

Scope of service for: Functional Family Therapy (FFT)

TYC is seeking to provide FFT to both male and female juvenile offenders who are between the ages of 10 and 19 who displaying antisocial behavior that can be attributed to individual, family, peer, school, and neighborhood factors. The program should include but not be limited to the following services:

- Services conducted both in clinical settings as an outpatient therapy and as a home-based model
- Short-term intervention: 12 or more sessions per youth spread over a 3 month period
- Up to 30 hours of direct services (clinical sessions, telephone calls, and meetings involving community resources)
- Primary focus of this intervention is with the family
- Phases of FFT includes specific goals, assessment foci , specific techniques of intervention (i.e. risk and protective factors addressed), and therapist skills necessary for success
- The FFT clinical model has a “clear identification of specific phases which organize intervention in a coherent manner, thereby allowing clinicians to maintain focus on the context of considerable family and individual disruption”
- Family-based interventions that adopt a multi-systemic perspective in order to treat the broad range of problems found in those youth who engage in delinquent and criminal behavior.
- Comprehensive clinical model: established clinical theory, empirically supported principles and extensive clinical experience
- Clinical practices that are flexibly structured and culturally sensitive
- Important emphasis on respecting all family members on their own terms (service providers who are sensitive to the needs of these diverse families and competent to work with them, and who understand why the families may resist treatment)
- Motivating families to change by uncovering family members’ unique strengths in ways that enhance self-respect, and offering families specific ways to improve