



Family Focused Solutions

What is Family Focused Solutions?

Family Focused Solutions (FFS) is a voluntary support service that is provided by agencies who are contracted with the Tennessee Department of Human Service (DHS). The purpose of FFS is to assist TANF clients with removing barriers to employment and education. Whether it's a referral or a direct service, FFS will provide you with a counselor that will collaborate with you as you take your next step to self-sufficiency.

The Road to *Independence* and *Self-Sufficiency*

Often times the journeys we take are not what we expect. Different challenges may get in the way of our goals, and we need a little extra help at times to continue on a path towards self-sufficiency.

What Can Family Focused Solutions do for Me?

Life comes with challenges for everyone. By partnering with FFS, you will be well on your way to achieving your life long goals. You will guide the focus of services with your counselor who will assist and encourage you to build on your strengths throughout your journey.

Your FFS counselor can assist you during challenging times with the following types of services:

- Life Skills Training
- Financial Management Training
- Self-Advocacy Training
- Individual, Group and Family Counseling
- In-Home Services
- Parenting Skill Training
- Unwed Teen and Young Adult Parent Training

Your counselor is here to help you face those challenges, overcome them, and live the life you want to live.



Shawna's Family Focused Solutions Success Story

Shawna is a 22-year-old mother of two children. She requested Family Focused Solution Services due to difficulty parenting her 4-year-old daughter. She reported that her daughter was "out of control," having temper tantrums every week, kicking and screaming. Her counselor was able to assist her in determining the possible reasons her daughter was acting this way, together creating a plan to be more intentional with rewarding appropriate behavior. In addition, her counselor was able to provide her with a parenting workbook to assist her with new discipline techniques. Shawna reported that once she put the new skills into practice, she found them helpful for addressing her daughter's behavior.



Lisa's Family Focused Solutions Success Story

Lisa was referred to Family Focused Solutions for long-term goal setting and career exploration. She requested assistance with narrowing down her career interests and mapping out the direction for her life. Lisa identified her values, interests, knowledge base, skills, and job preferences along with specific jobs she was considering as a career. Her counselor was able to then present information regarding school programs, requirements, time commitment and job salaries related to the information Lisa shared. At their last meeting, Lisa reported that she was working full-time at a local restaurant, had applied to a local community college and would begin classes in the fall semester.

"Success seems to be connected with action. Successful people keep moving. They make mistakes but they don't quit."

-Conrad Hilton

David's Family Focused Solutions Success Story

David is a 29-year-old father of two children. He was referred to Family Focused Solutions for stress management. David reported that he had custody of his five year-old daughter who had reported abuse while living with her mother.

David's counselor encouraged him to follow up with available resources, such as counseling for his daughter's well-being. To address his stress, David identified his triggers and red flags that warn him that his stress may become unmanageable. His counselor educated him about the causes and effects of stress, the importance of self-care, and different coping skills. At their last meeting, David reported that his daughter is in therapy, he was able to reduce his stress and that he had obtained full-time employment.

Challenges that some People May Face

- Domestic Violence
- Children with Medical or Behavior Issues
- Learning or other Disorders
- Mental Health Disorders
- Substance Abuse
- Unwed Teen/Young Adult Parenting

Family Focused Solutions may be able to help.



Contact Information:

Please contact your local DHS office for more information or go to the following website to find the Family Focused Solutions provider in your county:

<http://www.tn.gov/humanservices/topic/families-first-tanf>



General Services, Authorization No. 123456, copies January, 2015. This public document was promulgated at a cost of \$0.10 per copy.