



# Institute for Family Development

## 2024-2025 Annual Report

Keeping Children Safe and Families Together

### 3132 Children Served by IFD Across Washington

1225 in HOMEBUILDERS® Intensive Family Preservation Services

955 in Family Preservation Services

952 in Other Family Services

### IFD Impact via Homebuilders & PACT Site Development

3759 Additional Children Served by IFD-Trained Agencies

294 Individuals Trained

69 Teams in 13 U.S. States & B.C.

IFD provides evidence-based, in-home services to children and families facing serious safety, parenting, or behavioral health challenges across 35 of Washington's 39 counties. All services are designed to keep children safely in their homes, strengthen family functioning, and improve child well-being. Services are delivered by highly trained therapists skilled in evidence-based practices such as motivational interviewing, relapse prevention, and cognitive-behavioral interventions. Basic necessities, such as food, transportation, or housing support, are provided when needed to promote safety and stability.

As the developer of HOMEBUILDERS® and PACT, IFD provided training and quality assurance activities to public and private agencies in 13 U.S. states and 2 other countries this year: Florida, Hawaii, Indiana, Kentucky, Louisiana, Maine, New York, North Carolina, Pennsylvania, Rhode Island, South Carolina, Tennessee, and Washington, as well as Australia and Canada (British Columbia).



93%

improved in ≥ 1 domain of family functioning from start to end of Homebuilders



83%

of children at imminent risk of removal remained safely with their families for ≥ 6 months after Homebuilders (of available data)



97%

of IFD families served in WA report using new skills

"It was definitely more of a game changer... than other programs we tried."  
– IFD Family

"I am grateful for [them]... helping us improve our relationship and home. It's peaceful here now, most of the time." – IFD Family

Toni and her daughter, Brittany, were referred after a long period of instability, stress, and conflict. Brittany experienced several major changes in her young life, and Toni was doing her best to parent through significant pressure, limited support, and the impact of her own childhood experiences. Their relationship had become strained, and daily routines often felt overwhelming and unpredictable.

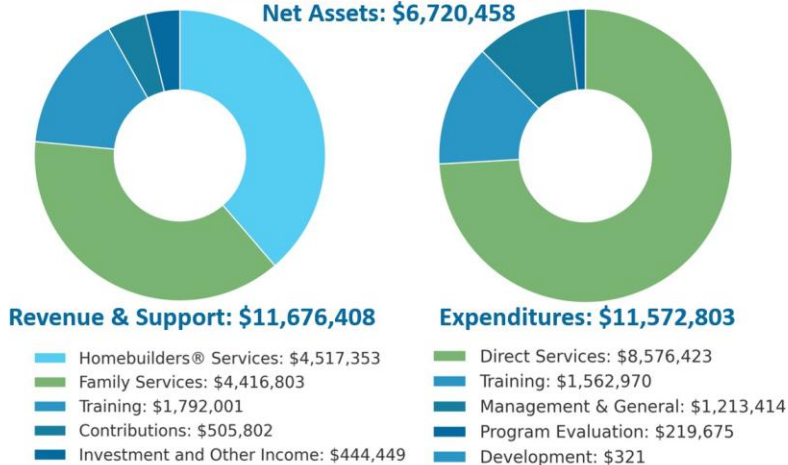
When they began services, Toni doubted anything could help. But over time, they built new patterns together. Through coaching, Toni developed skills to calm difficult moments, support Brittany's emotions, and create more positive interactions. Brittany began responding with greater trust and cooperation, and Toni gained confidence as she practiced new tools with her therapist's support.

By the end of services, their home felt more stable, peaceful, and connected. Toni shared that she now feels better equipped to support Brittany's growth and is more hopeful. **Toni said, "I am looking forward to the future. Thank you for helping me to know that I am capable."**

"My therapist was made for this job. I have more confidence now and more hope." – IFD Family

### FY 2024-2025 Audited Financials

Net Assets: \$6,720,458



### Board of Directors

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(as of 7/1/25)

### IFD Programs by Official Designation:

★ Evidence-Based Program ● Promising Practice ▲ Uses Evidence-Based Practices

★ HOMEBUILDERS®

▲ Family Preservation Services

★ Functional Family Therapy® (FFT)

★ The Incredible Years® (IY)

★ Parent-Child Interaction Therapy® (PCIT)

● Parents and Children Together (PACT)



★ Parents as Teachers (PAT)®

★ Triple P – Positive Parenting Program®

★ Promoting First Relationships® (PFR)

▲ Wraparound with Intensive Services (WISE)

★ SafeCare®

"She [therapist] maximizes the time she spends getting to know their strengths and teaches to those."

– IFD Referral Source