

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 in the home to the identified client and their family. 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 210 clients are seen at any given time.

AGES SERVED:

Children
 Adult

TAY
 Older Adult

DATES OF OPERATION: April 20, 2007 – Current

DATES OF DATA REPORTING PERIOD: Jan-Dec 2010

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 was given to consumer and family members at the onset of treatment, during the middle phase of treatment and at graduation/termination. 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. (See Attachments A and B).

FRESNO COUNTY DEPARTMENT OF BEHAVIORAL HEALTH - OUTCOMES

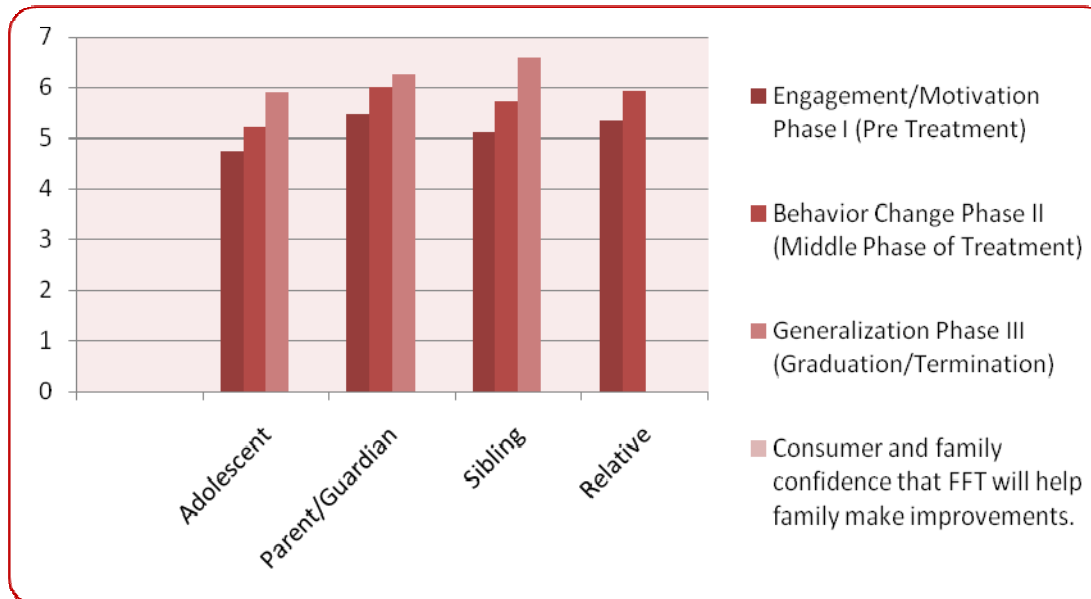
- Consumers that have been incarcerated in the past year or are currently on probation will have a 50% reduction in the average number of days incarcerated.
- A total of 8 consumers receiving FFT services were incarcerated either before, during or after treatment. Previous to treatment the consumers spent a total of 494 days incarcerated. While participating in the FFT services, consumers spent 50 days incarcerated. Post treatment they spent a total of 150 days incarcerated. This equals a 344 day reduction in incarceration days from pre to post treatment, equaling a 70% reduction. It should be noted that only one FFT consumer was incarcerated post treatment indicating that 87% of consumers participating in FFT have not been reincarcerated after completing the program. (See Attachment C).

DEPARTMENT RECOMMENDATION(S): Based on outcome and contract measurements reported, the Department recommends to continue MHSA funding for this program for FY 2011-12.

FRESNO COUNTY DEPARTMENT OF BEHAVIORAL HEALTH - OUTCOMES

Attachment A – Comprehensive Youth Services – Functional Family Therapy (FFT) Program Consumer and Family Confidence that FFT can help the Family

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)	4.75	5.49	5.10	5.35	
Behavior Change Phase II (Middle Phase of Treatment)	5.21	6.00	5.72	5.92	
Generalization Phase III (Graduation/Termination)	5.91	6.26	6.58	n/a	

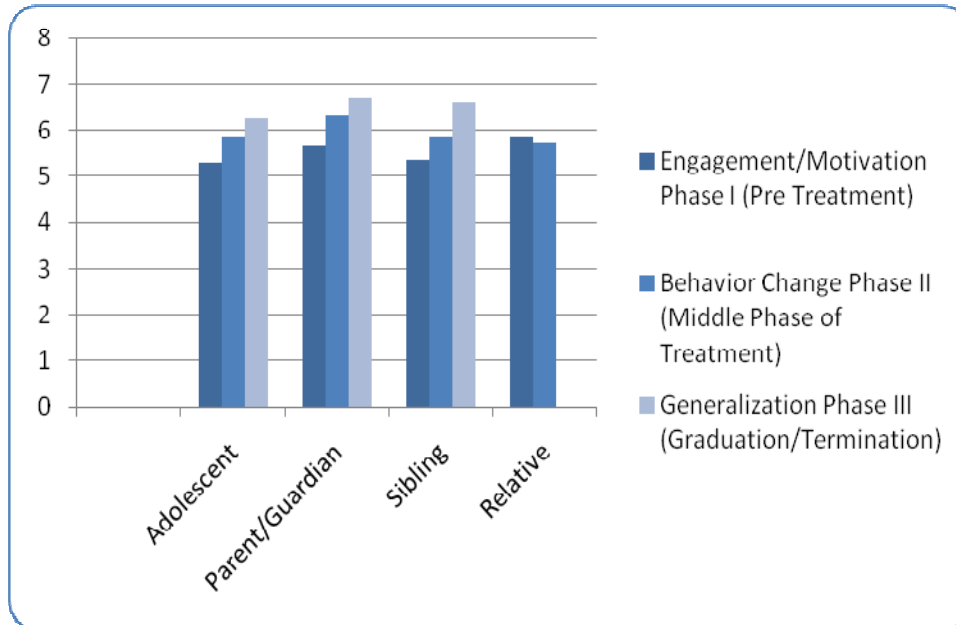


Based on the Family Self Report Questionnaire (FSR) this chart demonstrates the consumer and family member's confidence that the FFT process can help them improve their family relationships and the consumer and family's problems. As noted in the chart both consumers and family members' confidence and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

FRESNO COUNTY DEPARTMENT OF BEHAVIORAL HEALTH - OUTCOMES

Attachment B – Comprehensive Youth Services – Functional Family Therapy (FFT) Program Consumer and Family Trust of the 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)
	Adolescent	Parent/Guardian	Sibling	Relative
Engagement/Motivation Phase I (Pre Treatment)	5.29	5.66	5.36	5.83
Behavior Change Phase II (Middle Phase of Treatment)	5.88	6.33	5.86	5.73
Generalization Phase III (Graduation/Termination)	6.25	6.71	6.58	n/a

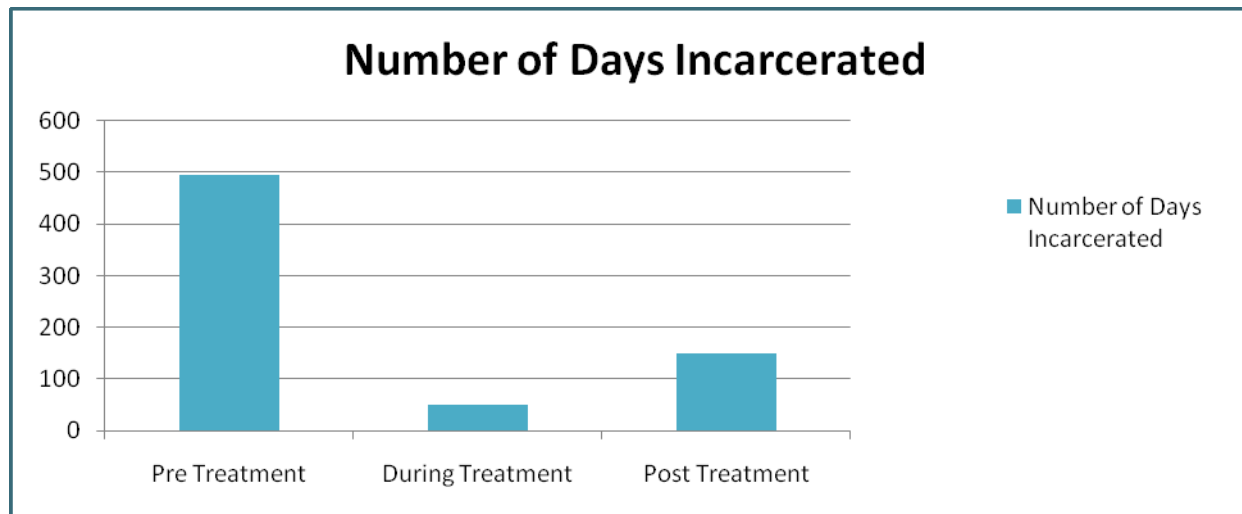


Based on the Family Self Report (FSR) Questionnaire, consumer and family members have a lot of trust in their FFT therapists. As noted in the table, the consumer and family member's trust in their therapist increases as service progress. This table demonstrates the FFT therapists' ability to build alliances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

FRESNO COUNTY DEPARTMENT OF BEHAVIORAL HEALTH - OUTCOMES

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

	Pre Treatment	During Treatment	Post Treatment	Number of Days Decreased Pre to Post
Number of Days Incarcerated	494	50	150	344



Of the consumers that have been incarcerated prior to participating in FFT treatment, 87% have not been reincarcerated and there has been a 70% reduction in the number of days of incarceration.