

CONNECTICUT COUNCIL OF FAMILY SERVICE AGENCIES

FOCUS ON KIDS FACT SHEET

- ✓ Focus On Kids is a program of the Connecticut Council of Family Service Agencies and based on the principles of forensic parent counseling.
- ✓ Focus On Kids is designed to assist high conflict separated, divorced or divorcing parents learn skills to work together in parenting through increasing their focus on their children and thereby decreasing the conflict between them as it relates to parenting.
- ✓ Focus On Kids is not therapy. It is highly structured parent counseling with a large emphasis on communication and many opportunities to practice skills and techniques lead to less conflict in making parenting decisions.
- ✓ Focus On Kids Clinicians meet with both parents together every session. The average set of parents completes 6-8 sessions. Sessions are typically held weekly or every other week. No children are seen in this program.
- ✓ All parties are equally informed in writing of agreements made in each session. With appropriate releases, a written summary is sent to both parents, each parent's attorney, the children's attorney and/or the guardian ad litem.
- ✓ Focus On Kids is designed to assist parents learn to make parenting decisions for themselves without the intervention of the legal system. The program is based on the premise that given the skills and tools to do so, parents are the best decision makers for their children and this responsibility should lie with them.
- ✓ Focus On Kids has demonstrates positive results. 53% of families served have zero or one additional court appearance 6 months post intervention. 63% report some improvement in the parental communication and/or 0-1 court appearance post intervention and 44% report decreased conflict between the parents.
- ✓ Focus On Kids results in positive effects for the children of divorce, keeps decision making the responsibility of the parents, and is more timely and cost effective than lengthy court processes.