

For further information on
Functional Family Probation/Parole
officer and supervisor training
please contact:

Holly DeMaranville
FFT/FFP Communications Director
hollyfft@comcast.net
(206) 369-5894
(206) 453-3631 - fax

Dr. James F. Alexander
FFT Founder and Developer

Doug Kopp
CEO, FFT/FFP

FFT, LLC / FFT Inc
1251 Northwest Elford Drive
Seattle WA 98177 USA
© Copyright, 2008 FFT LLC

FFP

Functional Family Parole and Probation Services

Evidence Based

Cost Effective

Sustainable

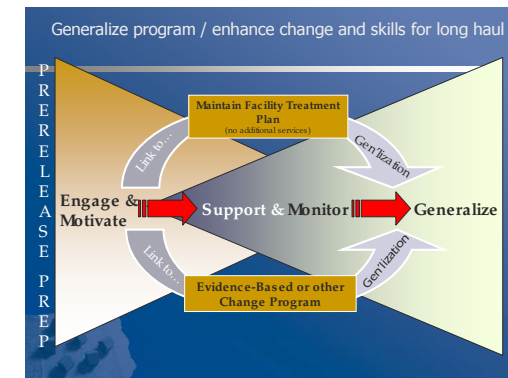
*Family, Youth &
Culture Sensitive*

What is FFP?

FFP is a family-focused, case-management model for juvenile justice officers to more effectively work with youth on community supervision.

It was developed at the prompting of juvenile justice systems in Washington and Utah in order to offer juvenile offender supervision that is grounded in data and pulls from the existing evidence base of what works with youthful offenders. In FFP we believe there are more effective strategies to keep kids in the community, thus allowing them to take advantage of the very effective community based interventions that are proven to reduce recidivism.

Heavily informed by the nearly 40 years of process evaluation and outcome research conducted on Dr. James Alexander's Functional Family Therapy, the model is alliance based, using work within the family as a platform to not only better manage crises, but to more effectively refer youth to programs that will match their particular risks and needs.



Who benefits from FFP?

Youth ages 10-18, and their families, who are active community supervision, either as part of a probation or parole programs.

Typically these youth are at high risk to reoffend and/or engage in a range of maladaptive behaviors--- from acting out to conduct disorder to alcohol and/or substance abuse. As with most juvenile justice populations, they tend to have limited resources, histories of failure, a range of diagnoses and exposure to multiple systems.

Instead of trying to regulate youth behavior through volume of parole or probation contacts, FFP emphasizes the quality of those contacts. Just focusing on the youth trying to motivate by scaring a youth into compliance has limited immediate effect and no long term data of effectiveness. In FFP, families are a key component to engagement and motivation of youth. We believe that not only can families assist in and follow-through on interventions. but that with skills and a clear model, juvenile justice officers can create family focus, alliance, and manage crises, while decreasing revocations and recidivism. Indeed, our perspective is that FFP can increase the effect of EBT's by offering supervision that's more compatible in principle and practice with 'what works.'

Phases of FFP

Phase One - ENGAGE AND MOTIVATE the youth and family by decreasing negativity, blaming and hopelessness, thereby

- Creating better participation, involvement, and follow-through
- Acquiring more thorough and complete assessment information.
- Working more systematically to avoid early drop out
- And making better referral decisions and constructing more effective service plans

Phase Two – SUPPORT and MONITOR by

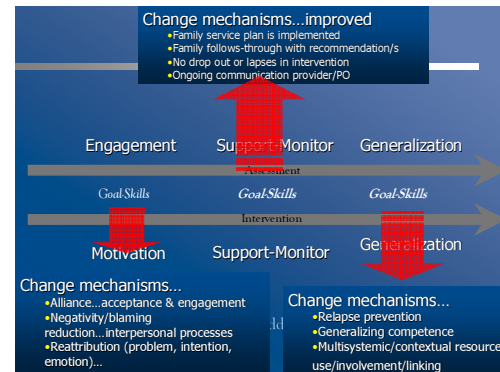
- better preparing youth and families to take advantage of interventions
- more strategically linking youth/family to an identified change program
- facilitating better oversight and communication to avoid lapses in any treatment program

Phase Three - GENERALIZE CHANGE across problem situations by increasing the family’s capacity to apply specific change more broadly, to engage in relapse prevention, and to maintain and enhance changes through use of community resources.

Functional Family Parole is a “case management model” that is family focused, strength based, and risk and protective factor driven...

The FFP model is appealing because of its clear identification of specific phases that organize case management in a coherent manner. Each phase in the FFP process includes specific goals, assessment foci, specific techniques of intervention, and skills necessary for success.

It provides an ability to train juvenile justice workers in a common, shared model. Current case management practice is typically so eclectic as to make it impossible to track and monitor practice, making quality improvement difficult. FFP has specific adherence measures that articulates practice so improvement can be monitored and strengthened.



FFT Training Protocol

The FFT Training Protocol is a tested and recognized system to train juvenile probation/parole in community supervision and case management.

Currently FFP is implemented statewide in Washington state’s as part of their family focused and evidenced based juvenile justice system. In Utah, FFP is implemented statewide part of a three prong probation strategy to conduct validated assessment and implement evidence based case management and interventions. FFP is part of evaluated project in Amsterdam in the Netherlands. Pilot sites are currently in process in a number of communities, including a multi team project in Los Angeles County Probation.

A Diversity of Clients, Communities, Therapists

FFT is currently in use in a wide variety of communities, with diverse client, populations, delivered by diverse juvenile justice workers including:

Seattle-Tacoma WA: African-Americans, Cambodia, Thai and Vietnamese;

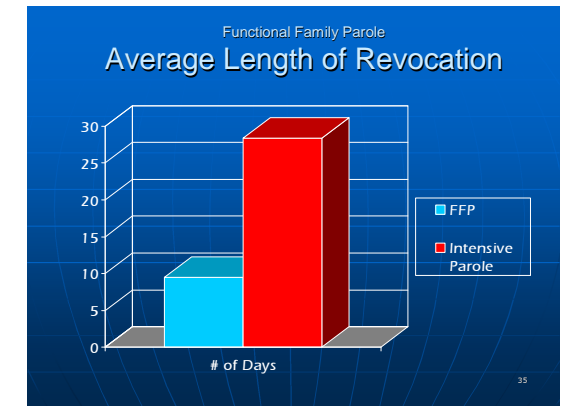
Hispanic immigrant populations in Yakima WA.

The Netherlands: ethnically identified Moroccan officers, youth and families from the West quarter of Amsterdam.

FFP has demonstrated positive program outcomes across a range of youth and communities:

In evaluated projects in Washington state, FFP has consistently demonstrated significantly lower rates of revocation and incarceration during supervision.

In Washington state, for those youth who are revoked on FFP, commitment days have seen decreases of well over 50%, with multiple cost savings as a result of less administrative hearings and days in facility.



12 month recidivism data shows significant decreases in felony recidivism for the highest risk parole youth.

Data has additionally shown that the more adherent the officer is to FFP, the better the longer term outcome.

Because FFP uses the family as a critical entry point for supervision, FFP has seen positive parent impacts on family conflict, family communication, parenting, and youth problem behavior.