



ADMINISTRATIVE OFFICE OF THE COURTS & PROBATION

## ***Service Interpretive Guidelines***

### **Functional Family Therapy**

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#### **SERVICE DEFINITION:**

Functional Family Therapy (FFT) is an evidenced-based family therapy targeted at children ages 10-18, however youth of other ages can receive the service if clinically indicated. FFT provides clinical assessment and treatment for the youth and their family to improve family communication, problem solving, conflict management, drug/alcohol issues, oppositional/defiant behaviors, and any other challenging behaviors in order to reduce problematic behavior of the individual. It is a short-term treatment strategy that is built on a foundation of respect of individuals, families and cultures.

The model includes an emphasis on assessment in understanding the purpose behavior problems serve within the family relationship system, followed by treatment strategies that pave the way for motivating the youth and their families to become more adaptive and successful in their lives.

FFT is designed to improve family communication and supports, while decreasing intense negativity and dysfunctional patterns of behavior. Therapy also includes training parents how to assist the youth based on the youth's diagnosis.

#### **TARGET POPULATION:**

This service would typically assist in addressing youth with high risk and/or need in Family Circumstances/Parenting or at risk for out-of-home placement.

#### **PROBATION/PROBLEM SOLVING COURT OFFICER (OFFICER) RESPONSIBILITIES:**

- Functional Family Therapy targets the entire family, services are conducted when all family members are present. The officer must approve any deviation from this requirement.
- Officer will communicate with the FFT therapist to assist with developing a written individualized treatment plan for the youth.
- Officer shall communicate weekly, at a minimum, for updates on the treatment plan and goals and the youth and family's engagement in services.
- Officer will assist in maintaining family engagement and facilitate family team meetings to encourage communication and progress.
- Officer will verify with the FFT therapist if progress is being made. If progress is not indicated, the FFT therapist shall provide a rationale as to what changes will be made to initiate a plan to increase progress.
- Officer will work with the provider to develop a written discharge plan that includes:

- Next appropriate community services
- Follow-up appointments scheduled in conjunction with family
- Community supports and resources for the youth/family
- Consultation with community agencies on behalf of or in conjunction with the youth/family
- Upload all documents to the information management system.