

Functional Family Therapy (FFT) Information Sheet

Program Description

FFT is intensive short-term therapy delivered in the home or, on occasion, a convenient location for the family if the therapist deems the home unsafe. Therapy sessions will address improving family dynamics. See the Provider's pamphlet/fact sheet for a detailed explanation.

A session is generally 1-1 ½ hour per week, but three (3) sessions can occur within ten (10) days for crises. Within 15 days of the first session, a *treatment plan* will be given to the designated FFT contact person and the family. Upon request, the therapist will update the officer as to whether therapy is progressing as per the treatment plan and whether a weekly session has occurred.

A family must complete three (3) major phases during a period of 60-180 days to complete FFT treatment. The therapist will send to the designated FFT contact a *Phase Completion Form* within five (5) days of a family completing a major phase and a *Discharge Summary Report* within five (5) days of the family's discharge.

Additionally, the designated FFT contact will receive a *Caseload Report*, at the beginning of the month, reflecting the therapy hours for each week per family during the previous month. It will consist of current participants, discharged families, and those attending boosters, which are post-treatment sessions for kids who begin to display old behavior. See the Provider for details.

Documents Summary

	Description	Purpose	Delivery Time	Recipient(s)
Treatment Plan	A written plan outlining therapy goals for the participating family based on input from the family, the supervising officer, and the therapist.	Agency head/officers can verify that the reasons for referral will be addressed in therapy.	Within 15 days of first session	Designated FFT Contact (Family if requested)
Phase Completion Form	A document reporting the specific phase completed and the skills that were introduced and learned by the family.	Agency head/officers will be equipped with information that they can reiterate during visits.	Within 5 days after phase completion	Designated FFT Contact
Discharge Summary Report	A document reporting the summary of treatment and reason for discharge of the family.	Agency head/officers will be equipped with the skills learned from which they can use to inform further programming needs.	Within 5 days after discharge	Designated FFT Contact
Caseload Report	A document reporting information about the current JD-specific FFT participants and the discharged participants.	Agency head can track the progress of all the referrals, and thereby track the success of FFT in their judicial district.	Within the first 5 business days of the month	Designated FFT Contact