



**Maryland Department of Juvenile Services  
Institute for Family Centered Services, Inc.  
Non-Residential Community Based Program  
Overview of Family Centered Treatment (FCT™) Outcomes<sup>1</sup>**

- **743** clients discharged since Fiscal Year 2004
- **69%** of youth maintained family placement (after accounting for early attrition)
- Diverting these youth from residential placements results in estimated **short-run cost savings of \$15.6m to \$30.2m!**
- **832** siblings were also served, at no additional cost to the state
  
- Comparison of IFCS and Group Home outcomes after 12-30 month follow-up:
  - Pre-treatment risk profiles are very similar; although IFCS youth had higher residential placement rates (Group Homes *and* RTCs) before treatment, with longer placement durations.
  - Offense recidivism after treatment
    - Is lower in all Categories after both treatments
    - Frequency of Category 3, 4, and 5 offenses are significantly lower for IFCS youth, frequency of Category 2 offenses is higher, and frequency of Category 1 offenses is the same – relative to Group Home treatment.
  - Frequency and duration of detentions after treatment
    - Are significantly reduced by both treatments
    - Are lower for IFCS youth than for those receiving Group Home treatment.
  - Frequency of residential placements after treatment
    - Are higher after Group Home treatment
    - Are unchanged after IFCS treatment<sup>2</sup>
    - Post-treatment placement rates are lower for IFCS youth than for those receiving Group Home treatment
  - Durations of residential placements after treatment
    - Are higher after Group Home treatment
    - Are lower after IFCS treatment
  - FCT™ results in lower placement costs post-treatment

**Conclusion: IFCS FCT™ reduces both short-term and long-term costs of caring for delinquent youth.**

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<sup>1</sup> More outcomes and details can be found in the tables and text to follow.

<sup>2</sup> There was a very small increase in secure confinements, statistically different from zero, but representing only 3 placements. A similar result is observed for 2 youths discharged from group homes.

**Maryland Department of Juvenile Services  
Institute for Family Centered Services Inc.  
Non-Residential Community Based Program  
Short-run Cost Effectiveness of FCT™**

Over fiscal years 2004-2007, 736 youth were discharged from the program. After accounting for early attrition (refusal of services, relocation, AWOL status, etc.), **69% of those youth maintained their family placement**, 14% were placed out of home or maintained an out of home placement, and 17% were discharged because they had been detained.

Based on 2006 costs and historical placement data, FCT™ as a treatment alternative to Group Homes saves the state of Maryland approximately \$21,158 to \$41,000 per youth treated. This represents a total savings over the first 4 years of the program of **approximately \$15.6m to \$30.2m**, where the range represents the difference in costs for Group Homes and Therapeutic Group Homes, assuming all out of home placements were in either one or the other. In the case where the youth is being diverted from a Residential Treatment Center, the savings increase dramatically. The table below illustrates the calculation of expected cost savings.<sup>3</sup>

	<b>IFCS</b>	<b>Group Home</b>	<b>Therapeutic Group Home</b>
<b>Cost/day</b>	\$80	\$198	\$233
<b>Average Length of Service</b>	134 days	161 days	222 days
<b># youth in program</b>	736	736	736
<b>Total cost/program</b>	\$7,889,920	\$23,462,208	\$38,070,336
<b>Total Savings (Program costs less IFCS costs)</b>		<b>\$15,572,288</b>	<b>\$30,180,416</b>
<b>Savings/youth</b>		<b>\$21,158</b>	<b>\$41,000</b>

<sup>3</sup> Daily costs were provided by MD DJS resource coordinators. Average length of stay for Group Homes and Therapeutic Group Homes is based on actual service periods for the placement history of 1865 MD DJS youth discharged from IFCS and/or Group Homes and Therapeutic Group Homes between June 2003 and December 2005. This analysis does not account for the costs associated with the 31% of IFCS youth who did not maintain their family placement, nor does it account for the costs of youth in Group Homes who were transferred to higher levels of care. These costs would have opposing impacts on total savings, so the direction of any resulting bias is indeterminate.

**Maryland Department of Juvenile Services  
Institute for Family Centered Services, Inc.  
Non-residential Community Based Program  
Outcomes 2004-2007**

<b>Table 2: Statistical Report Outcomes</b>	FY 2004 (pilot)	FY 2005	FY 2006	FY2007
Number served	183	249	403	447
Number of discharges	100	147	287	315
Average length of service (in months over all discharges)	4	5	4.9	4.6
Number of Full Participants <sup>4</sup>	No data	No data	219 (76%)	246 (78%)
Percentage of youth who did not re-offend during treatment	73%	69%	68%	77%
Percentage attending at least 80% of school days	No data	69%	60%	53%
Percentage with improved school behavior	80%	68%	68%	56%
Percentage linked to community resources	95%	97%	95%	84%
Percentage successfully completing program	No data	64%	76%	63%
Status at discharge				
Maintained family placement/independent living	58%	64%	68%	69%
Placed out of home	21%	18%	9%	9%
Detained	2%	13%	11%	13%
Runaway/AWOL	10%	13%	6%	8%
Non-compliant/refused services/relocated	5%		3%	.04%
Other/unknown	4%		2%	.08%
Number of siblings served	132	200	222	278

<sup>4</sup> Full participants meet the minimal requirement of 10 direct contacts necessary for full engagement in Family Centered Treatment. Outcomes for 2006 and 2007 are documented for full participants; outcomes for 2004 and 2005 are document for all discharged youth.

**Maryland Department of Juvenile Services  
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Non-residential Community Based Program  
Comparison Group Study: IFCS vs. Group Home Placements\*\***

<b>Table 3: Characteristics and Outcomes Comparing IFCS Family Centered Treatment to Group Home Treatment</b>	<b>Group Homes</b>	<b>IFCS</b>
	n=952	n=359
	mean (std deviation)	mean (std deviation)
* indicates means are significantly different across treatments		
<b>Age first offense *</b>	13.27 (1.67)	13.54 (1.74)
<b>Proportion of males *</b>	.82 (.012)	.75 (.023)
<b>Racial composition</b>		
African American/Biracial	.59 (.493)	.63 (.484)
Hispanic	.02 (.150)	.04 (.194)
White/Caucasian	.36 (.479)	.30 (.456)
<b>First offense:</b>		
Category 1	.093 (.291)	.103 (.304)
Category 2 *	.103 (.304)	.097 (.297)
Category 3 *	.156 (.364)	.195 (.397)
Category 4 *	.369 (.483)	.392 (.489)
Category 5 *	.461 (.499)	.473 (.500)
<b>Frequency of offenses before treatment:</b>		
Category 1	.398 (.732)	.39 (.776)
Category 2	.592 (1.42)	.51 (1.10)
Category 3	1.78 (2.36)	1.62 (2.42)
Category 4	2.59 (2.28)	2.39 (2.19)
Category 5 *	3.59 (3.55)	2.77 (2.84)
<b>Placement frequency / duration in days before treatment</b>		
Community-based Residential */*	.209 / 35.1 (.528) / 126.96)	.275 / 56.96 (.629) / (169.35)
Special Programs */*	.302 / 36.57 (.642) / 114.98)	.544 / 93.52 (.861) / (212.51)
Secure Confinement	0	0
Detention */*	3.07 / 89.13 (2.44) / 84.04	2.61 / 78.23 (2.15) / (86.62)

<b>Table 3: continued</b>	<b>Group Homes</b>	<b>IFCS</b>
<b>Frequency of offenses during treatment:</b>		
Category 1	.032 (.2)	.06 (.24)
Category 2	.118 (.387)	.157 (.546)
Category 3 *	.267 (.651)	.44 (.741)
Category 4 *	.738 (.855)	.955 (.965)
Category 5 *	.945 (1.174)	.702 (.918)
<b>Placement frequency/duration in days during treatment</b>		
Secure Confinement	0 / 0	0 / 0
Detention *	.516 / 6.74 (.879) / (16.11)	1.19 / 31.59 (1.04) / (35.31)
<b>Frequency of offenses after treatment:</b>		
Category 1	.082 (.347)	.087 (.32)
Category 2 *	.247 (.708)	.412 (.434)
Category 3 *	1.07 (1.89)	.732 (1.92)
Category 4 *	1.88 (1.88)	1.44 (1.46)
Category 5 *	1.81 (2.50)	1.28 (1.56)
<b>Placement frequency/duration in days after treatment</b>		
Community-based Residential **/*	.55 / 80.34 (.75) / (141.73)	.33 / 55.81 (.649) / (136.26)
Special Programs /*	.699 / 111.77 (.827) / (164.63)	.618 / 87.54 (.791) / (135.43)
Secure Confinement **/*	.019 / .607 (.137) / (11.20)	.023 / 1.95 (.152) / (20.35)
Detention **/*	2.154 / 56.47 (2.033) / (63.83)	1.98 / 50.57 (2.06) / (57.93)

\*\* Demographics and placement and offense history for youth discharged from IFCS or from Group Homes (Therapeutic and Non-Therapeutic) between July 2003 and December 2005. Data was drawn from MD DJS ASSIST database in November 2006, yielding follow-up timeframes of up to 30 months, depending on discharge date. This analysis does not include youth discharged from Residential Treatment Centers, though IFCS youth are more likely to have a placement history in RTCs than those in the Group Home youth, and those placements were of a longer duration.

<b>Table 4: Outcomes Pre- and Post-treatment Comparisons</b>		Before Treatment	After Treatment
* indicates means are significantly different Standard deviations are reported in Table 1			
<b>IFCS Outcomes</b>			
Frequency of Offenses			
Category 1 *		.39	.087
Category 2 *		.51	.412
Category 3 *		1.62	.732
Category 4 *		2.39	1.44
Category 5 *		2.77	1.28
Placement Frequency			
Community-based Residential		.275	.33
Special Programs		.544	.618
Secure Confinement *		0	.023
Detention *		2.61	1.98
Placement Duration			
Community-based Residential *		56.96	55.81
Special Programs *		93.52	87.54
Secure Confinement		0	1.95
Detention *		78.23	50.57
<b>Group Home Outcomes</b>			
Frequency of Offenses			
Category 1 *		.398	.082
Category 2 *		.592	.247
Category 3 *		1.78	1.07
Category 4 *		2.59	1.88
Category 5 *		3.59	1.81
Placement Frequency			
Community-based Residential *		.209	.55
Special Programs *		.302	.699
Secure Confinement *		0	.019
Detention *		3.07	2.15
Placement Duration			
Community-based Residential *		35.1	80.34
Special Programs *		36.57	105.38
Secure Confinement		0	.597
Detention *		89.13	56.31