

Expectations of the Program

County Social Workers

IFDS expects weekly discussion with the county social worker as well as occasional meetings.

Attendance of reviews.

Occasional participation in meetings with families.

Families

IFDS expects families engage and actively participate in meetings, and try to be flexible with regards to scheduling.

IFDS expects families to attend their individual meetings and family meetings as necessary.

IFDS expects family to be open with the team, discuss concerns related to services, meetings, and family concerns.

Things to Know

Working with the IFDS team requires a high level of commitment and buy-in by the family.

For the best outcomes, the team strives to adhere to the intensive time and meeting schedule and requires family engagement and flexibility.

The IFDS team does offer a crisis line, however the team will not respond in person, and instead provides safe outlets and coaching via telephone.

On average, families work with the IFDS team for roughly 1 year.

IFDS Contact Information

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Exceeding Expectations

St. Charles believes that all individuals possess unique and diverse strengths, which serve as a catalyst to healthy self-development and self-reliance. We recognize that individuals may experience obstacles during this process and benefit from facilitation, support and partnership with professional services.

Intensive Family Development Services

Proudly partnering with Waukesha County since 1983.

What is the IFDS Team?

The IFDS Team is a family preservation program providing in-home and community based psychotherapy. The team follows a strengths-based "Advocacy Model" approach when working with families. Each family member receives their own Advocate (therapist) to assist them with both their own individual goals and concerns, as well as strengthening relationships within the family system.

The IFDS Team is able to provide the flexibility, intensity, and maintain close collaboration with service providers, that more traditional treatment approaches, such as outpatient psychotherapy, cannot.

IFDS Advocates consist of five Master's level clinicians with backgrounds in social work or counseling. They have received specialized training in specific treatment modalities including: family systems, trauma resolution (EMDR, TF-CBT), experiential approaches including play and art therapy, motivational interviewing, solution focused therapy, DBT, crisis intervention (NVCI) and bio-feedback such as Heart Math.

Who does IFDS Serve?

IFDS works with up to 10 families, with children ages 5 to 17, who are currently residents of Waukesha County and receiving services from Waukesha County Health and Human Services.

At least one child is identified as being at acute risk for out-of-home placement due to their own mental health issues or that of a parent or primary caretaker.



The IFDS team can work with adoption and attachment issues.

The IFDS team can work with families with children placed out of

home, but working toward reunification.

The IFDS team is a service utilized when families are identified as needing a more intensive intervention that encompasses the entire family system. The main goal is to strengthen the family to such a degree that all members are maintained safely (emotionally, mentally and physically) as a family unit.

What does IFDS Provide?

The services that are provided are but not limited to:

- ✓ Meeting with all family members individually at least once weekly
- ✓ Meeting with identified child twice a week at a minimum
- ✓ Family meetings at least once weekly (dyadic, entire family, most needed)
- ✓ Psychotherapy
- ✓ Trauma Resolution approaches
- ✓ Experiential therapy approaches
- ✓ Safety/Crisis Planning
- ✓ 24/7 Telephone Crisis Support (the team does not respond in person, but coaches via telephone)
- ✓ Parent coaching and support
- ✓ Collaboration with school, court, and other treatment providers
- ✓ Referrals to community resources
- ✓ Recreational activities
- ✓ Independent living skills