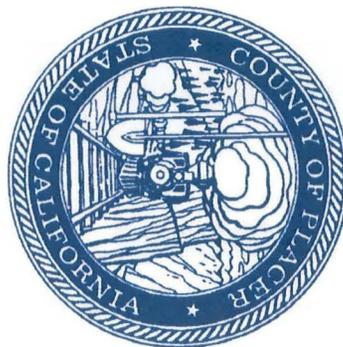
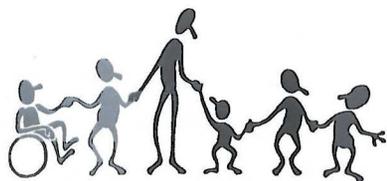


Who Qualifies for FFT Services?

- Children currently living with family, or children that are 30 days from reunifying with family. "Family" includes relative, NREFM, foster and adoptive family.
- Children who are 11 years of age or older.
- Children with an IQ over 80.
- Child and/or family that are not already involved with intensive therapy. If referred for FFT and child or family is in therapy, child or family will need to put therapy on hold.
- Family has no serious abuse investigations currently being investigated.



Placer County Children's System of Care
1130 Conroy Lane, Suite 500
Roseville, CA 95661



Functional Family Therapy (FFT)

Placer County
Children's System of Care

(916) 784-6440

What are Functional Family Therapy (FFT) Services

The FFT program is best understood as short-term Family Therapy (average number of sessions is 14). FFT goes to the family's home, or meets in the office, whatever is most convenient for the family. Since FFT is an evidence-based program, families are asked to fill out Outcomes Questionnaires throughout treatment to help us better serve our families.



FFT is broken down into three phases, each with specific goals:

- ◆ Engagement and Motivation
- ◆ Behavior Change
- ◆ Generalization

The 3 Phases of FFT

Engagement and Motivation

GOALS: Reduce negativity and blame, increase hope, develop an alliance with all family members (not just one person), develop a family/relational focus for the problem, plant the idea that there is a solution (increase hope).

Behavior Change

GOALS: Develop and implement family treatment plan that targets the presenting problem by reducing the family risk factors and increasing family strengths and coping.

Generalization

GOALS: Maintain change, generalize change across situations, support change with needed community supports.

FFT believes in the concept of “**Obtainable Change.**” FFT does not create a new family, FFT helps families become unstuck and functioning within their own abilities. Basically, FFT strives to help families to recognize they have strengths that have gotten them this far, and they can keep on going without us!

What does this mean in Placer County's integrated model? It is important to recognize that FFT is simply a family therapy intervention. This is an excellent referral within CSOC for families who are struggling. These families will not receive intensive case management— they will receive family therapy. The Generalization Phase is a great opportunity to introduce system and community supports, at the family's request, to help family members maintain the changes made in the Behavior Change Phase as they become independent of FFT. FFT's overall goal is to have the family functioning independently of the system, if this is in the family's best interest.

If you have any questions or require additional information about this program, contact FFT Supervisor or one of the FFT practitioners at (916) 784-6440.