



## **INNOVATION PLAN APPROVAL SUMMARY**

### **San Joaquin County Innovation**

**Name of Innovative Program: Adapting Functional Family Therapy**

**Total Requested for Innovation: \$2,942,445**

**Duration of Innovative Program: Three Years**

**Staff Recommends: APPROVAL**

#### **Review History**

County Submitted Innovation Plan: March 20, 2013

MHSOAC Vote regarding Plan Approval: April 25, 2013

#### **Innovation Plan Summary**

San Joaquin County is seeking the Commission's approval for their Innovative Program, Adapting Functional Family Therapy (FFT). The primary learning goal is to assess whether a peer-based adaptation of FFT improves engagement and retention and contributes to better long-term outcomes as measured on the Child Adolescent Needs Survey (CANS). The county is also testing an innovative approach to collaboration.

FFT is an outcomes-driven practice for youth, ages 11-18, at risk for and/or presenting with delinquency, violence, substance abuse, conduct disorder, oppositional defiant disorder, or disruptive behavior disorder, and their families. Treatment goals are typically met within 8-15 sessions and no more than 26 sessions for serious situations. San Joaquin County will adapt the FFT model by adding parent partners and peer mentors for both the pre-engagement and post-discharge phases of the intervention. The use of parent partners and peer mentors pre-engagement will help support the readiness of families to participate in the intensive intervention, leading to improved retention. Parent partner and peer mentors will continue to assist families for six to twelve months following their completion of FFT.

San Joaquin County also proposes to embed family-based interventions within the juvenile probation system and to develop an annual learning community of regional FFT providers including local county partners as well as probation and mental health providers from neighboring counties. Through this learning community, the County hopes to learn what works in building a multi-agency FFT team and whether other collaborative interventions and trainings support positive outcomes for families.

## Evaluation

San Joaquin County will conduct both process and outcome evaluations to assess the overall success of the strategies being proposed and to determine the elements associated with successful outcomes that the county wants to adopt and recommend. Parent partner and peer mentors will be assigned to approximately one-half of the families served, establishing an internal comparison group for evaluation. The evaluation design also includes a national comparison group.

The county will utilize CANS as an assessment tool to identify and refer families into the FFT program, for post-intervention assessment at the conclusion of families' participation, and at six-month, two-year, and four-year follow-ups to learn if participants retain positive outcomes. Comparison to national norms for FFT outcomes will be used to determine whether the use of parent partner and peer mentors has contributed to positive outcomes compared to standard application of FFT.

San Joaquin County intends to measure the following outcomes specific to each of their two "primary purposes" for their Innovative Program:

Increase the Quality of Services, including Better Outcomes:

- At least 70% of families referred to the adapted FFT program will successfully complete the intervention in the first year, 80% in the following two years.
- Child and family outcomes will show measureable improvement as measured by the CANS, as well as other instruments.
- Parents and family members will be more comfortable with the information provided by the clinical team and feel more confident in their contributions to treatment.

Promote Interagency Collaboration:

- Public and private agencies will improve their capacity to coordinate, collaborate and align their approach to working with at-risk youth and families.
- All partners will remain committed and satisfied with project outcomes, as demonstrated through learning communities and confidential interviews.
- New protocols and operating agreements will be developed to guide communication and coordination, including expanded contracts or Memorandums of Understandings.