

Center for Evidence-based Partnerships  
Virginia FFT Fidelity and Outcome Report  
Coverage Period: October 2023-December 2023

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## Statement of Purpose

Functional Family Therapy (FFT) is an evidence-based program (EBP) for youth ages 11-18 exhibiting behavioral or emotional problems and their families. The current report is prepared by the Center for Evidence-based Partnerships in Virginia (CEP-Va) and presents relevant fidelity and outcome data in Virginia per the Family First Prevention Services Act (FFPSA) from October 1, 2023, through December 31, 2023.

*Note:* One team declined the request for deidentified data to be released to CEP-Va by FFT. Accordingly, this team has been excluded from counts of active teams and all other relevant data pertaining to those teams are missing from this report.

## The CEP-Va Fidelity Model for FFT

CEP-Va has developed fidelity and outcome models for fidelity reporting for all evidence-based programs in the Family First Prevention Plan developed by Virginia’s Department of Social Services (VDSS) and approved by the Children’s Bureau. For each model, we used the empirical literature and recommendations from the treatment developer. Pragmatic issues were also considered when developing the models, including data availability and burden on provider companies, practitioners, and/or families. All final models were approved by the EBP developer or the EBP training company selected by VDSS.

The FFT fidelity model is depicted in Table 1; variables included in the current report are listed in bold type. Not all variables included in the model were available for the current report.

**Table 1.** CEP-Va’s fidelity model for FFT.

<b>Fidelity or outcome</b>	<b>Domain</b>	<b>Variable</b>
<b>Fidelity</b>	<b>Team Health</b>	<b>FTE Active</b>
<b>Fidelity</b>	<b>Team Health</b>	<b>Avg cases/therapist</b>
<b>Fidelity</b>	<b>Model fidelity</b>	<b>Average Final Fidelity rating</b>
Outcome	Permanence	Percent of cases without an out of home placement within 6 months from start of FFT
Outcome	Permanence	Percent of cases without an out of home placement within 12 months from end of FFT
Outcome	Safety	Percent of children with abuse/ neglect reports within 6 months from start of FFT
Outcome	Safety	Percent of children with abuse/ neglect reports within 12 months from start of FFT
Outcome	Safety	Percent of children with abuse/ neglect reports



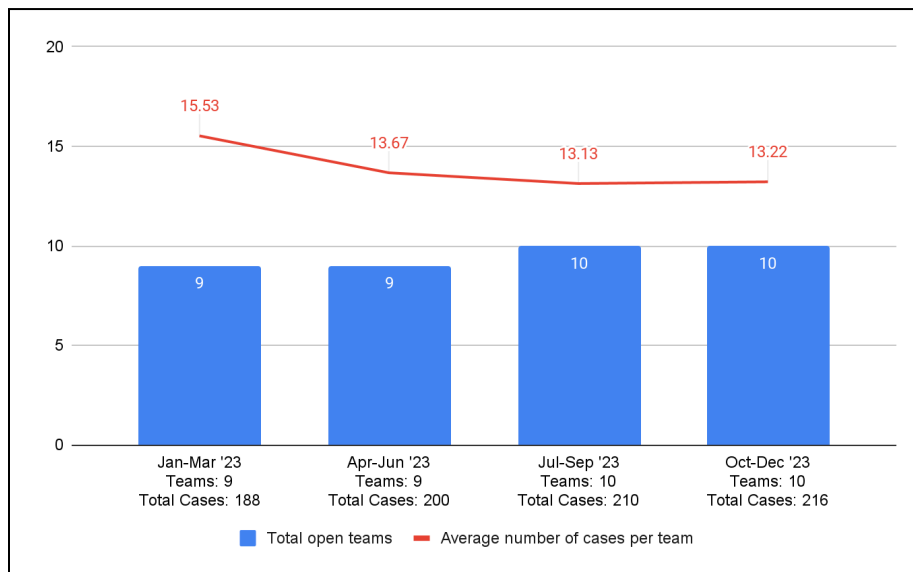
		within 6 months from end of FFT
Outcome	Safety	Percent of children with abuse/ neglect reports within 12 months from end of FFT
<b>Outcome</b>	<b>Wellbeing-Youth</b>	<b>Percent of youth remain in community</b>
<b>Outcome</b>	<b>Wellbeing-Youth</b>	<b>Percent of youth in school</b>
<b>Outcome</b>	<b>Wellbeing-Youth</b>	<b>Percent of youth with no law violations</b>
Outcome	Wellbeing-Youth	Therapist Outcome Measure (TOM) scales
Outcome	Wellbeing-Youth	Youth Outcome Questionnaire (Y-OQ) scales
Outcome	Wellbeing-Youth	Youth Outcome Questionnaire Self-Report (Y-OQ SR) scales
Outcome	Wellbeing-Caregivers	Outcome Questionnaire (OQ) scales
Outcome	Wellbeing-Caregivers	Child and Adolescent Needs and Strengths (CANS)

\* Data presented are the aggregated team versions of fidelity and outcome measures collected at the youth level. Bolded values are available and included in this report.

## Historical Status of Virginia FFT Team Workforce and Caseloads

### Team and Case Data

**Figure 1.** Active Teams with Average Caseload Across Virginia



This quarter, the total number of FFT teams with at least one active FFT case across the state remained 10. The average number of active and closed cases per team in a given quarter is 13.22, as seen in Figure 1.

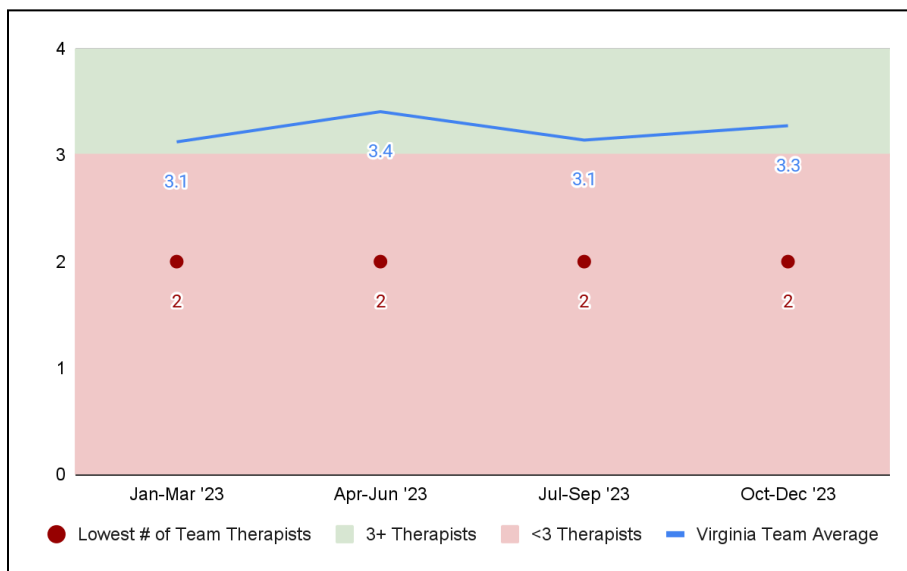
A more detailed breakdown of team statuses maintains this stability across quarters, as seen in Table 2.

**Table 2. Team Status Detail**

Quarter	Teams operating	New teams	Closed teams	Teams w/ ≥1 case in treatment	Teams w/ ≥1 case completing treatment
Jul-Sep 2021	9	0	0	9	9
Oct-Dec 2021	9	0	0	9	9
Jan-Mar 2022	10	1	0	10	10
Apr-Jun 2022	9	0	1	9	10
Jul-Sep 2022	9	0	0	9	9
Oct-Dec 2022	9	0	0	9	9
Jan-Mar 2023	9	1	1	8	8
Apr-Jun 2023	9	0	0	9	7
Jul-Sep 2023	10	1	0	10	9
Oct-Dec 2023	10	0	0	10	10

**Full-time Therapists**

**Figure 2. Average Number of Team Therapists**

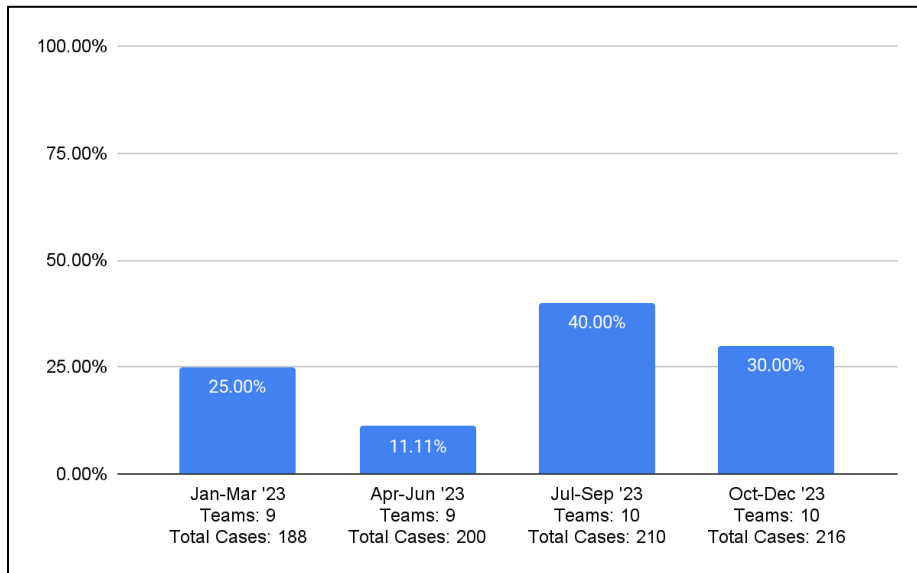


FFT, LLC, the training organization for the model, has set a target of three therapists per team, represented in the green area of Figure 2. For all quarters reported, the average number of therapists per team with active cases across Virginia met or exceeded this minimum requirement.

**Cases per Therapist**



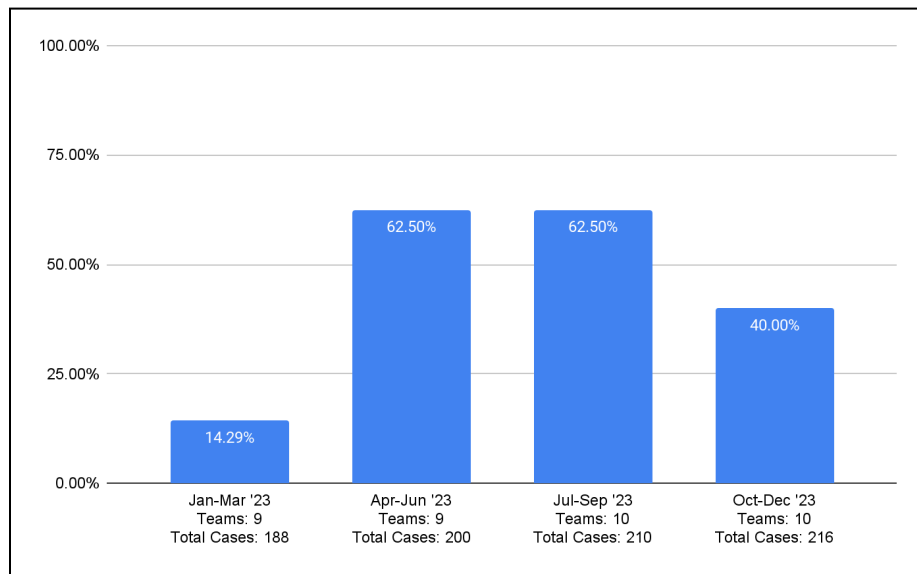
**Figure 3.** *Percent of Virginia Teams Meeting the FFT Target for Number of Cases per Therapist*



FFT expects therapists to carry a caseload between 5 and 15 cases, with the average being between 10 and 12. Figure 3 depicts the percentage of teams with an average caseload that meets FFT’s standard. To determine this figure, cases are weighted by the number of days the case was active in the quarter.

**Cases Completing Treatment**

**Figure 4.** *Percent of Virginia Teams Meeting or Exceeding the FFT Case Completion Target*



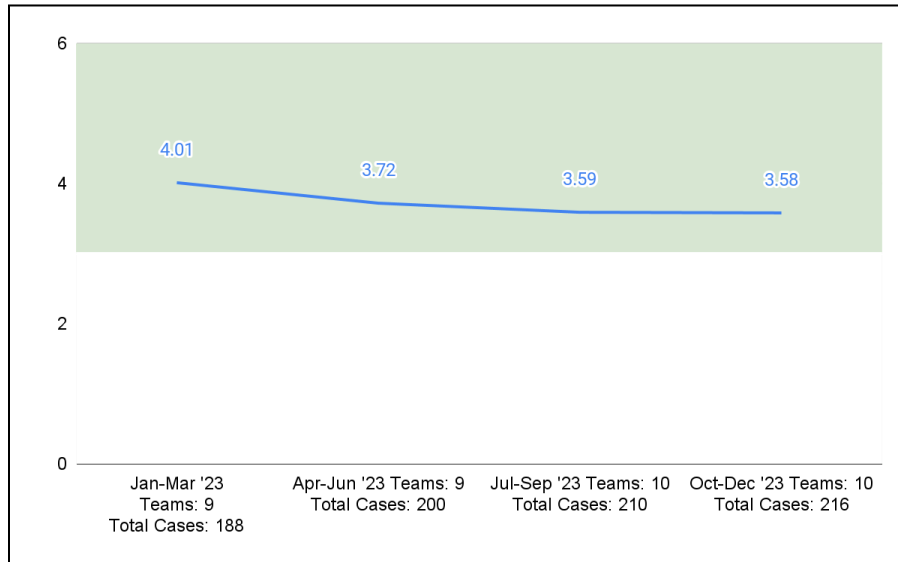
The case completion rate is defined as the total number of closed completed cases and closed incomplete cases divided by the total number of closed cases, including those cases never seen by an FFT therapist. The FFT, LLC expectation for completion rate is 70% for teams open less than one year and 80% for teams open more than one year. Given turnover

on established teams in Virginia, we report the share of teams that meet the midpoint threshold of 75% completion. In Figure 4, we see that 40% of teams met this threshold from October to December 2023.

## Measure of Final Fidelity using Clinical Adherence and Clinical Competence Ratings

### Fidelity Scores Across Teams

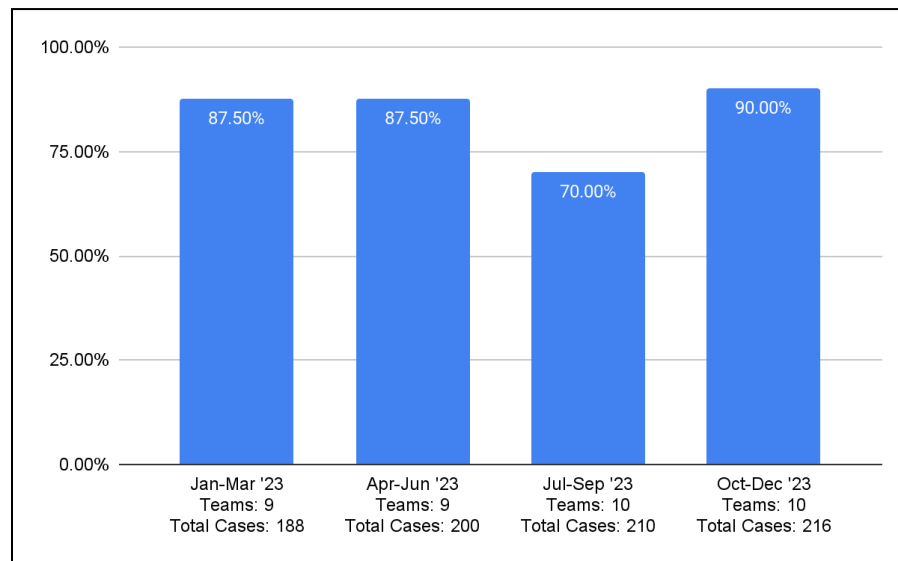
**Figure 5.** Average Final Fidelity Scores across Virginia Teams



The final fidelity score is a combination of a clinician's clinical adherence score, or how well the clinician applies the model components in the proper sequence, with the clinical competence score, or how skillfully the clinician applies the model. These ratings are given by supervisors during weekly case reviews, with an acceptable level of fidelity considered 3.0 or greater

(on a 6-point scale), represented by the green area in Figure 5. The average fidelity score of all cases in the state for each quarter is depicted by the blue line, which nearly matched the previous quarter at 3.58.

**Figure 6.** Percent of VA teams with Average Final Fidelity Score Meeting or Exceeding the FFT Target



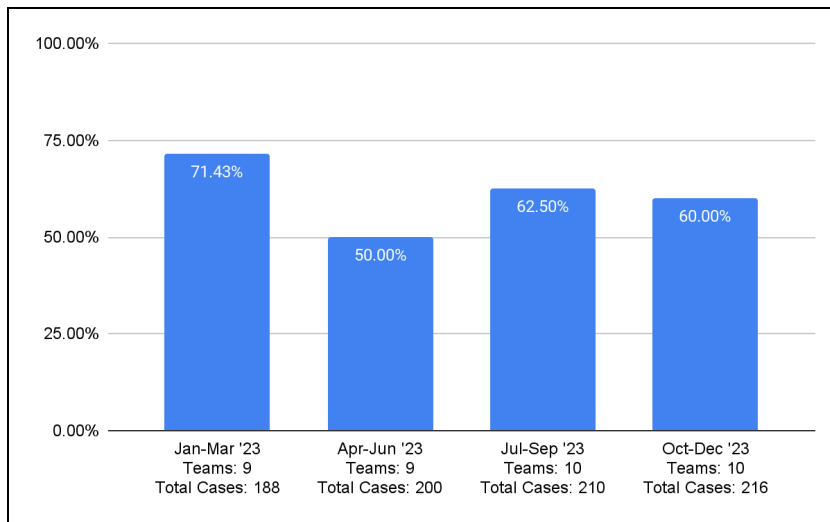
Another way to consider fidelity data is depicted in Figure 6: the percentage of teams averaging the FFT, LLC final fidelity score of 3.01 or higher in a given quarter. This quarter, 90% of teams maintained an average fidelity above the threshold.

## Outcome Measures

We applied an intent-to-treat approach for these data; in other words, families were included whether or not their treatment was completed in a planned fashion. Exceptions to this include cases withdrawn for funding reasons, cases where the family moved out of the service area, cases where referral sources referred a case elsewhere, or with placements that resulted from actions carried out before the start of treatment.

### *Remaining in Community*

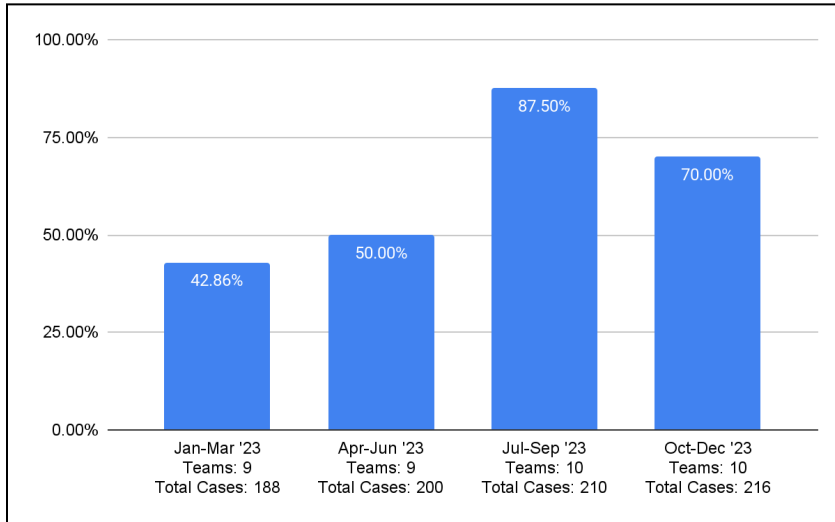
**Figure 7.** *Percent of VA Teams Meeting or Exceeding the Virginia Target for Youth Remaining in Community*



FFT, LLC defines *remaining in community* as not being placed formally outside of the home (group home, foster home, addiction treatment facility); if the youth is living with a relative or is in the community in a better living arrangement, the youth can be considered with family. This quarter, 60% of teams reported that 85% or more youth who completed treatment lived in the community at discharge.

## Attending School

**Figure 8.** Percent of VA Teams Meeting or Exceeding the Virginia Target for Youth Attending School



For this indicator, a youth is included if they are attending school or vocational programs, or intend to (in the cases of summer or applying to college). The share of teams who met the 85% threshold dipped slightly to 70%.

## Law Violations

**Figure 9.** Percent of VA Teams Meeting or Exceeding the Virginia Target for Youth Having No New Law Violations

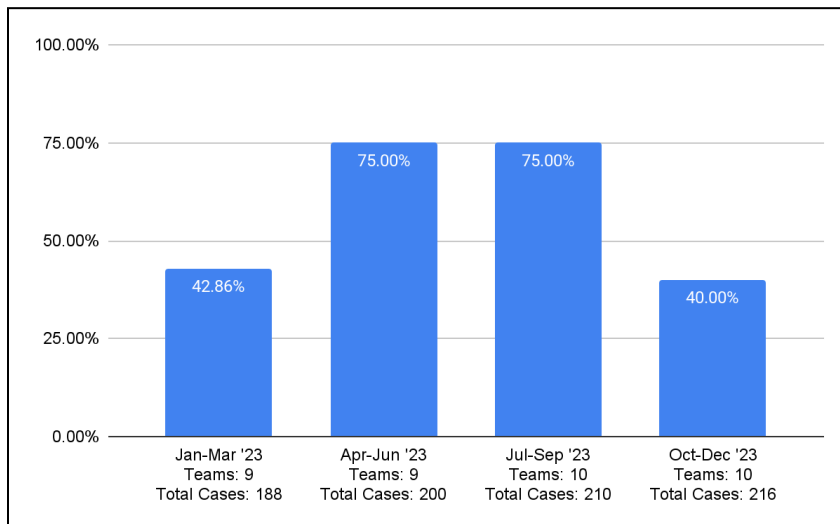


Figure 9 illustrates the share of teams in Virginia that met the target of 85% of youth having no new arrests, either when counseling finished or if treatment ended for a reason within the therapist's control. During this reporting period, only 40% of Virginia teams met this target.



## Funding Source

**Figure 10.** *Funding Source for All Active and Closed FFT Cases in Virginia*

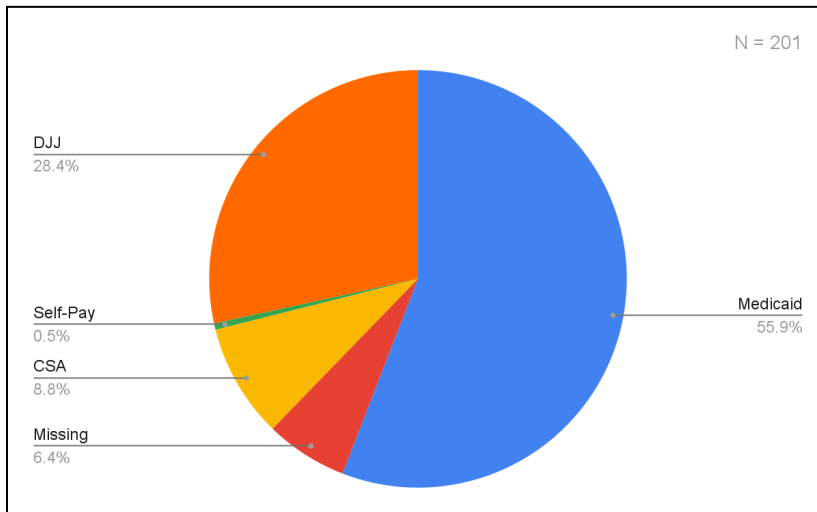


Figure 10 displays data on the number of cases funded by major payors in the state, as reported by provider companies. The top two payors are Medicaid, which funded over half of all cases, and the Department of Juvenile Justice, which funded nearly 30%.