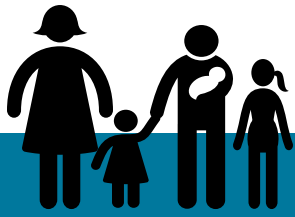


FAMILY-FOCUSED INTERVENTIONS



Youth Justice

Functional Family Therapy (FFT)

FFT is an evidence-based intervention that targets the family system. This therapy model takes a relational approach rather than an individualized approach.

FFT

Targeted intervention program

A short-term behavioral intervention program to help youth who struggle with delinquent behavior and substance abuse.

45

the number of states that have implemented FFT. Some states include Maryland, Florida, Pennsylvania, Louisiana, New York, and Ohio

80%

of Florida families who enroll in FFT completed the program in 2011

FFT Therapy Model

Approaches

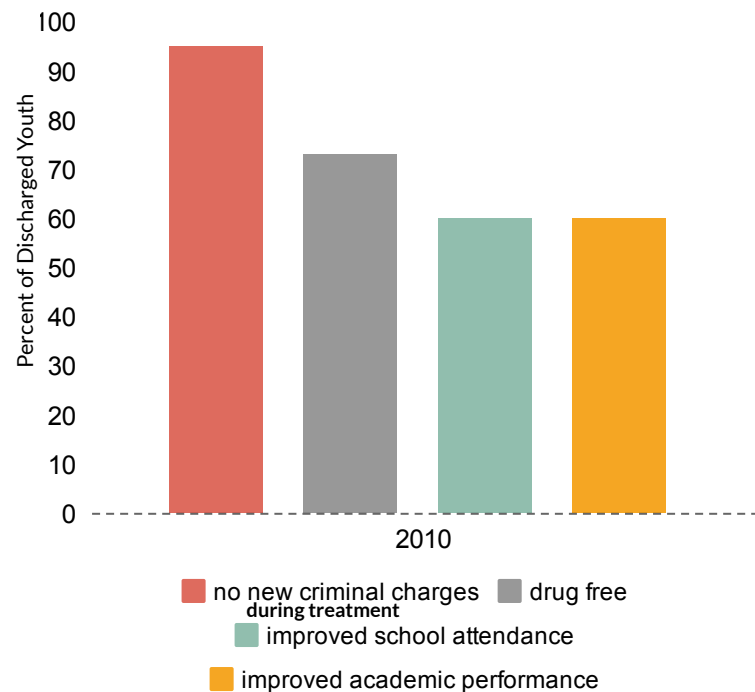
- Strengths-based model
- Assesses the risk and protective factors of the family and the outside system to understand what is impacting the child's behavior

Treatment Phases

- Treatment phases include family engagement, family motivation for change, and behavioral change to promote positive behavioral outcomes. The relational phase focuses on building positive relations between family members to promote a healthy family functioning. In the generalization phase, therapists create relapse prevention plans with the family and connect the family with community resources.
- FFT services are implemented in the home and a clinical office. Therapy sessions are delivered by a trained therapist, averaging about 12 sessions.

Pennsylvania FFT Program Outcomes at Discharge

1,175 youth discharged



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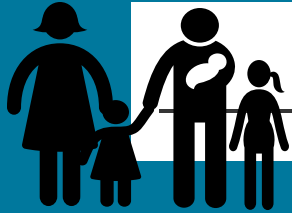
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FAMILY-FOCUSED INTERVENTIONS

Youth Justice

Multisystemic Therapy (MST)

MST is an evidence-based approach targeting multiple systems in a child's environment.

Multisystemic Therapy is a family focused and community-based treatment program



- Targets delinquent youth who display criminal and violent behavior, struggle with substance abuse, or are sexual offenders.



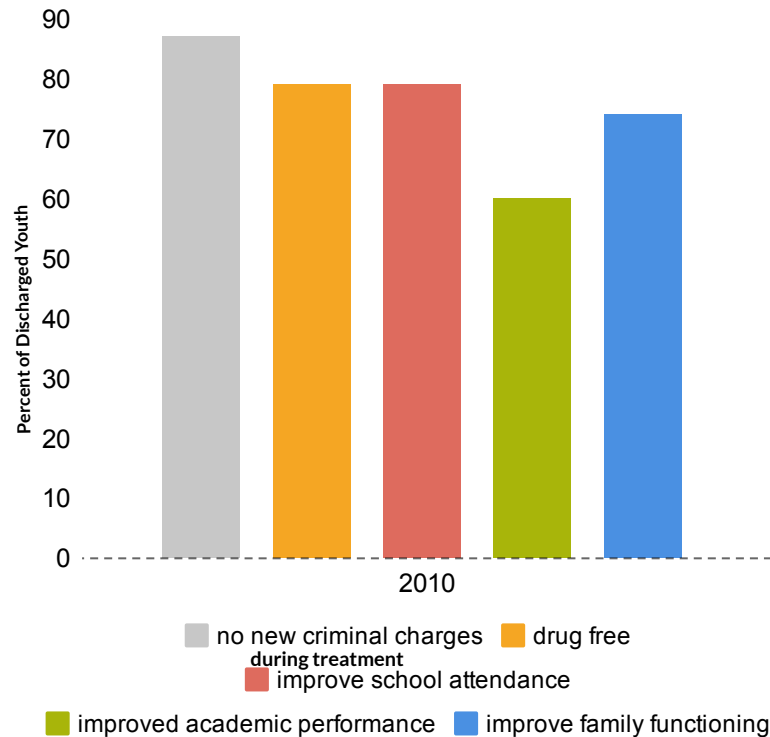
- Delivered by highly trained therapists in the school, home, and community. Treatment lasts for three to five months. Therapists are accessible to families 24 hours a day, 7 days a week.

MST Therapy Model

The motto is "whatever it takes" because therapists work with families to supply the resources and services needed to help their child. The intervention process focuses on:

- Reducing the child's anti-social behavior by increasing interactions with prosocial peer groups
- Removing barriers to parenting (substance abuse, conflict, and stress) to promote family functioning and improve family relationships
- Empowering parents by recognizing the family's strengths and connecting the family with strong support systems
- Promoting healthy family relationships
- Allowing the family to set treatment goals

Pennsylvania MST Program Outcomes at Discharge
1,822 youth discharged



Where is MST implemented?

- 34 states have implemented MST. These states include Maryland, Florida, Maine, Nebraska, Pennsylvania, North Carolina, New Mexico, and Louisiana.

What are the program outcomes?

- Research showed that youth sex offenders in MST had more family cohesiveness and positive peer relationships. Their grades improved. The youth also displayed less criminal behavior and had reduced recidivism rates.

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