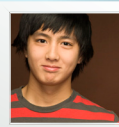


FUNCTIONAL FAMILY THERAPY (FFT) PROGRAM



The Functional Family Therapy (FFT) model is an evidence-based treatment administered through FFT LLC, which is FFT's training and dissemination organization. Founded in the 1970's by Dr. James F. Alexander, the FFT model has received international recognition for its outcomes in helping at-risk youth and their families overcome delinquency, substance abuse and violence. It is a short-term treatment strategy built on a foundation of respect for individuals, families and cultures.

As part of the SAFE Milwaukee initiative, SaintA, in partnership with the Wisconsin Department of Children and Families (DCF), is providing FFT-based treatment services to youth and families who have come to the attention of formal systems such as the Juvenile Division of the Department of Corrections, the Milwaukee Police Department, and United Neighborhood Centers of Milwaukee (UNCOM), due to the youth's offenses or other risky behaviors.

PROGRAM CRITERIA

FFT requires that therapists work with the entire family to elicit change, so the youth and families who are referred for FFT already should have the motivation to engage in treatment and the willingness make long-term behavioral changes. In addition, the following other program criteria will be considered before acceptance:

- ▶ The family has a youth age 11-18 who is struggling with delinquency, violence, substance abuse, conduct/behavior problems and/or family conflict
- ▶ The youth is living with a family unit that is motivated, available and considered the long-term living arrangement
- ▶ The family commits to participating in services for at least one to two hours per week for approximately five months
- ▶ Due to the short-term nature of the model, FFT is designed to be the only family therapy service a family receives until they complete FFT
- ▶ The FFT model is not recommended for youth who fall into the DSM-5 category of an autism spectrum disorder, as diagnosed by a qualified mental health professional



PROGRAM GOALS

FFT is a strength-based model that includes powerful treatment strategies that pave the way for motivating individuals and families to become more adaptive and successful. In doing so, FFT helps strengthen families and communities as a whole by preventing future crime and victimization. The goals of the SAFE Milwaukee FFT Program include:

- ▶ 70% of families enrolled will successfully complete the program
- ▶ 60% of offending youth who complete the program will not re-offend* during the treatment period
- ▶ 55% of offending youth who complete the program will not re-offend* within 90 days post-discharge from the program
- ▶ 50% of offending youth who complete the program will not re-offend* within 180 days post-discharge from the program

*Re-offend is defined as the occurrence of an offense by an individual already known to have committed a previous offense; it includes re-arrest, subsequent petition to court, re-adjudication or re-incarceration.

PROGRAM REFERRALS

Referrals for FFT services can be made by completing a referral form, which includes some basic information about the youth, his/her family and the reason for the referral. If you are interested in the FFT program, your helping professional or organization can make a referral. Families may also refer themselves. Please send completed referrals to FunctionalFamilyTherapyReferrals@SaintA.org or fax to (414) 463-2770.

CONTACT INFORMATION

Crystal D. Simpson, MA, LPC
Family Services Program Manager
Office Number: (414) 465-1341
Fax: 414-463-2770
csimpson@sainta.org

Sonja Kania, APSW
Director of Family Services
8901 W. Capitol Drive
Milwaukee, WI 53222
Office Number: (414) 465-1358
SKania@SaintA.org

