



Community-Based Program Overview

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Family Stabilization Services

The Family Stabilization Services (FSS) Program was created in 1993 as Y.O.U., Inc.'s 19th program under the Community-Based Services Component. While the Program's funding sources have grown since its inception, the program's original mission and philosophy has remained intact. Through a culturally sensitive and strength-based approach, intensive home-based family treatment is provided to most of the Central Massachusetts area, including the North and the South.

The FSS program is attentive to the geographic, social, cultural, and financial variations that constitute a diverse population. Specifically, the program is dedicated to helping families remain united as a cohesive, safe, and productive support system. While adhering to each family's individual needs and promoting their own culture and strengths, the program is committed to providing a wide range of services. The wide continuum of care includes building upon a family's existing strengths and helping the family to expand their informal and formal support network in order to sustain the safety of all its individual members. The treatment emphasis is sought to build on the natural supports such as family members, friends, and spiritual leaders, while also building consensus and collaboration among the professional system of care such as therapists, psychiatrists, state agency case managers (DSS, DMH, and DMR), and all other providers involved with the family. Additionally, the program is dedicated to providing support to families twenty-four hours a day, seven days a week. We recognize that many families struggle at random times of the day and/or night and need constant support to maintain safety and permanency planning. Understanding that all families experience varying levels of crisis, the FSS treatment team assists parents, guardians, and foster parents to strengthen their parenting skills, and find practical solutions to their crisis situation so that they are empowered to learn new coping skills in solving family problems. The program's flexibility and availability at all times is the corner stone of helping families in the immediate situation learn through role modeling and coaching.

The Family Stabilization Services Program treatment approach is rooted in the agency's mission statement, which encourages Y.O.U., Inc. employees to recognize that family is the essential element of a child's life. Our priority is to guarantee the highest quality of care with flexibility, respect, caring, and hope. While FSS attempts to reduce or eliminate out-of-home placement, promote permanency of children, and to enhance parental nurturing skill, we maintain the belief that success depends upon a wide community support network to help nurture those vulnerable, multi-stressed members of society.

The FSS model provides a rich array of services for at-risk families. The Program offers home-based intensive short-term and long-term services that assist multi-stressed families to expand their support network so out of home placements can be prevented; strengthen their coping strategies to help manage crises; and enhance emotional, physical, and community safety for children and families. FSS has the capability and expertise to handle referrals dealing with trauma related crises, domestic violence, substance abuse, severe mental illness, co-occurring disorders, developmental and learning disabilities, and parent-child conflicts among all age groups. The program is funded through both private and public insurance, and through a contract with the state Department of Social Services.

To make a referral or for further information, please contact:

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