

# Family Centered Treatment (FCT)

Stacey Palermo, MS, LMFT CCS/FCT  
Supervisor



Family  
Centered  
Treatment  
Foundation®

# What is Family Centered Treatment?





FAMILY  
CENTERED  
TREATMENT®

# FCT Guarantees

Give Direct  
and Honest  
Feedback

Receive Direct  
and Honest  
Feedback

Take  
Responsibility  
for Mistakes

Family is the  
expert

Ask  
Permission

Transparency

# 4 Phases of FCT

## JOINING AND ASSESSMENT

Gain family trust and identify strengths & areas of family need

## RESTRUCTURING

Identify maladaptive patterns and practice new skills

## VALUING CHANGE

See change as necessary over compliance

## GENERALIZATION

Skill adoption and predict future challenges

## SYSTEMIC TRAUMA TREATMENT

<https://www.familycenteredtreatment.org/the-fct-model>



Scan me!

# Average Staff Schedule

Average case load

Newer staff: 4 cases

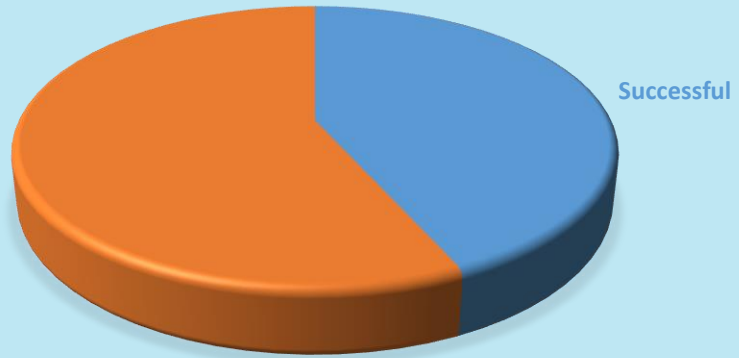
Seasoned staff: 6 cases

# A Day In FCT

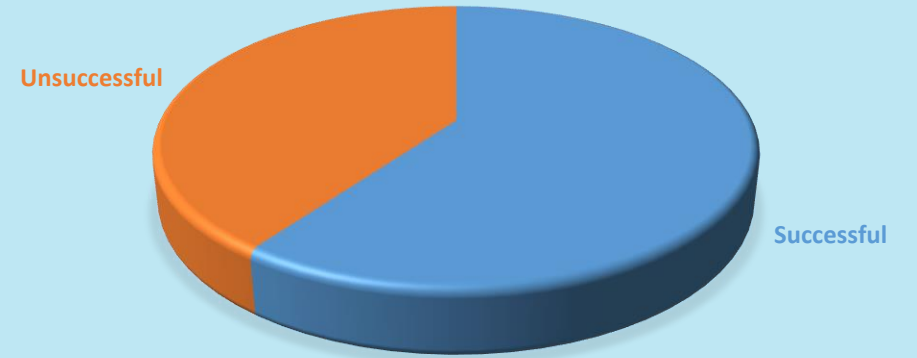
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:00am							
6:00am							
7:00am							
8:00am		SK Team Meeting		EM School Meeting			
9:00am			NON FCT Case	FCT Team Meeting	DE	DE	CT
10:00am							
11:00am							
12:00pm				SK			
1:00pm							
2:00pm			AM	SK	AM	IL	
3:00pm		IL					
4:00pm							
5:00pm						CT Team	
6:00pm				DE	CT		
7:00pm							
8:00pm							

# Jeff Co Stats

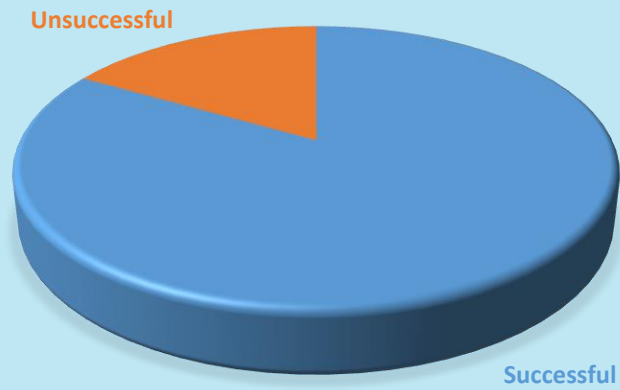
2022



2024~AUGUST



2023



# Testimonials from Stacey





# FCT Family Testimonials

“We would not have been able to do therapy as a family, had we not had FCT. FCT allowed us to have therapy where we needed it most, in the home. Our therapist spent countless hours with us, she really became like family to us.”-FCT family

“FCT was helpful. We needed just a little extra support, to navigate some tough stuff, and our therapist was able to help us look at things differently. We had a great experience.”-FCT family

“FCT helped me support my nephew. Had our FCT therapist not been here, I don't know that I would have been able to keep my nephew in my home, until he was 18. FCT was every where we needed them to be. FCT was such a blessing as was our therapist, she was family to us.”-FCT family