Functional Family Therapy - Keeping Model Fidelity during Changing Times

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• Sustainable Evolution: 119 Year History

• Services: Wide Array of Community Based Programs (FIT, TBS, WRAP, PFC, FYP)

• Outcome Based: Evidence Based Practices- QIR provides compliance oversight and evaluates outcomes across all programs of the organization.
• Mission: To inspire sustainable change for young people and their families and empower them to solve serious challenges together

• Vision: We envision a community where every young person has strong and permanent connections to family and the opportunity to develop as a healthy and productive young adult

• Values: Accountability, Empowerment, Excellence, Innovation, Integrity, Partnership
• Family Centered Practices: Guiding Principles
• Family centered
• Strength-based
• Family participation, voice, and choice
• Community-based
• Outcome driven services
• Individualized services
• Child and family teams driven
• Services are needs-driven
• Unconditional care and regard
• Culturally Competent
What is JJCP?

The Juvenile Justice and Crime Prevention Program:

• Provides restorative justice services to youth in the juvenile justice system using a variety of evidence based modalities. Our goal is to impact offender accountability, recidivism, and reduce risk factors.

• Branch of JJCP being highlighted today includes our FFT services: Sacramento County Probation Partnership
What is JJCP?

• Focuses on reducing criminal behaviors and risk factors, while enhancing protective factors, and improving family relationships

• Links youth to pro-social activities and community supports to decrease risk factors and provide positive opportunities for community engagement and involvement
What is JJCP?

• Provides Functional Family Therapy (FFT) to youth and family as part of their probation requirements

• Builds hope and reduces negativity while increasing communication and conflict resolution skills between the youth and their family

• Staff work collaboratively with the youth, their family, and the Probation Department to ensure effective communication and coordination of services

• Practitioners meet every other week with Field Probation Officers to discuss updates and coordinate case management
Who We Serve?

- Eligible youth who are on probation and exhibit moderate to high-risk behaviors

- Types of behaviors include: gang involvement, anti-social attitudes, impulsive behavior, family violence, substance abuse, etc.

- Ethnically and culturally diverse youth ranging in age from 12-18
Who We Serve?

• In 2017-18FY a total of 145 youth were referred (106 served)- since 2010 we’ve admitted 1,083 youth/families into our program

• Demographics: 81% between the ages of 15-17 years old, 78% male and 22% female

• Race/Ethnicity: 36% Black/African American, 21% White/European American, and 15% Hispanic/Latino
Who We Serve?

• Geographically, any family living in the Sacramento region can qualify for services, neighborhoods could include: Citrus Heights, Carmichael, South Sac, Galt, Oak Park

• A vast majority of sessions take place in the family’s home

• Probation completes home check prior to practitioner receiving referral and entering home
Who We Serve?

• 75% of caregivers identified their youth as having significant social problems (i.e. vandalism, drug/alcohol use, physical aggression)

• 61% of caregivers identified their youth has having significant and clinical impairment in their interpersonal relationships
Desired Outcomes

- Increase offender accountability and competency
- Decrease the likelihood of future delinquent behavior
- Increase family support and engagement
- Increase pro-social behaviors and engagement in positive community activities
- Increase family protective factors
- Decrease family risk factors
Partnerships

• Work with our local probation department to provide effective and collaborative services

• JJCP concept falls under the Restorative Justice model- taking youth from institutional environments to community based settings

• Referrals from Juvenile Field Services Divisions - Functional Family Therapy (FFT), Title IV-E Waiver Program, and Re-Entry Units
Partnerships

- Monthly participation at the Youth Detention Facility
- Focusing on community protection, offender accountability, and competency
- Mandated by the Court, yet family has ability to dictate where they receive services
- Collaboration and partnership is a key component in ensuring program and family success
What is FFT?

• Functional Family Therapy

• An evidence-based, well documented and highly successful family intervention treatment modality

• Proven effective with the Juvenile Justice Population

• Targets youth 12-18 years of age and their families
What is FFT?

• Family sessions are typically scheduled weekly for 3-5 months

• Caseload average 12-15 families

• Practitioners participate in weekly in-person consultation and group supervision with a FFT Site-Supervisor to ensure that they are adhering to the model

• FFT consists of 3 phases which include engagement and motivation, behavior change, and generalization
Engagement/Motivation Phase

- Create context for change
- Decrease conflict
- Increase hope
- Balanced Alliances
- Strength-based
- Relational
- Non-judgmental
- Respectful

- Interpersonal
- Clinical
- Contingent
- Responsive
- Change Focus
- Change Meaning

Goals
Skills
Focus
Activities

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Behavior Change Phase

- Eliminate referral problems
- Improve family interactions
- Build skills

- Directive
- Teaching
- Structuring

- Changing behaviors and interactions
- Compliance

- Facilitating tasks
- Modeling / Coaching
- Homework

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Generalization Phase

- Interpersonal
- Structuring
- Case Management

Maintain individual and family change
Facilitate change in multiple systems

• Extend change
• Exta-familial community resources

Goals
Skills
Focus
Activities

• Link to formal and informal systems
• Plan for future challenges
• YOQ’s, YOQ-SR’s, FSR’s, COM’s, TOM’s

• Measures are conducted in accordance with FFT model- data is scrutinized both internally and externally

• CANS, CAFAS newly adopted by Probation after State of California made it a requirement for mental health programs Note: JJCP is not categorized as a mental health program at SYS
Assessment Measures

• Probation requested we use CANS/CAFAS in treatment so we’ve had to integrate it into our program

• Done this through innovative planning such as utilization of masters level interns

• Requires high level of collaboration between student interns and practitioners—especially when discussing treatment needs
• YLS-CMI, Youth Level of Service - Case Management Inventory

• Assessment used by probation to determine needs of youth

• Once completed on their end, they send us the referral with the youth’s identified treats we are expected to impact in treatment
Generalization Phase

• Assessing families needs throughout treatment process so practitioner can utilize “FFT Support”

• Making appropriate referrals and linkage support to families in an effort to increase protective factors and positive involvement in pro-social engagement

• Utilization of flex funds to help link- assuming probation approves and sustainability is possible
• FFT Support created by Stanford to meet the needs of probation and families; while keeping it adherent to FFT standards

• Examples of FFT support/linkage could include, but is not limited to: California identification card, school support meetings, sports programs/activities, community service options, navigating different bureaucracies, AOD classes, and individual mental health services
Guidelines for Effectiveness

• Practitioners gather every week for 2 hour of group supervision - lead by FFT Site Supervisor

• Practitioners meet with both FFT Site Supervisor and Clinical Program Manager for weekly consultations

• Utilize TYPE report to gather adherence and fidelity data
Guidelines for Effectiveness

• Organizationally and programmatically, we utilize an employee evaluation system to set and assess Outcomes, Activities, and Measures that allow us to reach goals within program.

• Utilize a “merit based increase” incentive based on the employee evaluation.
Guidelines for Effectiveness

• Set standards related to practitioner fidelity and competence—information is shared with our probation partner

• Engaging and supportive supervision are key components in practitioner sustainability and innovation

• This supervision model also prevents drift from evidence based practice
Guidelines for Effectiveness

• Utilize leadership concepts and frameworks to empower our team to reach its highest potential

• Encourage frequent communication with field officers to establish and maintain good relationships and support to families
• In our last Tri-Yearly Performance Evaluation (TYPE) report period our team had an 86% completion rate

• 82% of our youth completed FFT within the JJCP program in 2017-18FY.

• 92% of those families showed positive outcomes at the time of discharge from program

• Our practitioners average fidelity rating was 5.06 and our average dissemination was 5.0 (note: average fidelity rating is 3.0 and dissemination is 4.0)
Questions or Comments?