

"CIBHS seeks to establish new sites for evidence-based practices that have shown successful outcomes."



CIBHS is a leader in the successful and sustainable implementation of evidence-based practices (EBPs) in California.

Functional Family Therapy (FFT) is an empirically grounded, well-documented and highly successful family intervention. FFT has been applied to a wide range of at risk youth and their families in various multi-ethnic and multicultural contexts. Target populations range from at-risk preadolescents to youth with very serious problems such as conduct disorder, violent externalizing behaviors and substance abuse.

FFT IS TRANSFORMING FAMILIES THROUGH ACCESS

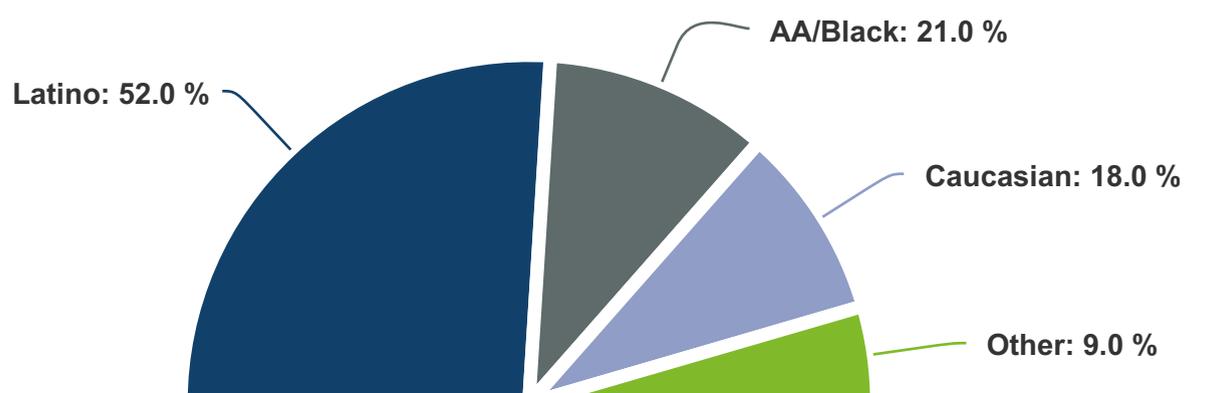
As of July 2015, FFT has served 14,000 diverse families in CA, with the following outcomes.



REACHING UNDERSERVED COMMUNITIES IN CALIFORNIA

1 Success With Diversity

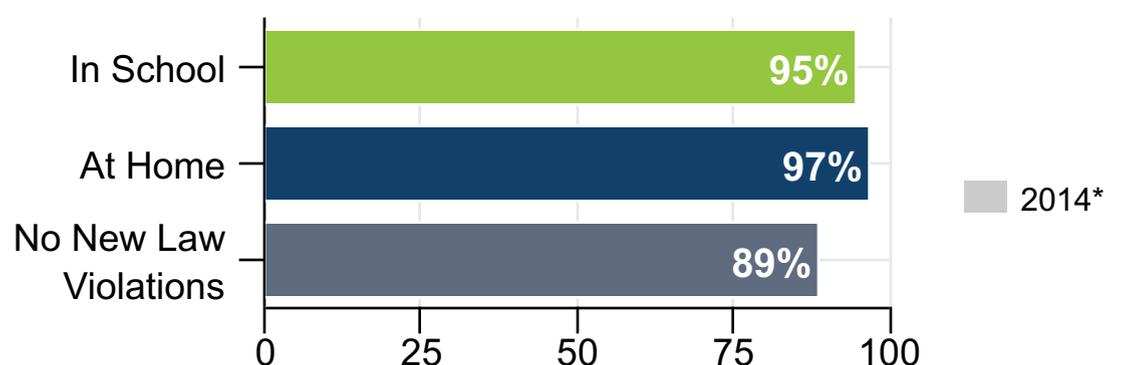
FFT believes in reducing barriers for underserved populations and serves families from diverse ethnic backgrounds.**



2 Successful Family Outcomes

2014 California data show that completing FFT correlates with high rates of school attendance, and youth at home with no new law violations.

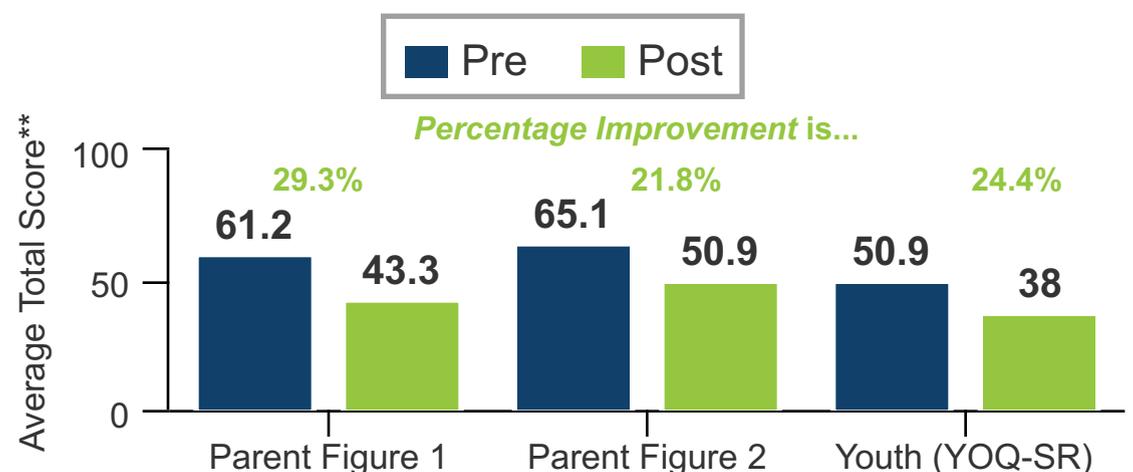
SUCCESS RATES



3 Reduces Family Distress

Youth Outcome Questionnaires (YOQ) show significant reduction in distress for parents & youth after receiving FFT services.***

REDUCED SYMPTOM DISTRESS



*FFT LLC California 2014 Tri-Yearly Performance Evaluation (TYPE) Report.

**The 2015 CIBHS Program Performance Dashboard Report

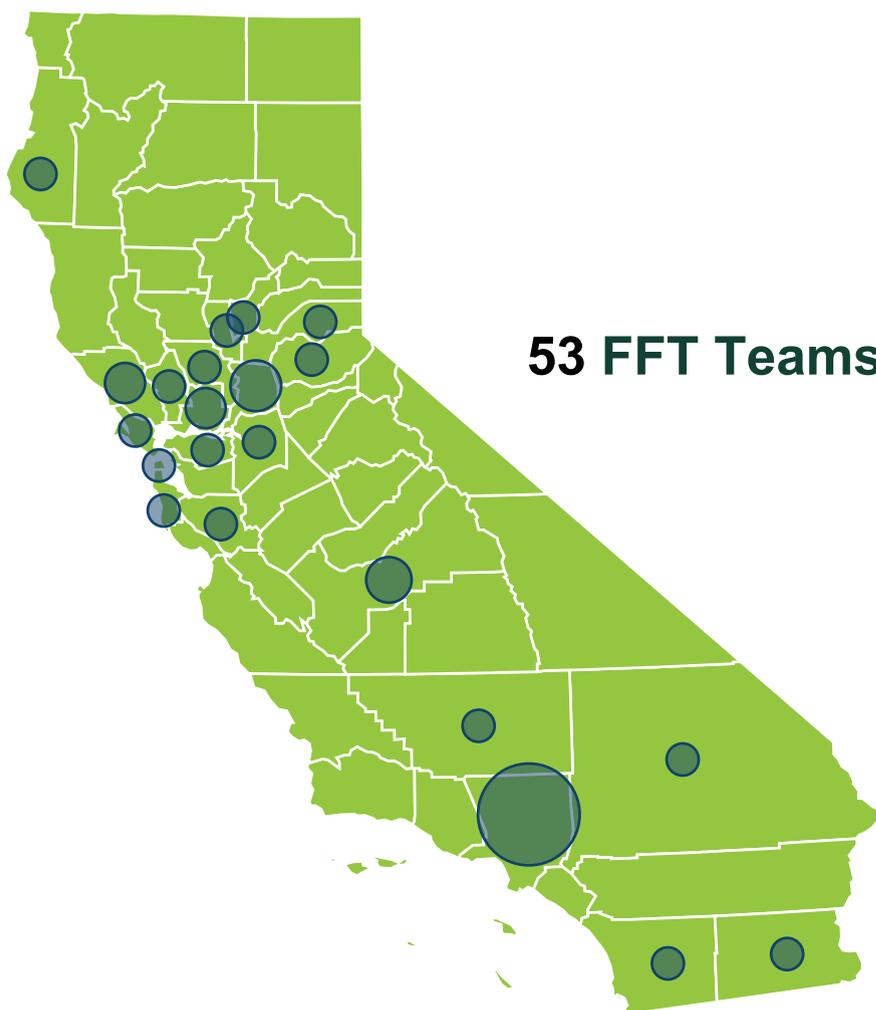
***The Youth Outcome Questionnaires (YOQ and YOQ-SR) are outcome measures completed before and after participation in FFT. These 64-item standardized questionnaires assess children's global mental health functioning within the prior week according to both youth self-reports (ages 12-18) and reports of their parents/caregivers (for children ages 4-17). Possible Total YOQ and YOQ-SR scores range from -16-240. Scores of 47 or higher for parent/caregiver report and 46 or higher for youth self-report are most similar to clinical populations.

Spanish Speaking Family: A Success Story



A local San Joaquin family summarized "the process has not been easy, but **recovery continues successfully.**" The youth enthusiastically stated that after only a few months, her family "no longer drinks or uses drugs. My attitude to life has changed. **I feel happier and safe.** I have learned to manage my anger, and to talk more openly about my inner feelings." The youth also reported that because of FFT, **"our family relationships improved alot."**

FFT in California Counties 2006 - 2016



53 FFT Teams Trained in CA Since 2006

Over the past decade, 846 therapists have been trained to provide FFT to families.

There are currently 32 FFT teams practicing in California.

CALL TO ACTION: Establish New FFT Sites

FFT Can Help Communities in Need

There is an estimated 1 million children in California aged 13 and above with debilitating behavioral disorders. Currently FFT has only had the capacity to serve 14,000. We need to be able to serve more children and families.

*US Census Bureau, population estimates

*NIMH National Comorbidity Study-Adolescent Supplement

FFT is Cost Effective

Studies demonstrate a high cost-benefit ratio. This includes savings in juvenile systems, savings in behavioral and physical health, community savings for reduced crime, and future earnings.

*Washington State Institute for Public Policy (2011). Return on investment: Evidence-based options to improve statewide outcomes.

FFT is Successful

Studies demonstrate that there is a 30% reduction in juvenile recidivism versus control groups for competently delivered FFT. Further, child welfare studies have shown a significant reduction of placements.

*Washington State Institute for Public Policy (2002) Washington state's implementation of Functional Family Therapy for juvenile offenders: Preliminary findings

*Stout & Holleran (2013). The impact of evidence-based practices on requests for out-of-home placements in the context of system reform.

Contact Info: Pam Hawkins | Phone: 916.317.6318 | E-mail: phawkins@cibhs.org | www.cibhs.org