

# Evidence Based Practice in the Hills



# FUNCTIONAL FAMILY THERAPY

\* Provided by  
Behavior Management Systems  
&  
LSS of SD

- \* Functional Family Therapy was founded in the 1970s by Dr. James F. Alexander. FFT LLC is the model's training and dissemination organization.
- \* The FFT model has received international recognition for its outcomes in helping troubled youth and their families to overcome delinquency, substance abuse, and violence.
- \* It is a short-term treatment strategy that is built on a foundation of respect of individuals, families and cultures, but that includes powerful treatment strategies that pave the way for motivating individuals and families to become more adaptive and successful in their own lives.
- \* In doing so, FFT helps to save families while at the same time preventing crime and victimization in communities.



- \* FFT Philosophy
- \* A core attitude of respectfulness, of individual difference, culture, ethnicity and family form.
- \* It is the clinicians responsibility to engage and build hope with the family unit.
- \* The client is the family.



- \* Clinical Model
- \* FFT is a short-term, high quality intervention program with an average of 12 to 14 sessions over three to five months.
- \* FFT works primarily with 11- to 18-year-old youth who have been referred for behavioral or emotional problems by the juvenile justice, mental health, school or child welfare systems.
- \* Services are conducted in both clinic and home settings, and can also be provided schools, child welfare facilities, probation and parole offices/aftercare systems and mental health facilities



- \* FFT consists of five major components:
  - engagement,
  - motivation,
  - relational assessment,
  - behavior change and
  - generalization.
- \* Each of these components has its own goals, focus and intervention strategies and techniques.



## \* Training

- \* Includes an initial two day training with a national training
- \* Quarterly two day on site trainings with consultant
- \* Weekly case consultation with an assigned consultant



- \* Within the first year a member of a local FFT team will be designated as the site supervisor and will receive additional training in supervision or FFT
- \* This occurs off site



- \* Evidence Based Practice

- \* FFT is a national and internationally recognized Evidence Base Practice.

- \* Clinicians and family members complete assessments at each stage of treatment

- \* The assessments assist the clinicians to assess problem area and progress, .



## \* Other Programs

\* The Criminal Justice Initiative (CJI) for adults has implemented evidence based programs including

\* MRT Moral Reconciliation Therapy

\* CBT program aimed at enhancing moral reasoning, better decision making, and more appropriate behaviors.

<https://www.ccimrt.com/mrt>

\* CBISA Cognitive Behavioral Interventions for Substance Abuse

\* The Cognitive-Behavioral Interventions for Substance Abuse (CBI-SA) curriculum is designed for individuals that are moderate to high need in the area of substance abuse and well suited for criminal justice populations.

<http://www.uc.edu/content/dam/uc/corrections/docs/Training%20Overviews/CBI-SA%20-%20Overview.pdf>

\* **Currently local agencies provide these services for adults**