

Name of the new program, placement, service, strategy or system enhancement:

FUNCTIONAL FAMILY THERAPY (FFT)

Description of how this complements or coordinates with your JJCPA funded programs, strategies or system enhancements:

The FFT program will be offered to youth who are transitioning back into the community after completing their residential treatment at the Orin Allen Youth Rehabilitative Facility (OAYRF). The transition phase from OAYRF to the community (SafeFutures) is funded by JJCPA and described in the Comprehensive Multiagency Juvenile Justice Plan. FFT is a resource that will enhance the ability for the JJCPA Deputy Probation Officers to insure that the transitioning youth will receive the necessary services to successfully reintegrate into their community.

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Functional Family Therapy (FFT) is an empirically-grounded, strengths and family based intervention program for youth. FFT is an evidence based practice known to be effective for treating youth with conduct disorder and delinquency (Henggler and Sheidow, 2012, Journal of Marital and Family Therapy). The goal of FFT is to improve family communication through engagement, motivation, relational assessment, behavior change and generalization. This intervention program that can be conducted in the home is facilitated by a clinician during 12-14 intensive sessions over three to five months. FFT is an essential resource that the Probation Department will offer to youth who often find the transition from a residential setting back into their home challenging. FFT services are part of a larger collaborative re-entry effort in Contra Costa County that includes our Youth Justice Initiative partners, Mental Health, and Community Based Organizations/service providers.

FFT is currently funded by the Mentally Ill Offender Crime Reduction Grant Program (MIOCR); however, the program has reached service capacity which resulted in a wait list of months for youth to receive the FFT service when transitioning out of the OAYRF. Many youth referred never received the service. Recognizing that immediate engagement in evidence based programming leads to more successful outcomes, the Probation Department will utilize JJCPA funds to enhance the FFT program with the goal of eliminating the wait list for youth graduating from the residential program at OAYRF and their families.

The Juvenile Justice Coordinating Council met on March 14, 2017 and approved the utilization of JJCPA revenue to grant increased access to FFT.