Family Support Network (FSN)

**TARGET AUDIENCE**

This program is for adolescents who are 13 to 17 years old and who have or may have substance abuse issues and their families.

**SUMMARY**

Family Support Network (FSN) is a family- and community-based outpatient substance abuse program that is designed to decrease youth substance abuse and improve the quality of family interpersonal relationships.

**EVIDENCE**

In an internal randomized controlled trial, participants in the FSN program increased the number of days abstinent from cannabis use from intake through the 12-month follow-up. In addition, a higher percentage of participants were in recovery post treatment than at intake. Both of these changes occurred during treatment and remained stable across 3-, 6-, 9-, and 12-month follow-up assessments. The study compared three different treatment groups as non-treatment was considered unethical by the investigators. FSN did not differ in effectiveness from the other two treatment groups.

**COMPONENTS**

FSN is a manual-based therapy program for adolescents who live with minimal family structure and/or support. The program consists of three components that are addressed concurrently.

- The **family component** intends to strengthen the youth’s family support system and educate family members on the recovery process. Special attention is given to developing family members’ communication and parenting skills.
- The **individual youth therapy component** implements a Motivational Enhancement Therapy and Cognitive Behavioral Therapy (MET/CBT12) approach that teaches youth specific cognitive behavioral skills that are necessary for changing substance abuse behaviors.
- The **case management component** explores obstacles to treatment participation, such as family or institutional support, attendance, transportation, and child care.

**PREVIOUS USE**

FSN has been used in most states across the United States.
Family Support Network (FSN)

TRAINING

Each component is delivered by different providers; however, further information on provider qualifications was not located. On- or off-site training for 20 organizational supervisors costs $2,000 per day plus travel expenses. Certification sessions are required, and they cost $350 each within 3 months of training or $400 each if achieved 3 or more months after training. A pack of 10 certification sessions costs $2,000 within 3 months of training. Optional agency certification costs $1,500 per site. Optional clinical supervision costs $200 per hour or $2,250 for 15 hours over 4 months. Cost information is from 2008. Please contact Jackie Griffin using details in the contact section for more information.

CONSIDERATIONS

Considerations for implementing this program include securing facilitators and ensuring they receive training, procuring funds to cover training costs, ensuring adequate time for program sessions, acquiring buy-in from youth and their family members and/or caregivers, and arranging for transportation.

The Clearinghouse can help address these considerations. Please call 1-877-382-9185 or email Clearinghouse@psu.edu

IMPLEMENTATION

If you are interested in implementing FSN, the Clearinghouse is interested in helping you! Please call 1-877-382-9185 or email Clearinghouse@psu.edu

EVALUATION PLAN

To move the FSN program to the Effective category on the Clearinghouse Continuum of Evidence at least one external evaluation must be conducted that demonstrates sustained, positive outcomes. This study must be conducted independently of the program developer.

The Clearinghouse can help you develop an evaluation plan to ensure the program components are meeting your goals. Please call 1-877-382-9185 or email Clearinghouse@psu.edu

CONTACT

Contact the Clearinghouse with any questions regarding this program.
Phone: 1-877-382-9185 Email: Clearinghouse@psu.edu

You can also contact Jackie Griffin by phone 1-727-545-7564 EXT 268, email jgriffin@operpar.org, or visit www.ncjfcj.org/family-support-network-fsn

SOURCE

http://legacy.nreppadmin.net/ViewIntervention.aspx?id=31 (This website is no longer available) and www.ncjfcj.org/family-support-network-fsn