

Treatment Team

The COFAST model employs a licensed professional and uses a three-role system to provide in-home services, with up to three Carolina Outreach staff providing overlapping services, each helping the parents and child to

1. manage a working relationship with other professionals and resources outside the home
2. develop individual skills and identify community involvement that will foster ongoing personal growth
3. provide direct service to the family and coordinate the team's efforts

Parents are the leaders
of the family...
and of the treatment team.

Contact Us

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COFAST

CAROLINA OUTREACH
FAMILY AND
SYSTEMS TREATMENT

This therapeutic child and family service is reimbursed through Medicaid, Health Choice, and IPRS (County) funds.

Child and Family Focused

The Carolina Outreach motto, "Promoting individual and family strengths," is the basis for our treatment when dealing with children, adolescents, and teens. The focus is not just on the young person, but on the family as well, finding and promoting its strengths in order to maintain a healthy system that supports everyone.

We call our approach the **COFAST** model, short for Carolina Outreach Family and Systems Treatment. This is a *multi-systems* model that recognizes how the many influences on a young person contribute to a child's psychosocial development and success or failure with school, family, and peers.

These influences include the child's parental and family relationships, the school environment, peer influences, community characteristics, and genetic, medical, and intra-psychic factors within the child. All of these variables are considered in each case.

Social service treatment for young people must address the systems—including the family—in which they are engaged.

Using the COFAST model, we look first within the child's home. Regardless of where the behavioral problems originate, the reactions of the family—especially the parents or parent figures—can determine if the problems become worse, get better, or stay the same.

Accordingly, most of the therapy offered by Carolina Outreach staff influences the child's home life and the parents' guidance, nurturance, and supervision, or lack thereof.

Treatment Guidelines

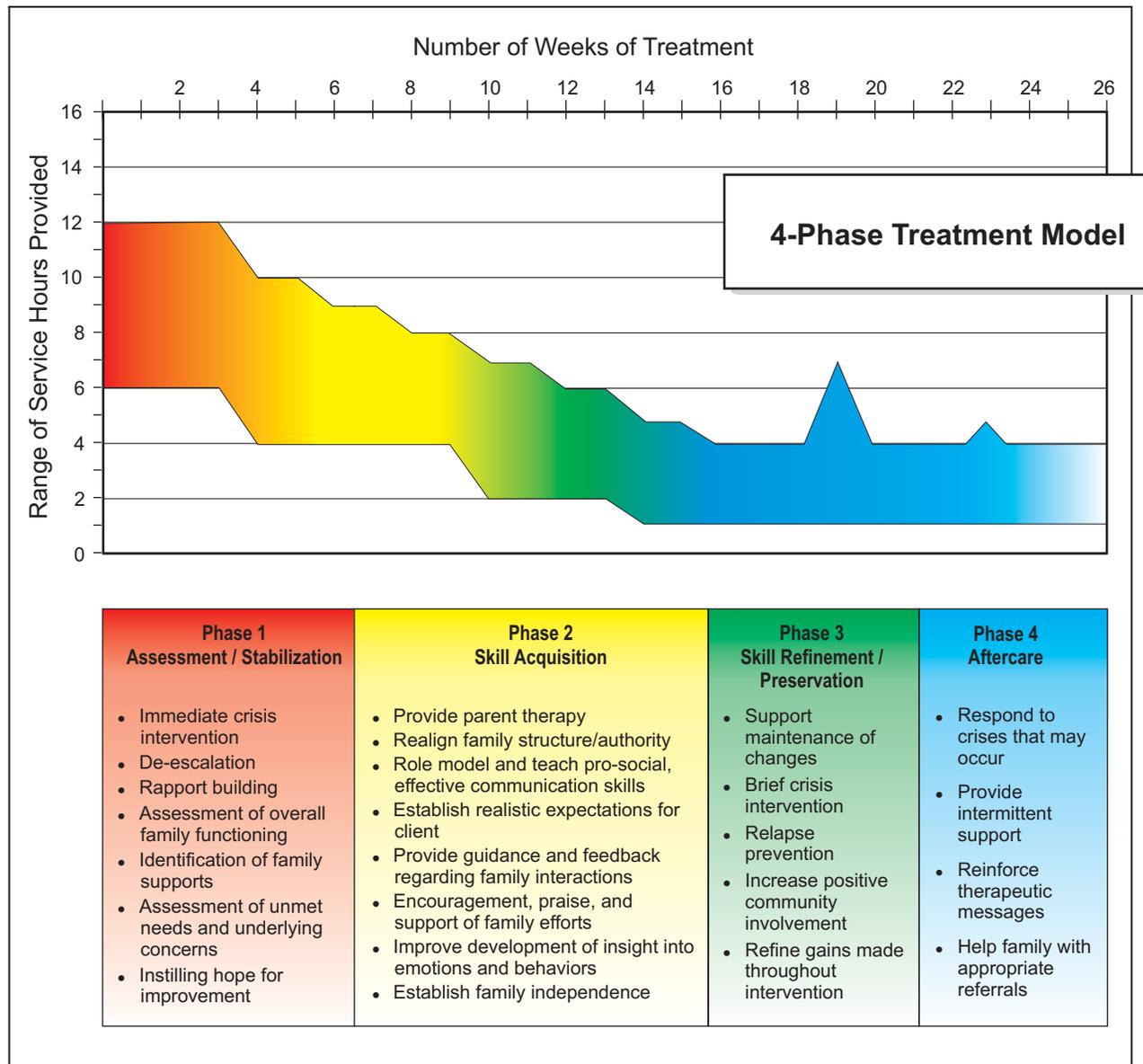
Focusing on the child-in-system, the **COFAST** model has the following characteristics:

- 1. Present-Focus**, which entails helping the family solve its real-world problems. Present-focus provides immediate relief for family members and promotes healthy family functioning through effective problem solving.
- 2. Goal-Oriented**, which sets therapeutic goals that address the family hierarchy and structure (power, boundaries, alliances) to change the way the family conducts its activities.
- 3. Systems-Based**, which entails having the Carolina Outreach staff view the family as being shaped by two systems: outside in the larger social context of culture, community, other professionals, and extended family; and within, as a set of interdependent relationships, with each family member influencing, and being influenced by, other members.
- 4. Time-Limited**, which acknowledges that therapeutic goals must have time limits in order to provide positive change for the child and family. For this reason, the COFAST team must constantly reassess a child's therapeutic goals to keep them realistic and achievable.

4-Phase COFAST Model

As the table and the chart indicate, there are four phases of intervention within the COFAST model. This model is intended to be both a treatment philosophy and a framework for services, providing a wide range of service hours in each intervention phase.

There is considerable flexibility in the COFAST



Phase 1 Assessment / Stabilization	Phase 2 Skill Acquisition	Phase 3 Skill Refinement / Preservation	Phase 4 Aftercare
<ul style="list-style-type: none"> • Immediate crisis intervention • De-escalation • Rapport building • Assessment of overall family functioning • Identification of family supports • Assessment of unmet needs and underlying concerns • Instilling hope for improvement 	<ul style="list-style-type: none"> • Provide parent therapy • Realign family structure/authority • Role model and teach pro-social, effective communication skills • Establish realistic expectations for client • Provide guidance and feedback regarding family interactions • Encouragement, praise, and support of family efforts • Improve development of insight into emotions and behaviors • Establish family independence 	<ul style="list-style-type: none"> • Support maintenance of changes • Brief crisis intervention • Relapse prevention • Increase positive community involvement • Refine gains made throughout intervention 	<ul style="list-style-type: none"> • Respond to crises that may occur • Provide intermittent support • Reinforce therapeutic messages • Help family with appropriate referrals

model to meet the needs of the family quickly and with a high level of service.

For example, while all COFAST services begin with an assessment and stabilization of the family, the number of weeks in Phase 1 will vary. Similarly, the number of hours we spend per week in Phase 1 can vary, with a high of 12 hours and a

low of six hours. It should be noted that there will be some occasions where we determine a greater level of service is required.

As the chart indicates, flexibility exists in the aftercare phase, when a family has essentially righted itself but may need some additional hours of service to face a crisis.