We are committed to flexibility and creativity in meeting the unique needs of each youth and collaborating with community-based services to individually tailor our treatment approaches. Family members are embraced as an integral part of the service planning team and encouraged to participate in their child's treatment and care. We are also committed to providing families with education, emotional support, skill development, and linkage to family support programs and services. Finally, we will support each family in their efforts to foster the relationship with their child and/or resume primary care for their child.

The Service Planning Team

The REACH FBT Program promotes a team approach to treatment. The Service Planning Team is comprised of everyone involved in the care and treatment of the youth and works together to develop and implement an individualized plan designed to achieve the ultimate goal of strengthening the family unit and reuniting the youth and the family whenever possible.

Population and Geographic Areas Served

The target population served by the REACH FBT Program is children and youth ranging from 5 through 18 years of age who have serious emotional and/or behavioral difficulties.

In order to participate in the program the youth must:

- Have a DSM-IV-TR psychiatric diagnosis and must have experienced functional limitations due to emotional disturbance during the past 12 months
- Meet criteria for rating 50 or less on the Children's Global Assessment Scale or meet criteria for current impairment in functioning with severe symptoms
- Have experienced substantial difficulties in social functioning including serious problems in family relationships, peer interactions, and/or school performance

The Program serves youth and their families in Allegany, Chemung, Schuyler, Seneca, Steuben, and Yates Counties in New York.

These youth require multi-agency intervention and involvement including individualized, intensive treatment and rehabilitative services, and they usually exhibit a range of mental health diagnoses and characteristics. The children and youth admitted to the REACH FBT Program are those with the potential of functioning in the community and do not require the restrictiveness of a campus or facility-type of environment. They are able and willing to accept the responsibilities of being integrated into a family unit and will be capable of sustaining the close one-on-one relationship of a family environment.

Support Services

Professional support, supervision, training, and services are provided by a Family Specialist who is trained and experienced in working with seriously emotionally disturbed children, adolescents, and families. A caseload of no more than five cases per Family Specialist allows ample time for:

- Case management
- Service planning
- Individualized counseling
- Therapeutic activity
- Supportive counseling and casework services for the family
- Support, supervision, and training for Professional Parents

