

## Family Integrated Transitions (FIT)

A program of the Washington State Dept. of Social and Health Services, Juvenile Rehabilitation Administration

### In conjunction with:

Community Psychiatric Clinic

Behavioral Health Resources

Central Washington Comprehensive Mental Health

University of Washington School of Medicine, Division of Public Behavioral Health and Justice Policy

## Contact Information

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**“Our FIT coach is just a wonderful person. We are pleased to have her. She is very professional—a miracle in the works. She is helping us a lot in many ways and has great tools and strategies that are really working.”**

—Guardian of M.B.

**“This program is great. The coach is excellent and has shown our child things that he would not have accomplished before.”**

—Parent of B.A.

## Family Integrated Transitions



So... your child is coming out of a residential treatment facility on parole.

There is a program to help your child stay out of trouble.

It's called Family Integrated Transitions or FIT.





## What is “FIT”?

FIT is an internationally recognized program designed for adolescents like yours who are coming out of a Washington state residential treatment facility for juveniles to parole, with:

- A mental health problem, and;
- A problem with substance abuse.

## Your child is at risk

Once these adolescents return home, 41 percent are convicted on another felony charge after 18 months.

## Benefits of FIT

When parents and youths are enrolled in FIT, the re-conviction rate goes down significantly. Your child is less likely to get in trouble again.



## FIT is different than most counseling

- A specially trained FIT “coach” will come to you, spend several hours with you and your family each week and help you identify and build on the positive things you’re already doing with your child.
- Your FIT coach is on call 24/7 to help you get stronger so you can deal with whatever comes your way.
- Your FIT coach and juvenile parole counselor work together.
- The FIT program starts two months before your child’s release and continues for four months after your child returns home.
- Juvenile Rehabilitation Administration provides the funding

## The focus of FIT

1. Helping you connect with resources in your community, such as school, work, and community activities, that are going to help your adolescent stay out of trouble.
2. Coaching both parents and youth to use the same skills the adolescent is taught in the facility.

## Why should I get involved in FIT?

FIT is a voluntary program that is strongly supported by JRA. It works by supporting the youth and family to build on and reinforce what the youth learned in the residential facility, and by helping to access resources and services in the community. And research shows it really works!

## What do I have to do?

The FIT coach assigned to you will soon call you and come talk to you about the program.

Why not give a listen? It can’t hurt! And... it could really help!

**“I am just really thankful for the program and that it was offered to me. Being a single mom with low income, there are so few programs that are offered. I am so thankful this program is available.”**

—Parent of L.R.



**“The coach has a real way with kids as far as getting them to look at what they are doing today and where they want to be in the future. I cannot say enough good things about him.”**

—Parent of J.M.