

FRESNO COUNTY DEPARTMENT OF BEHAVIORAL HEALTH - OUTCOMES

PROGRAM TITLE: Functional Family Therapy

PROVIDER: Comprehensive Youth Services

PROGRAM DESCRIPTION: Evidence-based Family Therapy. Services are provided throughout Fresno County in the homes, schools, community centers and at the main office of CYC to the identified clients and their families. Participants may include parents, siblings, grandparents, and/or other relatives living in the home. Identified clients are age 11-17 and are either in the Juvenile Justice System or at-risk of involvement. Approximately 350 clients are seen at any given time.

Comprehensive Youth Services has served 280 youth, 418 parents/guardians, 625 siblings and other relatives for a total of 1,323 served from January 1, 2012 to December 31, 2012.

AGES SERVED:

Children
 Adult

TAY
 Older Adult

DATES OF OPERATION: April 2007 through Present

DATES OF DATA REPORTING PERIOD: Jan-Dec 2012

OUTCOME GOALS:

- Consumers will develop increased involvement in the therapeutic process and increased alliance with service provider.

OUTCOME DATA:

The Family Self Report (FSR) Questionnaire is given to each participating family member six times during the course of treatment. The FSR is administered during the first two sessions of each phase of treatment, Engagement (onset of treatment), Behavior Change (middle phase of treatment) and Generalization (graduation from treatment) for a total of six times during the course of treatment. A total of 164 youth, 192 parents/guardians and 583 siblings and other relatives participating in FFT completed the FSR surveys. Based on consumer and family members' reports, confidence and hope that the FFT therapist can help the family with their problems and trust of the therapist were reported to be high. Both confidence and trust increased as the counseling process progressed. As evidenced by the charts below, the FFT therapists are able to build rapport,

FRESNO COUNTY DEPARTMENT OF BEHAVIORAL HEALTH - OUTCOMES

trust and confidence with the consumers, parents/guardians, siblings and family members quickly using the FFT model. One of the key elements in FFT and the main focus of treatment in the first phase of treatment is to build the relationship between the client and the therapist. Utilizing the FFT model, the therapist is able to gain trust and successfully build relationships with the identified client and their family members which correlates to success of treatment outcomes. See Charts below regarding Confidence in Therapist and Trust of Therapist.

- Consumers that have been incarcerated in the past year or are currently on probation will have a 50% reduction in the average number of days incarcerated.
- A total of 5 consumers receiving FFT services were incarcerated either before, during or after treatment. Previous to treatment the 5 consumers spent a total of 13 days incarcerated. While participating in the FFT services, 2 consumers spent 22 days incarcerated. One consumer had no history of incarceration and spent one day in Juvenile Hall, while the other had a previous arrest and violated the terms of their probation leading to increased incarceration time of 21 days. Post treatment only 1 consumer had spent one day incarcerated (the same consumer that had violated probation previously but only spent one day in Juvenile Hall post treatment). Consumers are monitored for progress and incarceration rates up to one year after graduation from FFT services. These totals equal a 12 day reduction in incarceration days, equaling a 76% reduction incarceration days pre and post FFT treatment. It should be noted that only one FFT consumer was incarcerated post treatment indicating that 80% of consumers participating in FFT have not been reincarcerated after completing the program. (See

FRESNO COUNTY DEPARTMENT OF BEHAVIORAL HEALTH - OUTCOMES

Chart Below).

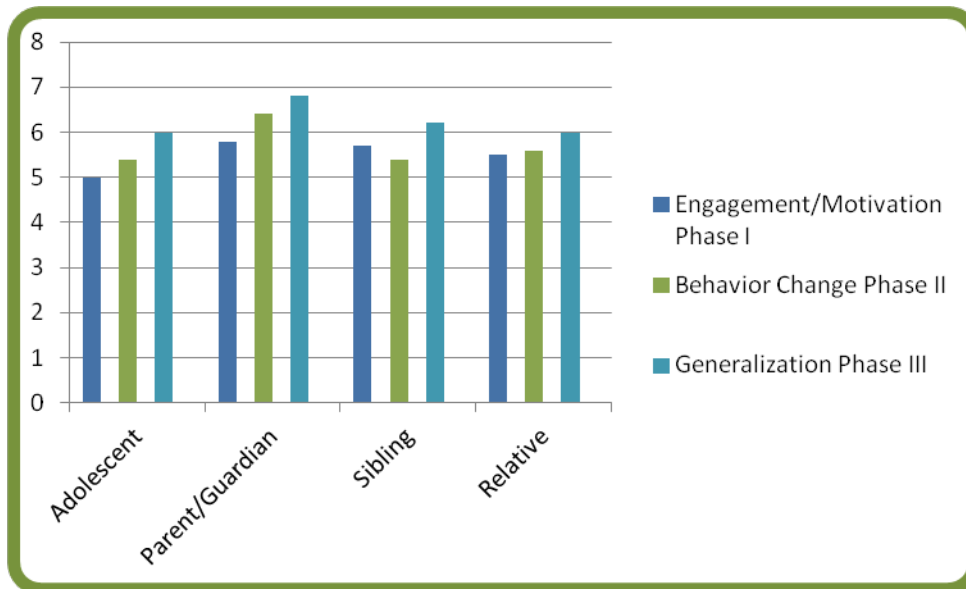
- There were few youth that were referred to FFT that had been incarcerated this year. Because FFT is designed and is an Evidenced Base Best Practice and proven effective with this population, CYC has completed outreach to the Juvenile Probation Department and Juvenile Behavior Court to increase referrals from these resources.
- Using the Client Outcome Measure for Adolescents (COM-A) and the Client Outcome Measure for Parents (COM-P) the majority of the consumers and parents/guardians reported that the family problems were “Some Better” to “Very Much Better”. Of the 164 youth and 192 parents/guardians that completed the survey 48% reported that the family was “Very Much Better” and 31% reported that the family was “Some Better” in terms of decreased conflict, improved communication and less legal and school disciplinary issues. Of the completed cases in 2012, at the time of the follow-up, 91% of the youth were still enrolled in school and 90% continued to live in the home with the parent/guardian.

DEPARTMENT RECOMMENDATION(S): Based on outcome and contract measurements reported, the Department recommends continuing MHSA funding for this program for FY 2012-13.

FRESNO COUNTY DEPARTMENT OF BEHAVIORAL HEALTH - OUTCOMES

Confidence in FFT Therapist

Overall, how confident or hopeful are you that your family will get better?				
SCALE:				
1 (Not Confident)	2 (I'm Doubtful)	3	4 (I'm Unsure)	5
6 (I'm Hopeful)	7 (I'm Very Confident)			
	Adolescent	Parent/Guardian	Sibling	Relative
Engagement/Motivation Phase I (Pre Treatment)	5.0	5.8	5.7	5.5
Behavior Change Phase II (Middle Phase of Treatment)	5.4	6.4	5.4	5.6
Generalization Phase III (Graduation/Termination)	6.0	6.8	6.2	6.0

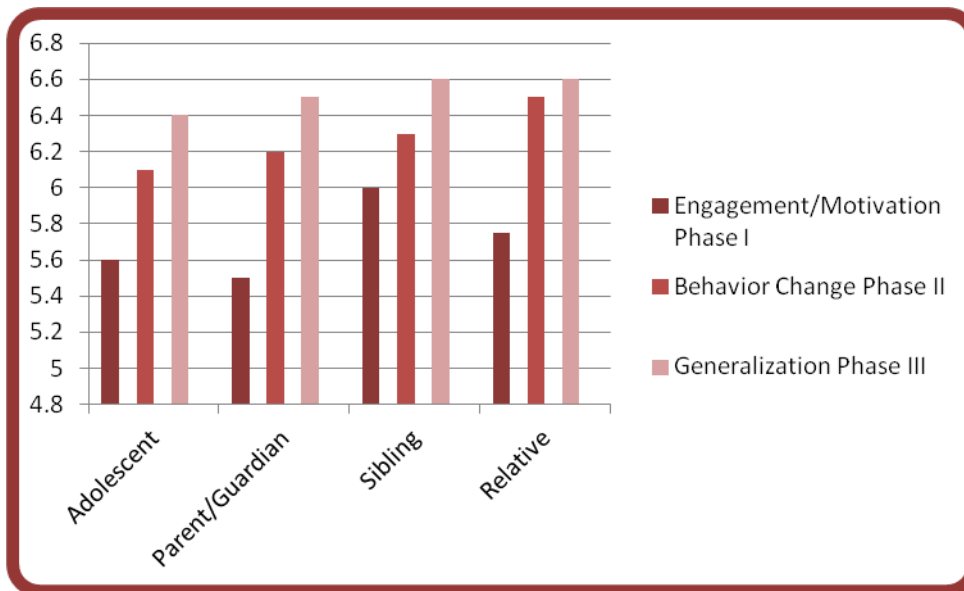


Based on the Family Self Report Questionnaire (FSR) this chart demonstrates the consumer and family member's confidence that the FFT process can help them improve their family relationships and the consumer and family's problems. As noted in the chart, both consumers and family members' confidence and hope increases as service progresses.

FRESNO COUNTY DEPARTMENT OF BEHAVIORAL HEALTH - OUTCOMES

Trust in FFT Therapist

How much do you trust your therapist?				
SCALE:				
1 (Not at All)	2 (Not Much)	3 (I Have Mixed Feelings)	4 (I Trust a Lot)	5 (I Have Total Trust)
6 (I Trust a Lot)	7 (I Have Total Trust)			
	Adolescent	Parent/Guardian	Sibling	Relative
Engagement/Motivation Phase I (Pre Treatment)	5.6	5.5	6.0	5.75
Behavior Change Phase II (Middle Phase of Treatment)	6.1	6.2	6.3	6.5
Generalization Phase III (Graduation/Termination)	6.4	6.5	6.6	6.6



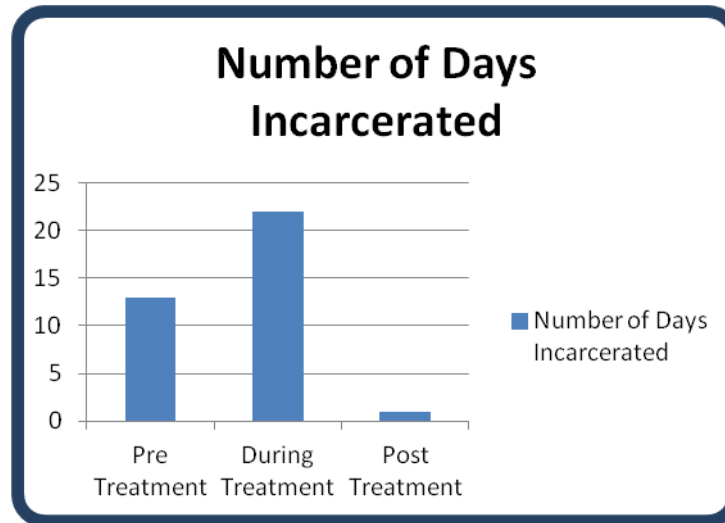
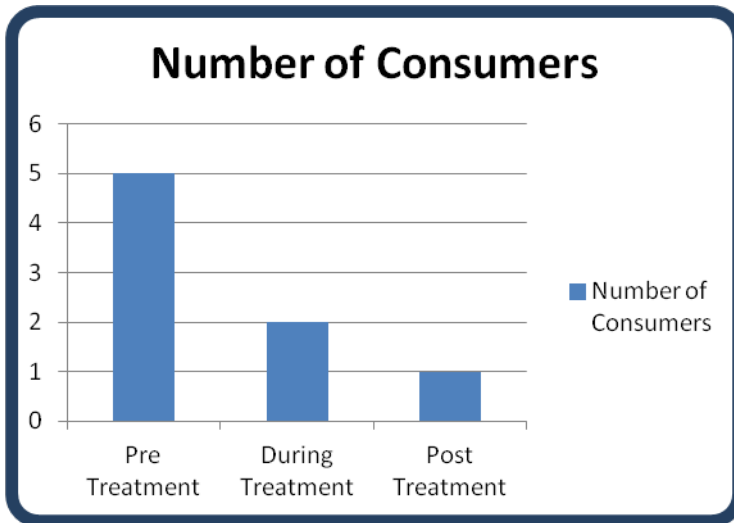
Based on the Family Self Report (FSR) Questionnaire, consumer and family members have a high degree of trust in their FFT therapists. As noted in the table, the consumer and family member's trust in their therapist increases as service progress. This table demonstrates the FFT therapists' ability to build alliances with consumers and their families.

FRESNO COUNTY DEPARTMENT OF BEHAVIORAL HEALTH - OUTCOMES

Comprehensive Youth Services – Functional Family Therapy (FFT) Program Incarceration Rates for Consumers

Incarceration Rates of Youth

	Pre Treatment	During Treatment	Post Treatment	Number of Days/Consumers Decreased Pre to Post
Number of Days Incarcerated	13	22	1	12
Number of Consumers	5	2	1	4



Of the consumers that have been incarcerated prior to participating in FFT treatment, 80% have not been reincarcerated and there has been a 76% reduction in the number of days of incarceration.