



Community Oriented Recovery and Empowerment (CORE) Family Support and Training (FST) Refresher Training One-Page Reference Sheet

[Click here to view the pre-recorded training on CORE Empowerment Services - FST](#)

Family Support & Training offers instruction, emotional support, and skill building necessary to facilitate engagement and active participation of the family in the individual's recovery process. The FST practitioner partners with families of choice through a person-centered, recovery oriented, trauma-informed approach. *Family does not include individuals who are employed to care for the individual receiving services.*

Summary of Key Points

Components of FST

- ❖ The work you are doing with the person should fall into the three components of FST: Person-Centered Assessment, Recovery Planning, Documentation, and Collaboration; Education; and Skill Building and Support.
- ❖ FST is a non-clinical intervention. Family psychotherapy, counseling, and family psychoeducation may be provided under Community Psychiatric Support and Treatment (CPST) if appropriate for the individual.
- ❖ With the individual's permission, CORE Staff could meet with their family of choice independently if it is included in the individual's ISP and for the benefit of the individual.

Developing the Initial Individualized Service Plan (ISP)

- ❖ CORE FST identifies person-centered planning as an important tool for engagement, empowerment, and recovery.
- ❖ Information obtained during CORE Services Intake and Evaluation Process (I&E) is utilized to develop the initial ISP.
- ❖ FST Services that involve family of choice should be clearly outlined on the ISP.
- ❖ The CORE provider is responsible for maintaining a Consent to Release/Receive Information for all Collaterals in the individual's case record.

Setting Goals, Objectives, Interventions

- ❖ FST goals and objectives are developed collaboratively with the individual and their family of choice, focusing on what is meaningful to the individual. CORE Staff explore goals to help family of choice understand recovery as a process and identify ways they can contribute.
- ❖ Objectives should be specific, measurable, and based on realistic steps the individual and/or family of choice can take.
- ❖ Interventions may include providing educational materials, practical tools, and resources to help families better support the individual's recovery.
- ❖ Support may involve a broader scope than clinical family therapy, including helping families identify and connect with natural supports, community resources, or peer support as needed.

Service Frequency & Duration

- ❖ There is a wide range of time staff can spend with an individual, and this is intentional so that the time spent on FST fits the person's needs and preferences.
- ❖ Time spent on an FST Service should be directly related to the individuals' goals and objectives to make reasonable progress.

The [CORE Operations Manual](#) outlines FST requirements and recommended best practices.