

# Family First Prevention Services Act (FFPSA)

State of Maine Office of Child and Family Services (OCFS)

State Prevention Plan  
Executive Summary  
February 2021

## What is the FFPSA?

The Family First Prevention Services Act (FFPSA) was signed into law on February 9, 2018 as part of the federal Bipartisan Budget Act of 2018 (H.R. 1892). FFPSA emphasizes child welfare reforms such as increased federal financial support for prevention services (mental health, substance use prevention/treatment, and in-home skill-based parenting support) which aim to serve families and safely maintain a child in their home. The FFPSA also spotlights initiatives for when children must enter foster care such as increasing support for kinship caregivers and increasing the quality of children’s residential treatment programs by establishing Qualified Residential Treatment Program (Q RTP) standards.

## About OCFS

OCFS joins with families and the community to promote long term safety, well-being and permanent families for children. The FFPSA has provided a great opportunity for the multiple programs within OCFS to come together in a cohesive way to develop an improved service array and programming designed to serve all families in Maine. Child Development and Behavioral Health Services (CBHS) and Child Welfare Services within OCFS will collectively work to implement FFPSA and improve systems and services for families. This collaboration positions Maine for success in implementing FFPSA.

## Theory of Change

**Root Cause:** Limited availability of preventative services can make it challenging for at risk families to safely maintain their children in the home leading to children entering foster care.

**Goal:** Increase prevention services available to families that will help address domestic violence, mental health, substance use, and parenting challenges through collaboration, utilization of evidence-based practice, and workforce support...

so that families can receive support and treatment to meet their needs;  
so that there is enhanced safety and positive parenting;  
so that children can remain safely in their home.

## Target Population

The target population for FFPSA in Maine includes:

- Children ages 0-17 who are at imminent risk of entering or re-entering foster care.
- Parents who need parenting support compounded by domestic violence, mental health and/or substance use, placing their children at imminent risk of entering foster care.
- Pregnant or parenting foster youth.
- Youth in care placed in residential treatment programs.

## Keys to Success

Collaboration	Prevention Services	Family Engagement	Prevention Planning	Evaluation
<ul style="list-style-type: none"> <li>• State Agency Partnerships for Prevention</li> <li>• Maine Child Welfare Advisory Panel</li> <li>• OCFS Advisory Groups</li> <li>• Maine Children’s Trust Child Abuse and Neglect Prevention Councils</li> <li>• Youth Leadership Advisory Team</li> <li>• Parent Partnerships</li> <li>• Indian Child Welfare Act Workgroup</li> <li>• New Mainers Immigrant Community Coalition</li> </ul>	<ul style="list-style-type: none"> <li>• Parents as Teachers</li> <li>• Homebuilders Family Preservation Program</li> <li>• Methadone Maintenance Therapy</li> <li>• Multisystemic Therapy</li> <li>• Functional Family Therapy</li> <li>• Trauma Focused Cognitive Behavioral Therapy</li> <li>• Parent Child Interaction Therapy</li> <li>• Incredible Years</li> <li>• Triple P Positive Parenting Program</li> <li>• Other state agency funded prevention services.</li> </ul>	<ul style="list-style-type: none"> <li>• Child Welfare, Behavioral Health Providers and Q RTP programs will engage with families in a trauma informed and culturally and racially responsive manner.</li> <li>• Family Team Meetings and Family Prevention Services Planning will be family centered and incorporate the families’ input, needs, strengths, and goals.</li> <li>• Child welfare staff will be trained in family engagement strategies, including Motivational Interviewing, to effectively engage and support change with families.</li> </ul>	<ul style="list-style-type: none"> <li>• Family Team Meetings will be held regularly to engage with the family and monitor progress and needs.</li> <li>• Structured Decision Making (SDM) will be utilized at key decision points to assess for safety, needs and progress to case closure.</li> <li>• Prevention Services Family Plans will be developed and reviewed with families every 90 days to ensure effectiveness and progress.</li> </ul>	<ul style="list-style-type: none"> <li>• FFPSA outcome evaluation of individual prevention services for efficacy and model fidelity.</li> <li>• Each family will be regularly assessed and monitored for safety risks throughout the life of the case by child welfare staff.</li> <li>• Child welfare caseloads and workloads will be evaluated to ensure they meet appropriate standards for safety set forth by Public Law 2019, Ch. 34 (LD 821)</li> <li>• Quality Assurance case reviews will monitor implementation of policies.</li> </ul>