A GUIDE FOR

PARENTS IN NEED

SOLUTIONS FOR AT-RISK YOUTH

FLORIDA NETWORK

of youth and family services

2850 Pablo Ave • Tallahassee, FL 32308
***t**. 850.922.4324 **f.** 850.921.1778*

FloridaNetwork.org

I FEEL LIKE MY CHILD IS OUT OF CONTROL

All families experience crisis from time to time. Some issues that challenge parents may be children who skip or miss school, run away from home, refuse to follow directions or make poor life choices. Parents and caregivers may be able to resolve most of these problems quickly, but sometimes families have problems that push them to the limit and they may need CINS/FINS services.

WHAT IS CINS/FINS?

CINS
FINS

The Florida Legislature passed a law (Chapter 984, F.S.) that provides help to Children In Need of Services (CINS) and Families in Need of Services (FINS). These programs are open to children age 6-17 years old and their families. The Florida Department of Juvenile Justice (DJJ) funds and supports these counseling programs to keep kids out of serious trouble. Young people who are runaways, habitually truant, ungovernable (do not obey their guardians) or homeless – and their families – can receive free services to improve their behaviors, resolve conflicts effectively and start communicating again. CINS/FINS programs are in your area and your local agency will walk you through the options that best fit your needs.

WHO WE SERVE

FLORIDA

AT-RISK YOUTH
Ages 6–17

FAMILIES

WHAT WE DO

PREVENTION

COUNSELING

SHELTERS

DOMESTIC VIOLENCE INTERVENTION

COMMUNITY OUTREACH & EDUCATION

BEHAVIORAL DEVELOPMENT

WHY WE WORK

YOUTH DEVELOPMENT

STRENGTHEN FAMILIES

SAFETY & SUPPORT

WHAT CAN I DO NOW?

The teen years pose some of the most difficult challenges for families. Teenagers sometimes say that no one can understand their feelings, especially parents. Consequently, the teen may feel angry, alone and confused while facing issues around identity, peers and sexuality. Parents may be frustrated and angry that the teen seems to no longer respond to parental authority. Methods of discipline that worked well in earlier years may no longer have an effect. Parents may feel frightened and helpless about the choices their teen is making and how best to help them.

WHAT CAN I DO?

RESPECT your teen and let them know you expect responsible behavior.

CARE about things that are important to your teen. Continue to see and **PRAISE** the good things your teen does, even if they seem small.

Set **REALISTIC** rules and enforce them with reasonable consequences. Make sure the punishment fits the action.

You may find that **WORKING** with your teen to set rules and consequences improves his/her following them and understanding them.

ATTEND local parent support groups.
Parents may need assistance in managing their teen's behavior in the home and at school. It is important in these situations to **TALK** with a professional.

ASK FOR HELP. Contact your local CINS/FINS agency for free counseling, support and shelter services. Make an appointment for yourself even if your teen refuses to go with you.

COMMUNICATE! Increased communication may help reduce misunderstandings before they escalate into conflicts.

RESOURCES FOR IMMEDIATE HELP

To find out the best resource within your community for your child and family, please contact your local provider listed on the back of this pamphlet. For more helpful resources, visit **floridanetwork.org.**

THE NETWORK IS HERE FOR FLORIDA'S FAMILIES

Sometimes it really does take a village to help our young people grow into kind and motivated individuals. Our network of programs offer a variety of options to suit the needs of youth and families seeking help with problems at home, school or anywhere. Every CINS/FINS provider in the Florida Network has unique programs to meet the needs of their local communities, but they all provide the fundamental components of the CINS/FINS statute: emergency shelter services 24/7/365, individual, family and group counseling.

YOUR LOCAL PROGRAM: WHAT TO EXPECT

SCREENING AND ASSESSMENT

All of our services begin with the screening process, which means information is collected about you and your child that will determine if you are eligible to receive CINS/FINS services. You will be asked questions about your current situation and some family history that will help us understand how best to help you. If your child has an open case with DJJ or the Department of Children and Families (DCF), you may not qualify for services. If that is the case we will refer you to the best match for services we can find in your area. The completed assessment will include our best professional recommendation to help you and your child get the right services.

IMPROVEMENT AND SERVICES PLAN

A youth may be referred to non-residential counseling or a short-term residential counseling stay at one of our

programs depending on the needs of your family. Your counselor will work with you, your child and others to develop a plan that fits you and your child's needs and goals.

COUNSELING & CASE MANAGEMENT SERVICES

We are committed to keeping youth and families together. Our counselors are here to help strengthen your family as a whole. We provide case management to help coordinate and monitor the services provided to you and your child. We see parent/caregiver involvement as a critical part of success and this is associated with improved child behaviors. Decades of research has proven that children who received parent/caregiver–child interventions improved significantly more than those who received individual treatment.

The Florida Network's family of agencies offers non-residential counseling to youth and families facing conflict and instability. This early intervention helps facilitate communication between the youth and parents. Counselors can arrange to meet youth and their families for counseling sessions at home, at school, at a local community center or at their offices (options may vary by agency).

All of our local CINS/FINS providers have free individual and/or family counseling services for youth ages 6-17. Contact your local provider listed on the back of this brochure to find out what services are currently available for you and your family.

RESIDENTIAL SHELTER PROGRAMS

If you and your child need a break from each other, your CINS/FINS counselor may suggest your child go to the local shelter for a "time-out."

They will provide safe shelter, food, clothing, counseling (if necessary) and access to school for your child. This short term stay will give you and your child a chance to "cool off" so that work can

begin on family issues. The shelter is not designed to punish young people, but it is a very structured environment with 24-hour supervision. These free services are offered to youth ages 10-17.

REFERRAL SERVICE

Sometimes youth and families need additional services outside of our network. Your local CINS/FINS programs can refer you to other agencies in your community that may be able to help you and your child.

CASE STAFFING COMMITTEE

A Case Staffing may be requested for a youth by your CINS/FINS counselor after your child is screened and an intake is completed to review your child's needs. A Case Staffing is held by a committee made up of people from the CINS/FINS program, school board, parent or legal guardian and any other person who may be able to help the committee. The Case Staffing Committee will develop a plan for services, which may include recommending the filing of a CINS petition with the court. A parent may request a Case Staffing Committee meeting, by submitting a request in writing to their CINS/FINS provider. Visit **floridanetwork.org** to learn more.

CINS PETITION

A CINS petition is a formal written request to the court to find that your child is a CINS (Child in Need of Services), and is usually filed if the child refuses services or continues to show problematic behavior. The local DJJ attorney will file a CINS petition, if recommended by the Case Staffing Committee and if the child meets the legal definition of a CINS. If you wish to file your own CINS petition, the law requires that you notify the DJJ General Counsel's office in writing before the petition is filed. Visit **floridanetwork.org** to learn more.

FLORIDA NETWORK PROGRAMS

RESIDENTIAL SHELTERS & COUNSELING PROGRAMS

Anchorage Children's Home
Panama City – 850.784.1020

Arnette House
Ocala – 352.622.6135

Boys Town of Central Florida
Oviedo – 407.588.2170

CCYS (Capital City Youth Services)
Tallahassee – 850.576.6000

CDS Family & Behavioral Health Services
Gainesville – 352.244.0618
Lake City – 386.487.0190
Palatka – 386.385.0405

Children's Home Society
Ft. Pierce – 772.460.9752
W. Palm Beach – 561.598.4152

Crosswinds Youth Services
Cocoa – 321.452.0800

Family Resources
Bradenton – 941.708.5850
Clearwater – 727.449.8336
St. Petersburg – 727.384.8336

Florida Keys Children's Shelter
Tavernier – 305.852.4246

Hillsborough County Children's Services
Tampa – 813.264.3807

Lutheran Services Florida
Crestview – 850.682.2374
Ft. Myers – 239.278.1030
Oakland Park – 954.568.2801
Pensacola – 850.453.2772

Miami Bridge Youth & Family Services
Homestead – 305.246.8956
Miami – 305.635.8953

Orange County Children and Family Services
Orlando – 407.836.7626

Safe Children Coalition
Sarasota – 941.955.5596

SMA Healthcare, Inc.
Daytona – 386.236.3111

Youth & Family Alternatives
Bartow – 863.595.0220
Brooksville – 352.540.6015
New Port Richey – 727.835.1777

Youth Crisis Center
Jacksonville – 904.725.6662

COMMUNITY COUNSELING PROGRAMS

Bethel Community Foundation
St. Petersburg – 727.866.2747

Center for Child Counseling
Palm Beach Gardens – 561.244.9499

Center for Family & Child Enrichment
Miami – 305.624.7450 ext. 1707

Children's Home Society
Osceola – 407.520.6950

Nehemiah Educational & Economic Development Winter Park – 407.622.6200

Prevention Central
Ft. Lauderdale – 954.763.5010

Seminole County Sheriff's Office
Sanford – 407-665-2414

Tampa Housing Authority
Tampa – 813.341.9101 ext. 2140

Thaise Educational & Exposure Tours
Jacksonville – 904.513.3972
Orlando – 407.674.7911
St. Petersburg – 727.821.7951

Urban League of Palm Beach County
W. Palm Beach – 561.833.1461

Youth Advocate Program
Tampa – 813.712.9695

Sponsored by the Florida Network of Youth and Family Services, Inc. and the State of Florida, Department of Juvenile