

# Evidence Based Practices

*FFT- Functional Family Therapy*  
*HB- Homebuilders*



# ***What is an Evidence-based Practice?***



- **An evidence-based practice (EBP) is the integration of the best available research with clinical expertise.**
- **Functional Family Therapy and Homebuilders are services delivered in the community.**
- **Evidence-based practices such as FFT and HB are expected to meet both Outcome and Fidelity standards.**
- **Both FFT and HB models have been rigorously and independently empirically studied and validated. They work.**
- **FFT and HB are Best Practices approaches that are cost effective.**

# ***FFT: Functional Family Therapy***



- **Functional Family Therapy is a well established, evidence-based family therapy intervention for the treatment of troubled adolescents and their families.**
- **FFT is a short-term family-based therapeutic prevention and intervention program for high-risk and delinquent youth at risk for institutionalization.**
- **FFT is a comprehensive and multi-systemic approach validated continuously by Outcomes and by comparison to Fidelity standards for the service.**

# **FUNCTIONAL FAMILY THERAPY**

**Clinical  
Model**

- **Strength Based**
- **Foundation of Acceptance & Respect**
- **Implemented in multiple settings**
- **Clinical flexibility**
- **Five structured components**

# ***FFT: Five Components/Phases***



## **Engagement**

During this phase the therapist builds alliance with the family and focuses on high availability and responsiveness

## **Motivation**

A positive motivational context is created during this phase. Negative interactions are interrupted, positive & hopeful themes & sequences are introduced.

## **Relational Assessment**

This phase shifts focus from individual problems to relational and interpersonal to set the stage for the next phases of change.

## **Behavior Change**

Formal evidence-based cognitive-behavioral change strategies are actively and creatively implemented during this phase to improve both family functioning and individual skill development.

## **Generalization**

This final phase involves extending the family's improvements to additional areas, planning for future challenges, and outreach to community supports.



# ***Evidenced Based Practices: Homebuilders***

- **Homebuilders is an intensive family preservation services program designed to improve family functioning and children's behavior.**
- **Families with a child at imminent risk of out-of-home placement, or who has been placed out of the home and in need of reunification, may be referred to Homebuilders.**

# Homebuilders

Homebuilders services are intensive and short-term (4-6 weeks) and include:

- ✓ *First face-to-face visit within 24 hours of referral*
- ✓ *Services occur in home and community*
- ✓ *24/7 Availability of Therapists*
- ✓ *Low caseloads – each therapist carry 2-3 cases*
- ✓ *Concrete support and Counseling*
- ✓ *Focus on problem-solving skills*
- ✓ *Interagency treatment planning & family advocacy*
- ✓ *Pre and post outcome measures*

# ***Homebuilders***

## **Intervention Standards**

- 1. Interventions address and increase family safety**
- 2. Interventions are Individually tailored and respectful of the family's culture and values**
- 3. Interventions include sessions at varying days and times**
- 4. Intervention includes engagement, assessment, and the development of a service plan that is targeted and realistic**
- 5. Interventions include Teaching and Skill Development**
- 6. Interventions include Collaboration and Advocacy with other service providers & family's support network**
- 7. Interventions include a plan for maintenance of progress.**