“All service providers and services must be in compliance with the Standards of Practice and Juvenile Services Voucher Rules.”
- The treatment plan will be individualized and will include the specific problems, behaviors, or skills to be addressed; clear and realistic goals and objectives; services, strategies, and methods of intervention to be implemented; criteria for achievement; target dates; methods for evaluating the individual's progress; and the responsible professional. The treatment plan will be developed with the individual and the identified, appropriate family members as part of the outpatient family therapy treatment planning process.

- Treatment plans will be reviewed every 90 days or more often if clinically indicated.

- The three core principles of FFT are as follows:
  - One: Understanding individual – This is a process whereby the therapist comes to understand the individual and family in terms of their strengths on the individual, family system and multi-systemic level.
  - Two: Understanding the individual systemically – This is a process whereby the therapist conceptualizes the individual’s behaviors in terms of their biological, relational, family, socio-economic and environmental etiology. Subsequently, the therapist assesses the individual’s relationships with family, parents, peers, their school and their environment and how these roles/relationships contribute to the maintenance and change of problematic behaviors.
  - Three: Understanding therapy and the role of the therapist as a fundamentally relational process – This is a process where the therapist achieves a collaborative alliance with the individual and family. Subsequently, the therapist ensures that the therapy is systematic and purposeful, while maintaining clinical integrity. More specifically, the therapist follows the model but also responds to the emotional processes (needs/feelings/behaviors) that occur in the immediacy during clinical practice.

- The five major components of FFT’s treatment include:
  - Engagement;
  - Motivation to change;
  - Relational/interpersonal assessment and planning for behavior change;
  - Behavior change; and
  - Generalization across behavioral domains and multiple systems.

- With permission from the legal guardian, the treating clinician must consult with and/or refer to other providers for general medical, psychiatric, psychological and/or psychopharmacological needs as indicated.

- All psychiatric/psychotherapy services will be prescribed and provided under the supervision and direction of a supervising practitioner (physicians; licensed psychologists; and/or Licensed Independent Mental Health Practitioners). Supervision is not a billable service.

- Supervision entails critical oversight of a treatment activity or course of action; review of the treatment plan and progress notes; individual specific case discussion; periodic assessments of the individual; and diagnosis,
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- All providers must hold a current, valid Nebraska license through the Nebraska Department of Health and Human Services (DHHS) – Division of Public Health and must act within their scope of practice. All providers must be trained in trauma-informed care, recovery principles and crisis management.

<table>
<thead>
<tr>
<th>Staff to Client Ratio</th>
<th>All staffing shall be adequate to meet the individualized treatment needs of the youth and meet the responsibilities of each staff position as outlined in the FFT model.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hours of Operation</td>
<td>Providers are expected to be flexible in scheduling to accommodate the service needs, which may include evening and/or weekend availability. FFT services are available 24 hours per day, 7 days a week, while the family is receiving services.</td>
</tr>
</tbody>
</table>
| Service Desired Outcomes | Per FFT fidelity the following outcomes will be met:  
  - Youth remain at home  
  - Improved family functioning  
  - Improved behavior & mental health  
  - Reduced substance use  
  - Treatment completion  
  - Increase frequency of prosocial interactions |
| Unit and Rate          | Per hour; see rate sheet |

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