

Center for Evidence-based Partnerships  
Virginia FFT Fidelity and Outcome Report  
Coverage Period: April 2023-June 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 April 1, 2023, through June 30, 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, where variables included in the current report are bolded. 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

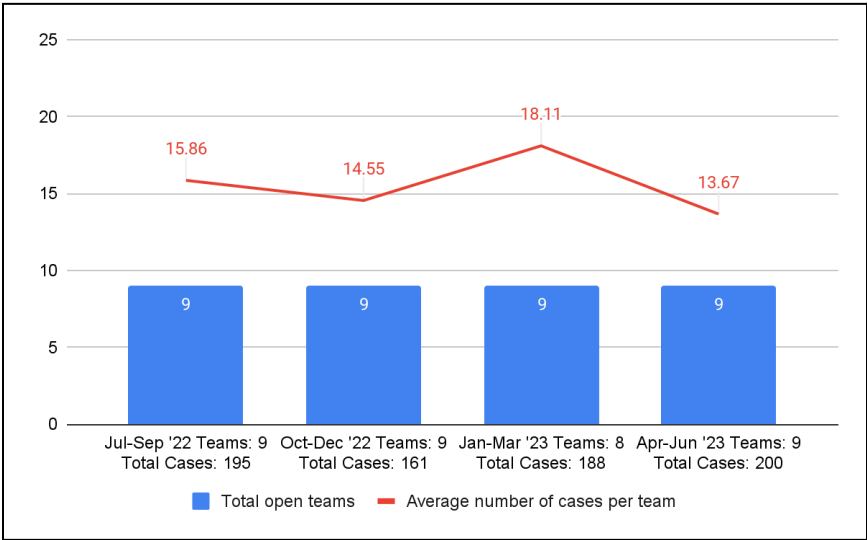
		within 6 months from end of FFT
Outcome	Safety	Percent of children with abuse/ neglect reports within 12 months from end of FFT
<b>Outcome</b>	<b>Wellbeing-Youth</b>	<b>Percent of youth remain in community</b>
<b>Outcome</b>	<b>Wellbeing-Youth</b>	<b>Percent of youth in school</b>
<b>Outcome</b>	<b>Wellbeing-Youth</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.

**Historical Status of Virginia FFT Team Workforce and Caseloads**

*Team and Case Data*

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



During this reporting period, 9 FFT teams had at least one active FFT case across the state. The average number of active and closed cases per team in a given quarter dipped from more than 18 to less than 14, as seen in Figure 1.

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

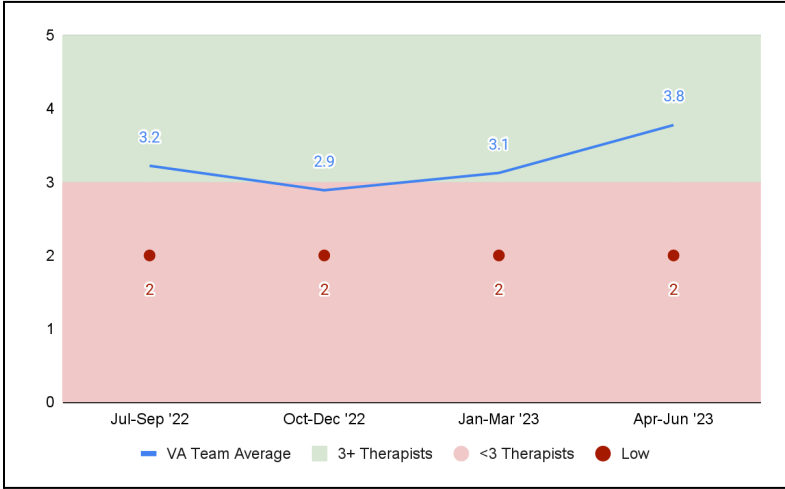
**Table 2.** Team Status Detail



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

**Full-time Therapists**

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

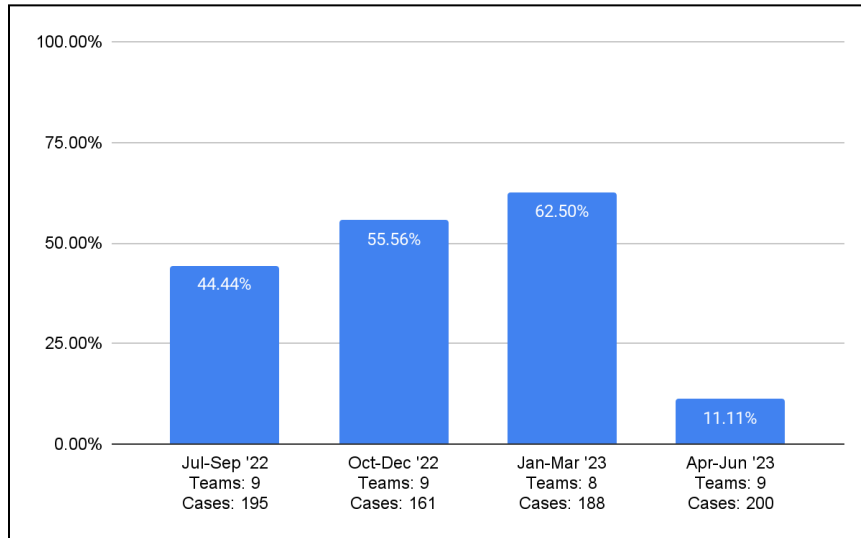


FFT, LLC, the training organization for the model, has set a target of three therapists per team, represented in the green area of Figure 2. For all but one quarter reported (Q2), the average number of therapists per team with active cases across Virginia met or exceeded this minimum requirement, with increases since October 2022.



### Cases per Therapist

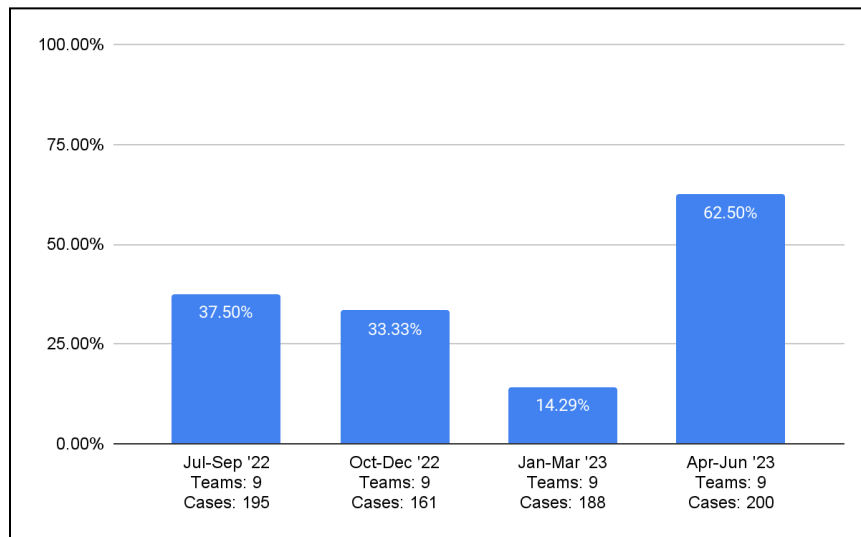
**Figure 3.** Percent of Virginia Teams Meeting the FFT Target for Number of Cases per Therapist



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. In this reporting period, several new therapists were being trained and added to existing teams, leading to case totals not meeting usual FFT standards..

### Cases Completing Treatment

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



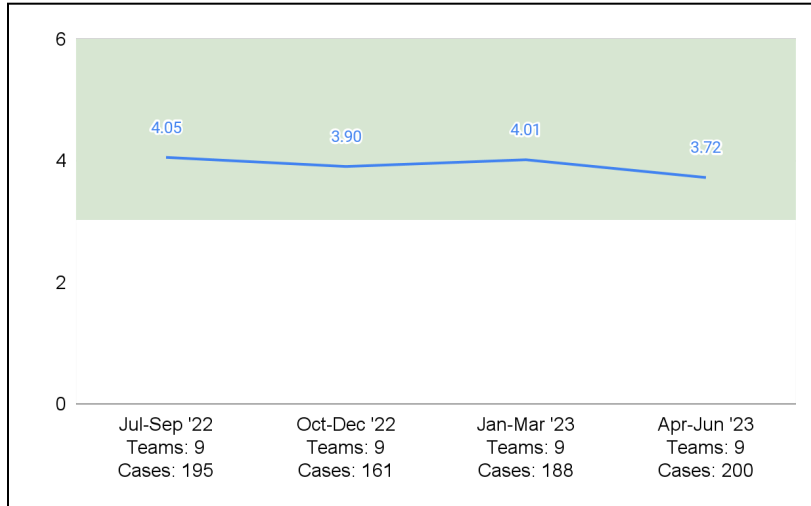
The case completion rate is defined as the total number of closed completed cases and closed incomplete cases divided by the total number of closed cases, including those cases never seen by an FFT therapist. The FFT, LLC expectation for completion rate is 70% for teams open less than one year and 80% for teams open more than one year. In Virginia, six of the 9 teams open have completion data for these four quarters;

accordingly, Figure 4 shows the share of teams with a benchmark completion rate of 75% or higher.

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

### Fidelity Scores Across Teams

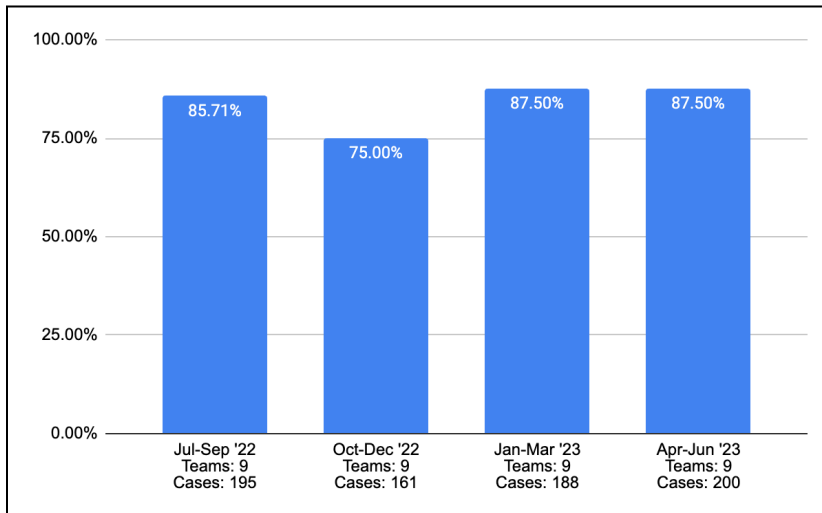
**Figure 5.** Average Final Fidelity Scores across Virginia Teams



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. This reporting period saw a slight dip to 3.72, but still remains above the threshold.

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



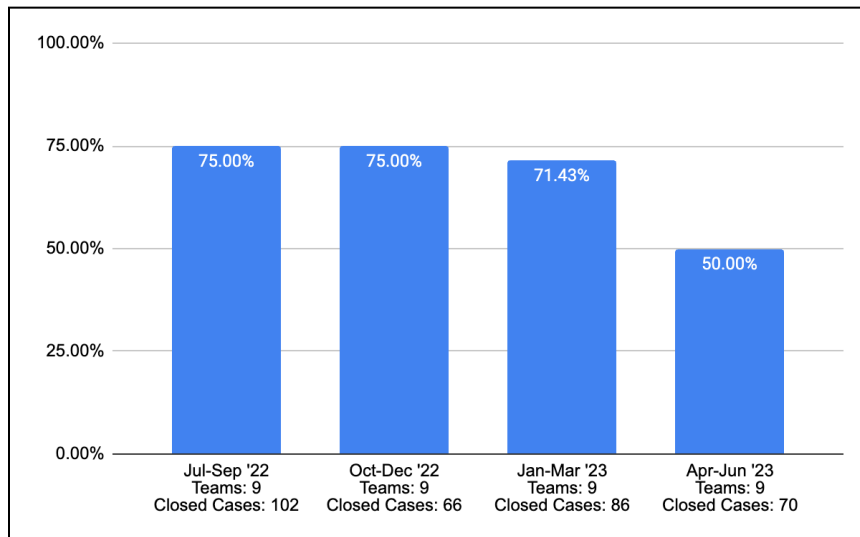
Another way to consider fidelity data is depicted in Figure 6: the percentage of teams averaging the FFT, LLC final fidelity score of 3.01 or higher in a given quarter. Again this quarter, nearly 90% of teams maintained or exceeded this fidelity threshold.

## 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.

### *Remaining in Community*

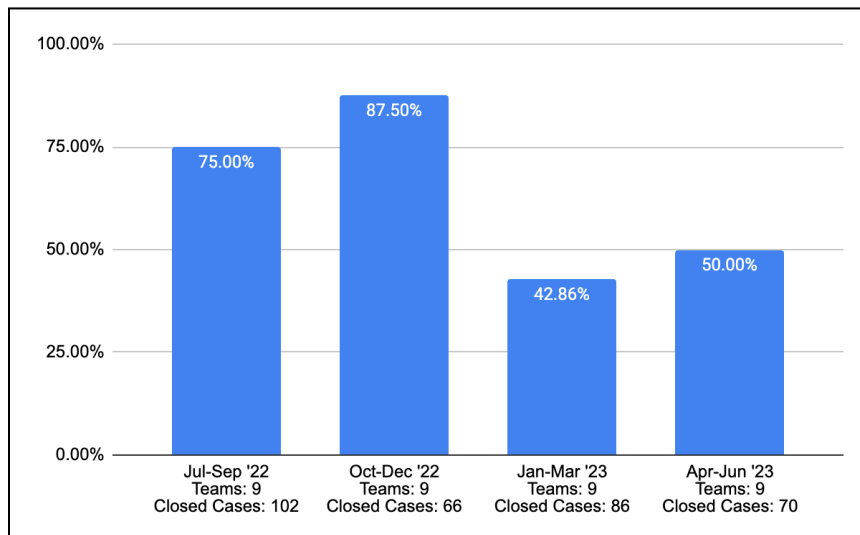
**Figure 7.** *Percent of VA Teams Meeting or Exceeding the Virginia Target for Youth Remaining in Community*



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 saw a dip to 50% of teams reporting that 85% or more of 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 this quarter climbed slightly, to 50%.

**Law Violations**

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

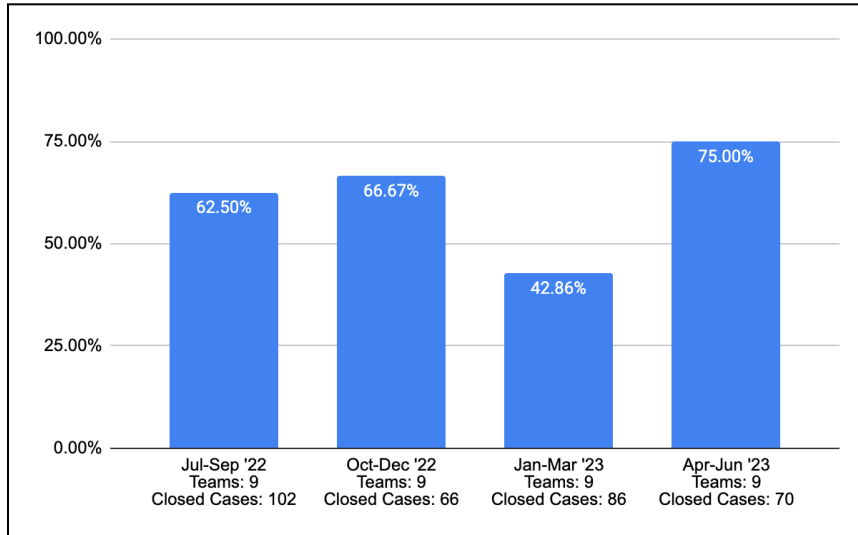


Figure 9 illustrates the share of teams in Virginia that met the target of 85% of youth having no new arrests, either when counseling finished or if treatment ended for a reason within the therapist's control. This quarter saw a significant uptick, with 75% of teams meeting this standard.