**Site Level Sustainability**

<table>
<thead>
<tr>
<th>External Influence Factors</th>
<th>Organizational Components</th>
<th>Core Implementation Components</th>
<th>Possible Fidelity</th>
<th>Possible Sustainability</th>
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<tr>
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<td>Strong</td>
<td>High</td>
<td>Long Term</td>
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<td>Medium Term</td>
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<tr>
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<td>Weak</td>
<td>Weak</td>
<td>Low</td>
<td>Short Term</td>
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<tr>
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<td>High</td>
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</tbody>
</table>

**FFT External Influence Factors**
- Support for evaluated programs – (State and Local)
- Support for adequate referral numbers – (Local)
- Systemic support for fidelity - (State and Local)
- Sustainable funding strategies -(State and Local)

Ongoing support for outcomes – (State and Local)

**Players in a Statewide System**

Statewide system is implemented by a “state or nationwide entity” (PCCD) and FFT through collaboration with:
- State FFT Coordinator: Creates and oversees infrastructure and core system
- Statewide Stakeholders: Provides direction regarding statewide among trends and needs (OMHSSA/DPW)
- Local Stakeholders: Provides the vision of an EBP for local community
- State FFT Supervisors: Clinical Consultants for the state supervised by a State Coordinator
- Provider Agencies: Participates in the statewide project through an ongoing relationship with FFT

**Interplay Between State and Local Levels**

- **State Level Influence**
- **Local Level Influence**
- **Organizational Level Influence**

**Sustainability of an EBT Within a Statewide System of Care Framework**

An evidence-based and systematic family-based model for working with at-risk adolescents and their families

Helen M. Midouhas, M.S. Ed., N.C.C., L.P.C.
PA Statewide Coordinator
FFT National Trainer
PA Program Sustainability

- Program Sustainability of PA Initiative
  - Not Sustaining
  - Operating at Reduced Level
  - Operating at the Same Level or Higher Level

N=41 grantees off funding 2 or more years

Historical Context of the PA Statewide System

1998- Implementation of a statewide adoption of the Blueprints for Violence Prevention
- CTC Model: Community Risk and Protective Factors
- PA Youth Surveys
- Continuous Grant Opportunities (since 1999): State funding appropriated to create stable funding source
- 9 million in grant dollars committed to date

Proliferation of EBP in PA

2002- Investment into Sustainability resulting in high profile for FFT in the State
- Statewide Coordinator
- Local Needs Assessed
- State and Local trends shared

Statewide Project Functions

- Annual FFT Replacement Training
- State Follow-Up Trainings
- Phase 2 Consultation with State Supervisor
- Transition to Phase 3
- Phase 3 Consultation

PA Quality Assurance and Quality Improvement System is created to impact long term sustainability

Site Certification-drives system
- Systemic support for fidelity
- Ongoing support for outcomes
- Site Level Assessment and Therapist Level Assessment (Informal and Formal Plans)
Historical Context of the PA Statewide System

2005-2006 Medical Assistance Realignment
PA DPW permits Medicaid reimbursement for FFT services. MA reimbursement depends upon FFT Certification thereby creating a continued need for a well-defined and targeted QA/QI system.

Key to Sustainability: Diversity of Funding

Impact of MA Funding
-80% of sites are on MA funding
-Per unit reimbursement ranging from $19 to $37
-Weekly cases rates at about $215 per case
-Per event rates in the $200s
-Increasing team size to meet referral sources needs: 50% of the sites have added at least one therapist
-Increase in referral numbers:
  -2006: 805 youth referred
  -2007: 844 youth referred (more than half MA ref.)
PA FFT Sustainability

How can a framework impact this?

Preventing Failure from a Statewide Perspective

- Earlier Site Certification
- Planning for attrition
- Emphasis on External Factors from early on
- Emphasizing collaboration (with PCCD, with DPW)
- Decrease dependence on grants and emphasize diversity of funding (2 year grants, vs. 4)

Shared large scale dissemination traits

Dedicated coordinator

Ongoing training for new therapists and for therapists that need additional help

On going supervisory support

Data based improvement planning (at therapist, team and system level)

Shared large scale dissemination traits

Administrative and clinical partnering at a larger oversight level

Multi system (and multi-level) advisory groups

Themes: strength based, collaborative, accountable, supportive

Creating a context for local ownership and expertise

Operating FFT statewide systems

Washington county and state collaborative

Washington State JRA FFT and FFP

Florida DJJ

New Mexico Child Youth and Families

Emerging FFT Systems

California (Cal Institute for MH)

Oregon OYA

Netherlands

In Planning

Hawaii

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