

Results Matter

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

- 89% of families who start services, 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**

About our Clinicians

NAFI collaborates with FFT Partners for the service delivery and clinical training and certification of NAFI clinicians.

Each Master's level clinician meets weekly with an expert FFT consultant to ensure adherence and fidelity of the model. Additionally, each clinician participates in site visits and ongoing annual training to ensure that families receive the very best clinical services.

All clinicians work during non-traditional hours in order to make this service available to families at the family's convince.

FFT is made available through partnerships with the Florida Department of Children and Families, Heartland for Children and the Central Florida Behavioral Health Network.



Functional Family Therapy

Polk, Highlands & Hardee



North American Family Institute
www.nfi.com

Building Partnerships with Families

Functional Family Therapy (FFT) is a nationally researched and evidence-based model of intensive in-home family therapy. The outcome-driven therapy involves all members within the family working together to prevent out-of-home placement, to intervene on behalf of family re-building, and to reunify the family unit. The program targets youth aged 8–17 and their families involved in the Child Welfare system, delinquency, family conflict, truancy, violence, substance use, gang related behavior, and other behavioral disorders.

FFT therapists develop **partnerships with families**, operating on the belief that all families have strengths and are doing the best they can at any point in time. To accomplish this, FFT meets specific goals during three phases of the intervention.



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 Phase 2, 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.

— Unique to the Model —

Each member of the family has a voice in their treatment after each therapy session.

North American Family Institute (NAFI-FL)

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Who and How

- Families involved in the Child Welfare system with at least one child aged 8-17.
- Reside in Polk, Highlands or Hardee County.
- The therapist meets with the family once a week in the family's home; more sessions can be scheduled in high-risk cases
- Regular attendance is vital, and we partner with our contracting agencies to remove roadblocks to treatment.
- FFT intervention is a short-term in-home intensive family therapy model, lasting from 4 to 6 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
- The intervention is short-term; engagement and momentum are key factors to having successful outcomes.
- [Referrals through Mindshare NAFI FFT](#)



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