

Center for Evidence-based Partnerships
Virginia FFT Fidelity and Outcome Report
Coverage Period: July 2021-March 2023

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Statement of Purpose

Functional Family Therapy (FFT) is an evidence-based program (EBP) for youth ages 11-18 at risk of or 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 July 1, 2021, through March 31, 2023. Subsequent reports will be issued quarterly.

Note: Two teams (one closed team and one active team) declined or did not respond to requests for deidentified data to be released to CEP-Va by FFT. Accordingly, these teams have 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.

Fidelity or outcome	Domain	Variable
Fidelity	Team Health	FTE Active
Fidelity	Team Health	Avg cases/therapist
Fidelity	Model fidelity	Average Final Fidelity rating
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

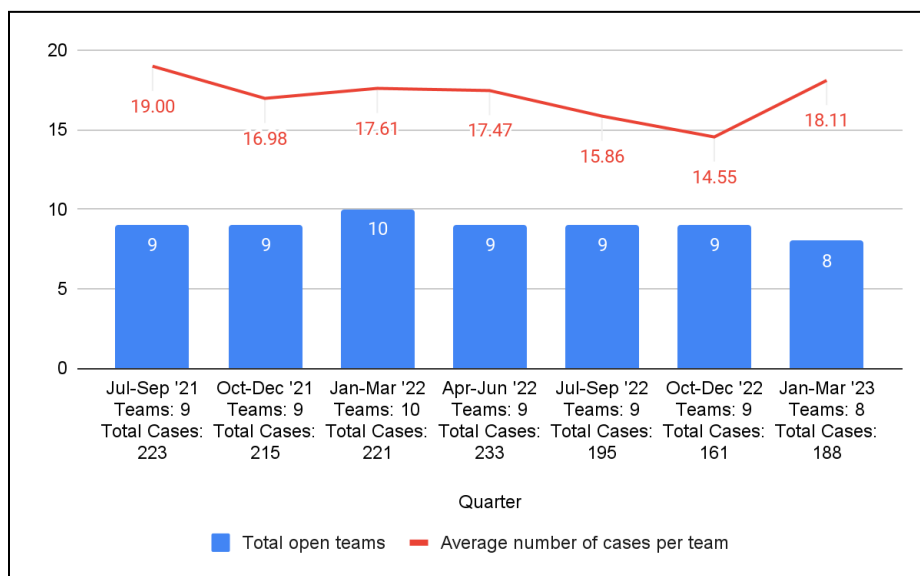
		within 6 months from end of FFT
Outcome	Safety	Percent of children with abuse/ neglect reports within 12 months from end of FFT
Outcome	Wellbeing-Youth	Percent of youth remain in community
Outcome	Wellbeing-Youth	Percent of youth in school
Outcome	Wellbeing-Youth	Percent of youth with no law violations
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



Across the seven reported quarters, the total number of FFT teams with at least one active FFT case across the state exhibited relative stability, ranging from 8-10 teams. The average number of active and closed cases per team in a given quarter showed similar stability across six of the seven reported quarters, as seen in Figure 1.

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

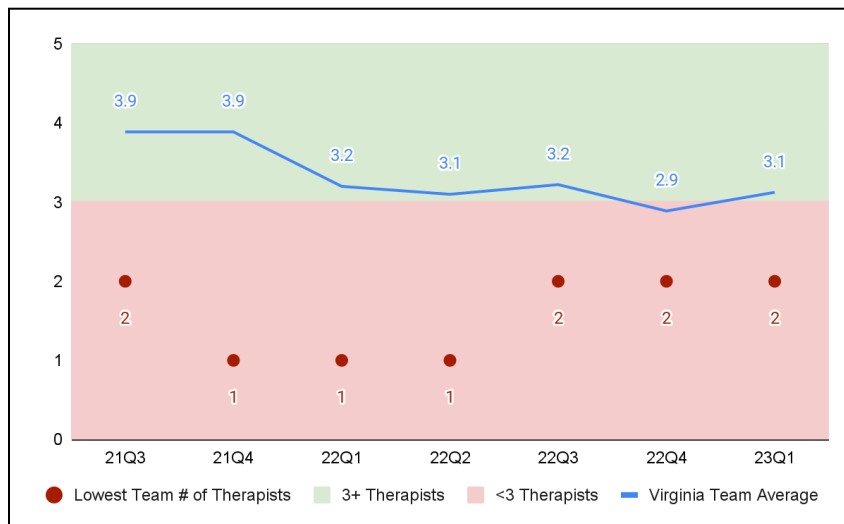
Table 2. Team Status Detail

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	10
Apr-Jun 2022	9	0	1	0	9	10
Jul-Sep 2022	9	0	0	0	9	9
Oct-Dec 2022	9	0	0	0	9	9
Jan-Mar 2023	8	0	0	0	8	8

Note: FFT teams are often split across agency locations and thus cannot be cleanly broken into regional team coverage.

Full-time Therapists

Figure 2. Average Number of Team Therapists



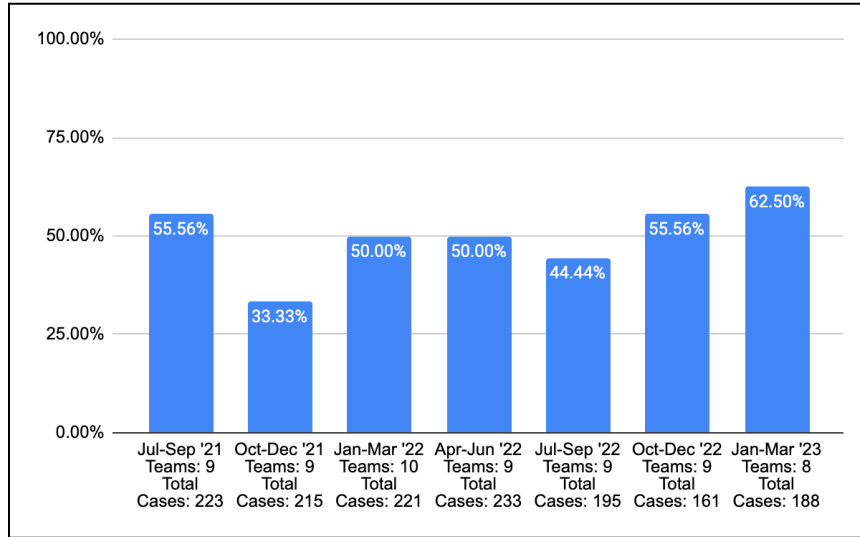
FFT, LLC, the training organization for the model, has set a target of three therapists per team, represented in the green area of Figure 2. For all but one quarter reported, the average number of therapists per team with active cases across Virginia met or exceeded this minimum requirement, though it is generally trending downward. During this reporting period,



therapists with fewer than one year of experience were common on FFT teams in Virginia, underlining workforce recruitment and retention challenges.

Cases per Therapist

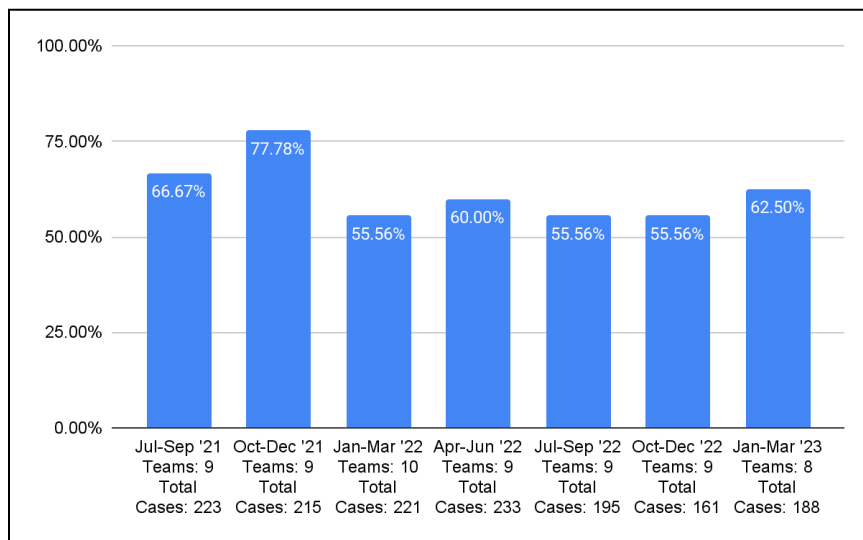
Figure 3. Percent of Virginia Teams Meeting the FFT Target for Number of Cases per Therapist



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, between one-third to nearly two-thirds of teams met this standard, but team average caseloads varied widely.

Cases Completing Treatment

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



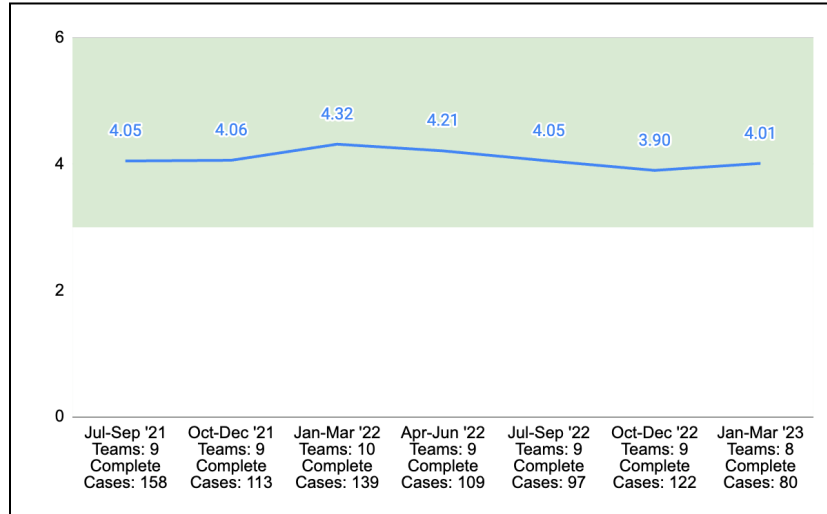
The case completion rate is defined as the total number of closed completed cases and closed incomplete cases divided by the total number of closed cases, including those cases never seen by an FFT therapist. The FFT, LLC expectation for completion rate is 70% for teams open less than one year and 80% for teams open more than one year. In Virginia, six of the 8-10 teams open during the seven reporting periods have

been operating in or before June 2020 (one year prior to the earliest reporting period); accordingly, the benchmark completion rate for this report is 75%. Virginia’s data across the seven reporting periods is found in Figure 4.

Measure of Final Fidelity using Clinical Adherence and Clinical Competence Ratings

Fidelity Scores Across Teams

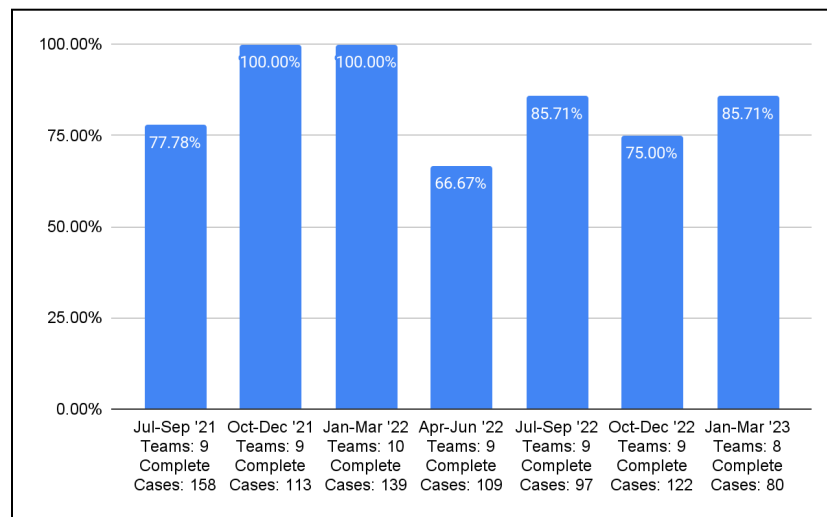
Figure 5. Average Final Fidelity Scores across Virginia Teams



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.

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



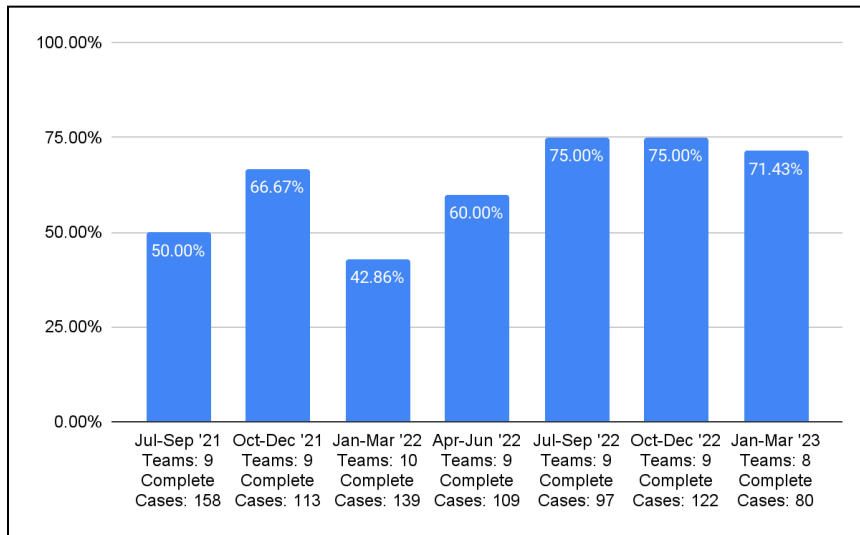
Another way to consider fidelity data is depicted in Figure 6: the percentage of teams averaging the FFT, LLC final fidelity score of 3.01 or higher in a given quarter. Between two-thirds to all of teams in Virginia met or exceeded this standard each quarter.

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

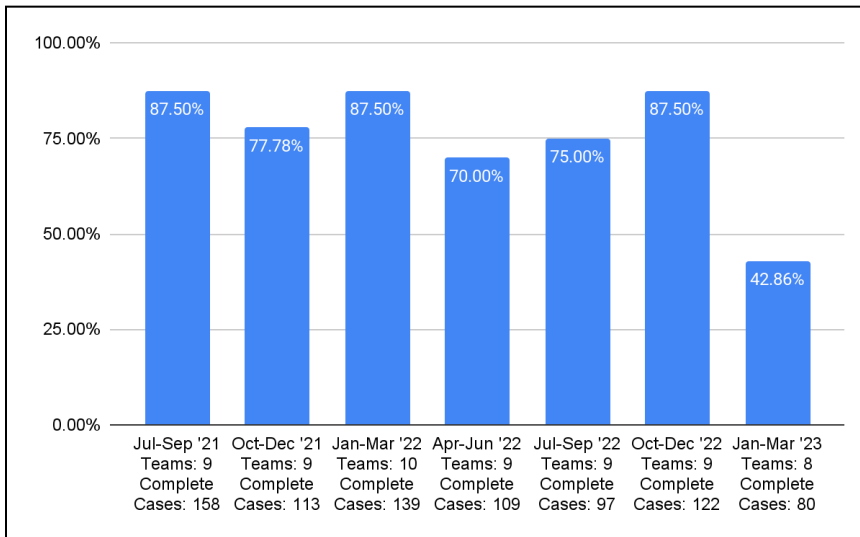
Figure 7. Percent of VA Teams Meeting or Exceeding the Virginia Target for Youth Remaining in Community



FFT, LLC defines *remaining in community* as not being placed formally outside of the home (group home, foster home, AOD 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. In all but one quarter, at least 50% of teams reported 85% or more youth who completed treatment living 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 ranged from over 40% to nearly 90%.

Law Violations

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

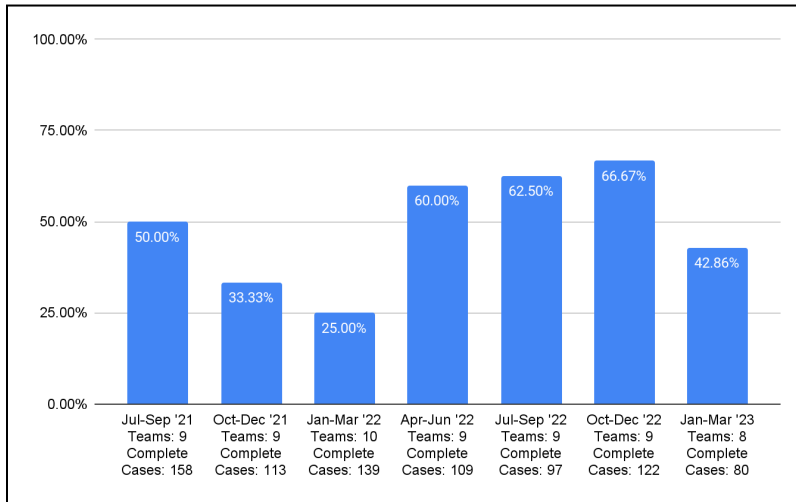


Figure 9 illustrates the share of teams in Virginia that met the target of 85% of youth having no new arrests, either when counseling finished or if treatment ended for a reason within the therapist's control. During this reporting period, one-quarter to two-thirds of teams met this standard.