

Results Matter

FFT has proven results and measures a number of important areas:

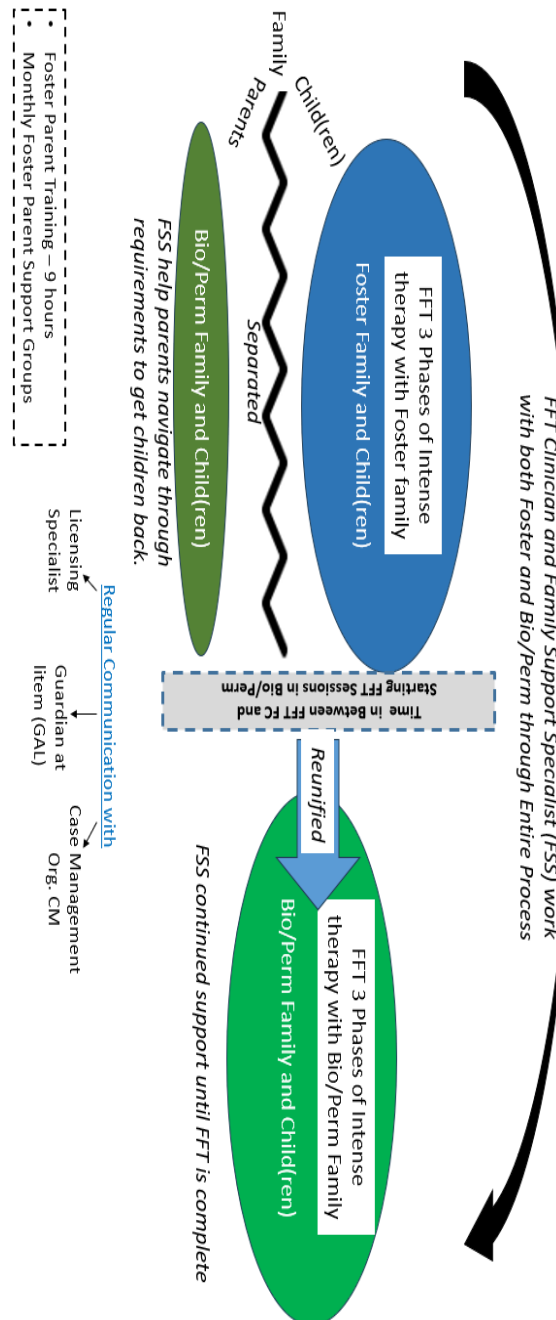
- 89% of families who start, complete the full dosage of treatment
- Family Functioning
 - * Reduced Caregiver Strain
 - * Reduced Youth Problem Behaviors
 - * Increased Relationship Stability
 - * Increased Support/Closeness
 - * Reduced Family Conflict
 - * Reduced Problem Intensity
 - * Increased Communication
 - * Higher Ability to Solve Problems
 - * Reduces Anxiety
 - * Reduced Depression
- Trauma Symptoms Reduced Significantly

How families answered on the post treatment Surveys

All of the post surveys numbering in the thousands are answered as low, Average or High.

- Did the youth get the kind of services needed? Answer = **HIGH**
- Were the services you received the right approach for helping you? Answer = **HIGH**
- If a friend were in need of a similar help, would you recommend our services? Answer = **HIGH**
- If you were to seek help again, Would you seek it from us? Answer = **HIGH**

Flow of Treatment Diagram



Functional Family Therapy in Foster Care

Polk, Highlands & Hardee



www.nafi.com

North American Family Institute (NAFI FL)

Partnership with Foster and Permanent Placement Families

Developed in collaboration with the Annie E. Casey Foundation, the FFT Foster Care model is a comprehensive and systematic approach to helping families overcome individual and relational trauma. FFT in FC promotes stable foster care and long-term permanency placements.

FFT in FC uses the core **FFT model** to help engage foster parents and permanency families to develop a family focus to treatment, and help families unify for successful permanency placement.

The **core principles** of FFT are consistent with the clinical issues experienced by youth in foster care and is uniquely suited for this application, given its combination of core principles and specific goal directed phases.

FFT Partners provides comprehensive cross training for foster parents, case managers and therapists in the essential features of trauma and how they impact youth in foster care.



Phase 1 – Engagement and Motivation: In this phase, the therapist engages and motivates the family by decreasing negativity, blaming and hopelessness. The therapist creates with the family a family-focused problem definition that allows for alternative solutions to be possible.

Phase 2 – Behavior Change: During this phase, the therapist teaches specific skills for reducing and/or eliminating the problem behaviors and accompanying negative family relational patterns through individualized behavior change interventions.

Phase 3 – Generalization: In the final phase, the therapist supports, maintains, and generalizes changes across problem situations by increasing the family's capacity to utilize community resources and engage in relapse prevention.

Repeats Phases with Permanent Placement Family. (see back for diagram)

North American Family Institute (NAFI-FL)

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NAFI FL

Heartland
for Children



Who and How

- Families involved in the Foster Care system with at least one child aged 8-17.
- Services are inclusive of youth, foster family and the permanency placement family
- Foster Families meet weekly for one-hour sessions and after reunification the Permanent Families do the same until completion.
- Case Management support services last the duration of the full treatment.
- Reside in Polk, Highlands or Hardee County.
- Regular attendance is vital, and we partner with our contracting agencies to remove roadblocks to treatment.
- FFT in Foster Care is an in-home intensive family therapy model, lasting from 7 to 10 months.
- The FFT therapist will focus on what occurs among family members, and then generalize information out to other systems such as school and community
- **Referrals through Mindshare NAFI FFT**

