



## Family Preservation

### Hillside Children's Center

Hillside's Family Preservation programs help prevent a child's placement out of the family home or ensure the successful return of a child to the family home from an out-of-home placement. Program staff help families alleviate the immediate crisis and improve family functioning so that the risk of placement or re-placement is reduced.

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## ABOUT THE SERVICE

The Family Preservation programs, designed to immediately assist families in crisis, is customizable based on family needs to provide services including case management, individual and family therapy, and Trauma-Focused Cognitive Behavioral Therapy (for eligible families). Hillside specialists assist families in stabilizing crises and preventing family disintegration. Participants receive short-term, home-based therapy that focuses on developing coping mechanisms and practical skills while improving communication and comprehension. Counseling can be flexibly scheduled.

A number of counseling and educational methods are used in this program. Family participants are treated as colleagues, partnering with specialists to develop problem-solving strategies. Throughout treatment, areas of focus include determining the events that led to the crisis; home stabilization; family safety; and providing support for family members.

Families regain a sense of control, reestablish bonding and gain empowerment, while learning assertiveness and self-advocacy techniques. They are given tools for anger and depression management, child development and behavior management, and are better prepared to access other community resources to ensure sustained family health.

The Rochester program, based on the nationally acclaimed evidence-based Homebuilder model, usually provides services for six to eight weeks, with families receiving 4 to 6 hours of service each week. The Syracuse-based Family Preservation Initiative provides services for up to four months, with families receiving 1½ to 2 hours of service each week.

## CONTACT INFORMATION

For 24-hour information, contact Hillside at 585-256-7500 or [integrationctr@hillside.com](mailto:integrationctr@hillside.com).

## FACILITY

**Rochester:** 1 Mustard Street, Rochester NY 14609; **Syracuse:** 215 Wyoming Street, Syracuse NY 13204

## SUPPORTED BY

*Local Counties*

## ELIGIBILITY CRITERIA



Gender: Male and female; Age range: Birth to 17 years

## RESIDENTS OF

Monroe County, Onondaga County

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