

Therapeutic Family Model of Care™ Fact Sheet



“The Lighthouse TFMC is the most considered, thoughtful, effective, transformational model for caring for traumatised people I’ve ever come across.”

Carly Cameron, Director Lighthouse Institute

Therapeutic care leading the way forward

The Lighthouse Therapeutic Family Model of Care™ (TFMC™) is proven to be one of the most cost-effective social programs in existence.

Our unique model of care incorporates comprehensive theories on human development and supported practices from a range of disciplines.

The TFMC™ is a robust, replicable, evidence based integrated model. Based on attachment theory it addresses the biological and psychological need of individuals to bond with and relate to primary caregivers as fundamental to the survival and future development of human beings.

The model replicates an ‘ideal family’ where a young person is housed in a residential home and cared for by two primary live-in carers. Carers provide 24 hour, 7 day a week care. Most importantly, the Family Therapeutic Model of Care™ is based on attachment theory and trauma informed care and practice.

Notably it focuses on:

- Social and emotional development of children, adolescents and young adults
- Family dynamics and the effect of stable/unstable family life on the individual
- The efficacy of different therapeutic interventions in assisting disadvantaged young people to reach mature, productive and interdependent adulthood
- The integration of individual, organisational and community well being approaches
- Neurobiology and the impact of trauma on the developing brain

The powerful impact of our model

Recently an independent assessment was commissioned by Social Ventures Australia to complete an analysis of Lighthouse Foundation’s Social Return on Investment (SROI). The SROI analysis is an internationally recognised methodology that measures value created for stakeholders.

It proved for every dollar received Lighthouse returns \$12 of social value, showcasing the substantial societal contribution all of our donors make by supporting our important work.

Our intensive support model leads to a holistic transformation of young people’s lives. For 8 out of 10 young people that complete the Lighthouse program, the changes they experience are sustainable and result in permanent exit from homelessness.

You can learn more about our transformative model of care in our book - *Therapeutic Residential Care for Children and Young People*, co-authored by Lighthouse Founder Susan Barton AM.

For further information or to purchase a copy of the book contact office@lighthousefoundation.org.au or call 03 9093 7500.

For over 25 years Lighthouse Foundation has successfully supported over 800 young people to break the cycle of homelessness. Lighthouse provides homeless young people from backgrounds of long-term neglect and abuse, with a home, a sense of family, and around-the-clock therapeutic care that is proven to work.

