

## Implementing Functional Family Therapy: Practical, Theoretical, and Empirical Findings

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## Functional Family Therapy... a "Evidence-based" Approach

- Research-based family program for at-risk adolescents and their families
  - Outcome studies (efficacy/effectiveness)
  - Process studies (mechanism of change)
- Targets youth between 11-18....
  - Prevention intervention--status/diversion kids
  - Treatment intervention--moderate and serious delinquent youth
- Short-term, family-based program
  - 8-13 for moderate cases, 26-30 for more serious cases spread over 3 to 6 months
- Effective for the range of adolescent problems
  - Violence, drug abuse/use, conduct disorder, family conflict
- FFT is a "family therapy" approach



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## Functional Family Therapy "Going to Scale" Implementing FFT in Community Settings

### Guiding Principles

- FFT with high fidelity
- Multiple targets of change
- Implementation in ways that "match to" the site while maintaining fidelity
- Develop Community partners
- data based implementation decisions

### Protocols


- training
- implementation (service delivery, supervision, & organizational support)
- quality assurance & improvement



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## Functional Family Therapy "Going to Scale" *Context*

- Widely Implemented
  - Implemented in over 120 sites (some individual sites..some state wide projects)
    - Urban/rural
    - Diverse cultures/communities (African American, Hispanic, Vietnamese, Chinese, Haitian, Dutch)
    - Multiple Languages (English, Spanish, Mandarin, Creole, Dutch)
  - Widely evaluated (community based studies)
  - Sites that are now 7 years out in the implementation
  - Some state wide efforts and projects
    - state wide infrastructure to promote long term stability



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## Functional Family Therapy "Going to Scale" Practical, Theoretical, & Empirical Findings

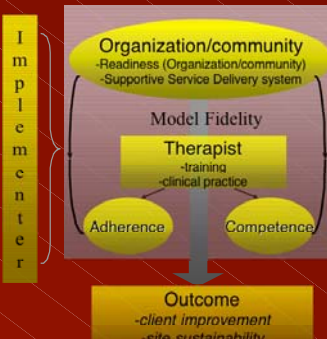
**Multiple Outcomes/Goals**

1. Model fidelity
2. Site sustainability
3. Client Improvement


**Multisystemic Relational Process.....**

1. Organization/Community
2. Therapist
3. Implementer

- Organization/therapist Alliance
- model fidelity



The diagram illustrates a flow from 'Organization/community' (Readiness and Supportive Service Delivery system) to 'Model Fidelity', which leads to 'Therapist' (training and clinical practice). This process is supported by 'Adherence' and 'Competence'. The final result is 'Outcome' (client improvement and site sustainability).



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## Functional Family Therapy Clinical Training Protocols

**Clinical Training**

*Stages*

**Phase I:**


- Therapist Clinical Training
- Clinical Supervision
- Externship Training
- On site follow up visits
- Quality Assurance

**Phase II:**


- Supervisor Training
- Quality Assurance
- Follow-up Training

**Phase III:**

- Continuing Education
- Quality Assurance



The diagram shows 'Organization/community' (Readiness and Supportive Service Delivery system) leading to 'Therapist' (training and clinical practice). This is supported by 'Adherence' and 'Competence', resulting in 'Outcome' (client improvement and site sustainability).



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