



evidence-based
associates®

SUPPORTING FAMILIES, STRENGTHENING COMMUNITIES.

Introduction to FFT, MST, and Other Top-Tier, “Well-Supported” Evidence-Based Programs

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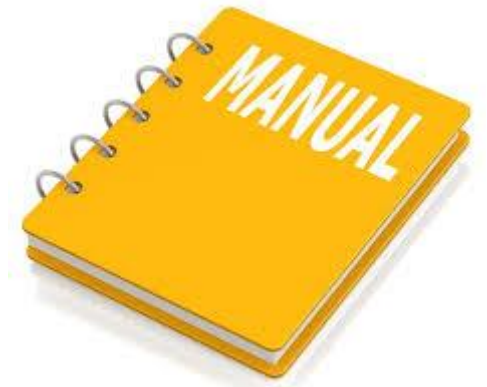
Senior Director; Evidence-Based Associates (EBA)
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What are Evidence-Based Programs (EBPs)?

Well-defined, “Tested and effective,” Ready for Dissemination

- 1) Well-defined: they have been spelled out, manualized, and clarified so that they can be tested
- 2) Tested: evaluated against a control group in a randomized trial (RCT) or other rigorous design (QED)
 - Some way to measure fidelity
 - Better outcomes at follow-up
 - Replicated independently
- 3) A dissemination agency or ‘purveyor’ group is ready to support new programs with training, coaching, and a strategy to ensure quality (‘fidelity’)



Evidence-Based Programs: The “Lists” (Registries)

	Juvenile Justice	Child Welfare
Relevant Registries	Blueprints for Health Youth Development; or OJJDP “Model Programs Guide”	California Evidence-Based Clearinghouse; or Title IV-E Clearinghouse*
Sample Evidence-Based Program	Functional Family Therapy (FFT); or Multisystemic Therapy (MST)	FFT; MST; Parent-Child Interaction Therapy (PCIT); or Transition to Independence Process (TIP)
South Carolina Evidence-Based Programs?	NONE (MST discontinued 2018)	Pilot project involving Nurse-Family Partnership (NFP)

**Re FFPSA: has introduced the terms, ‘Well-Supported,’ ‘Supported,’ and ‘Promising’ EBPs*

What is MST?

An intensive, ecologically-focused intervention for high-risk youth

Multisystemic Therapy (www.mstservices.com):

- An Evidence-Based Program (EBP) per Blueprints and many others
- Targets serious, chronic and violent delinquents ages 12-17
- Provides 24/7 365 support from the MST team therapist/supervisor
- Focuses on the entire ecology of the youth including family, school, peer and community relations
- Length of treatment: average 3-5 months (60 hours direct in-home service)
- Reductions in recidivism: 30-70% v. control groups
- Currently operating programs in over 35 states and eight countries



What is FFT?

An intensive, family-focused intervention for at-risk youth

Functional Family Therapy (www.fftlc.com):

- **An Evidence-Based Program (EBP) per Blueprints and many others**
- **Targets delinquent youth ages 11-18**
- **Like MST, is almost entirely intensive and home-based**
- **Length of treatment: average 3-4 months (18-30 sessions)**
- **Reductions in recidivism: 28-50% vs. control groups**
- **Currently operating programs in over 30 states and 11 countries**

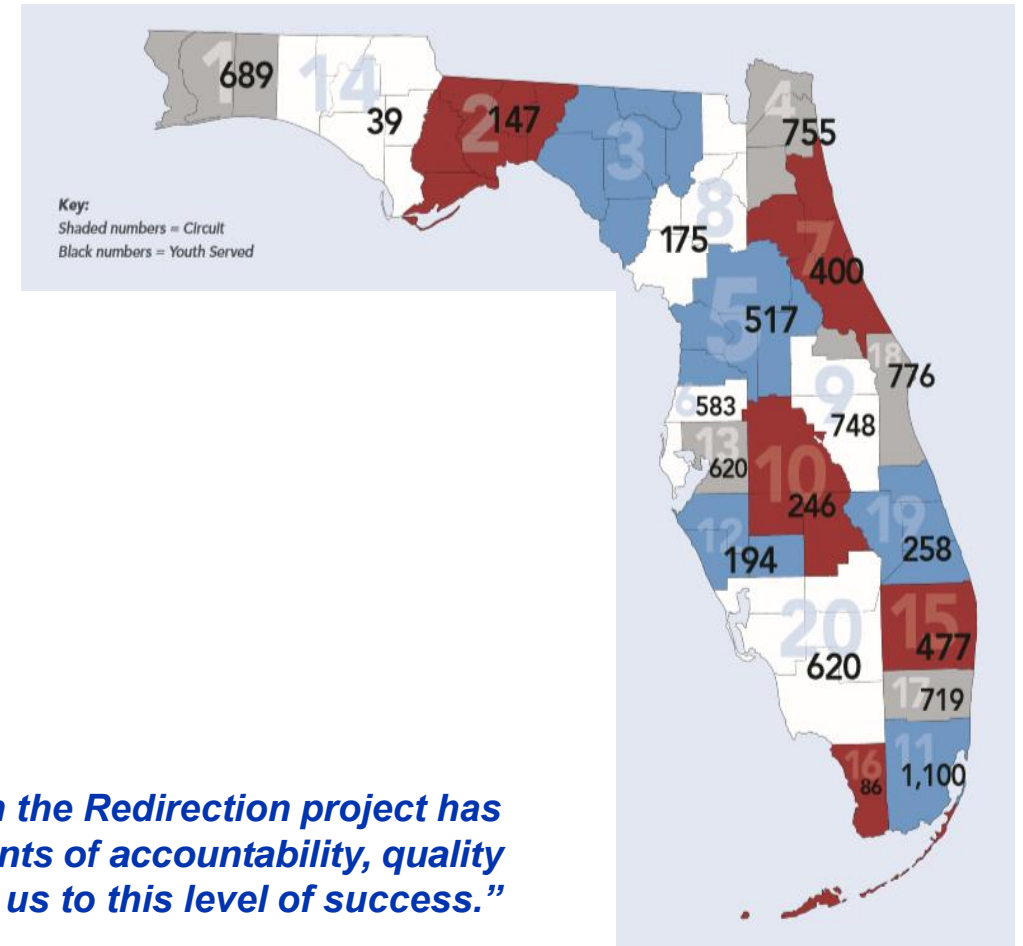


Florida: “Redirecting” Youth to Intensive In-Home Services (2004-2013)

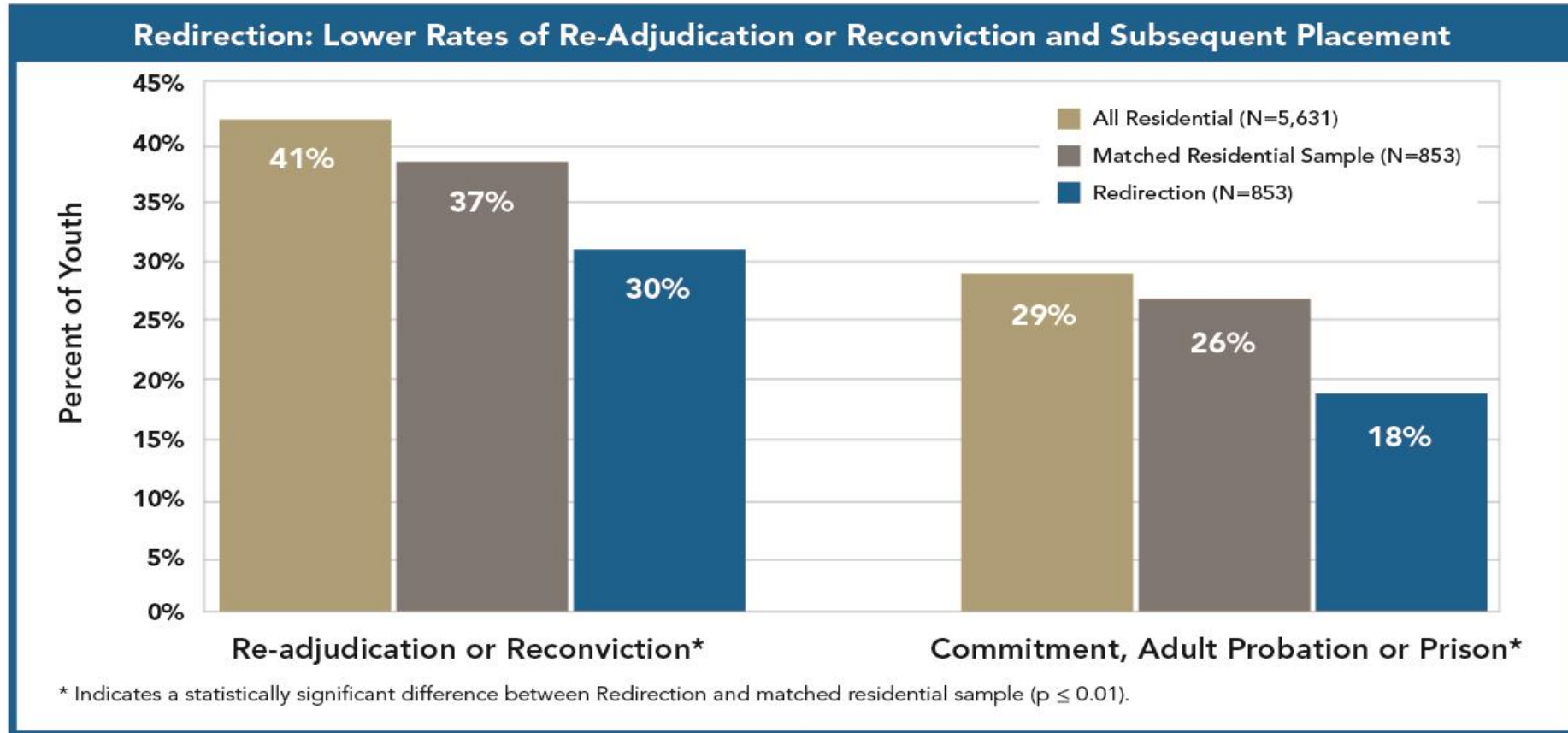
- **Funder:** Florida Department of Juvenile Justice
- **“Architects:”** EBA, DJJ Senior Leadership, and the FL Legislature
- **Target Population:** Youth (11-18) who were *on probation* and *‘being considered for commitment’* to Residential Programs
 - Utilized as re-entry services starting in Yr. 3
- **“General Contractor:”** Evidence-Based Associates (EBA) – provide project oversight, fidelity monitoring, training coordination, data analysis and reporting --> Performance Management
- **Subcontractors:**
 - Twelve community-based providers statewide
 - EBP Training and Licensing organizations
 - Justice Research Ctr. (program data / evaluation)
 - Communications Team (outreach to judges, CPOs etc.)

“The level of cooperation, partnership, and support we’ve experienced with the Redirection project has been invaluable. Research proves that EBPs work – the added ingredients of accountability, quality assurance, and teamwork have been critical to getting us to this level of success.”

- Linda Jewell Morgan, VP (Performance Improvement),
Eckerd Youth Alternatives (FL)



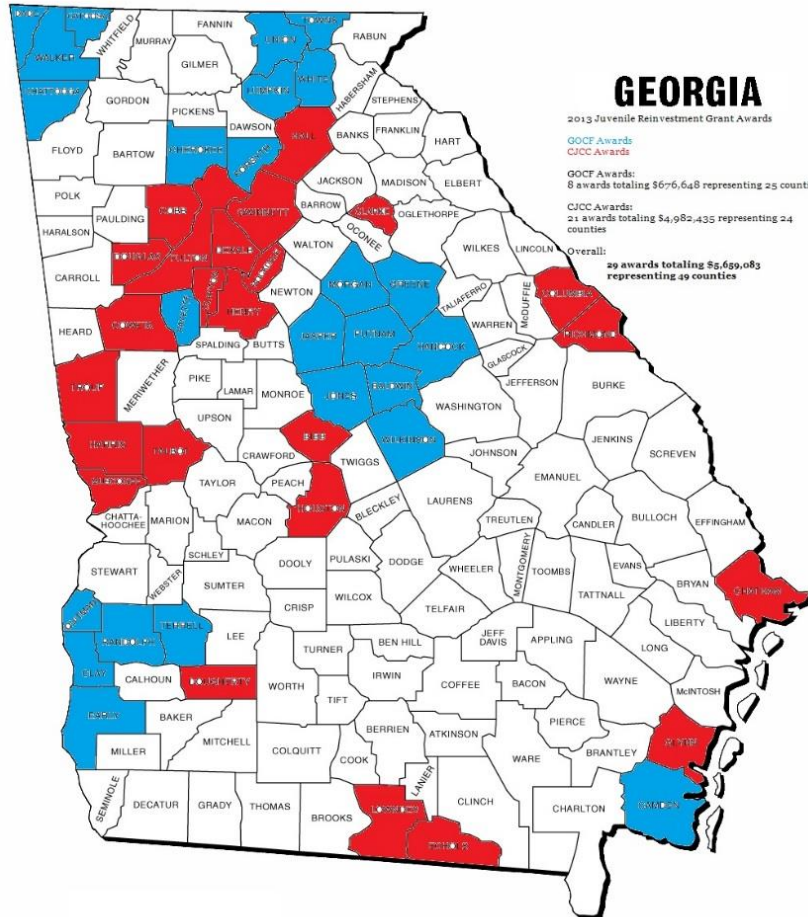
Redirection Program: Reducing Recidivism thru Treatment



“When deciding how to invest wisely...Florida has shown it can do this with its successful Redirection Program.”

– Fight Crime, Invest in Kids

Georgia: “Juvenile Justice Incentive Grant Program” (2013-present)

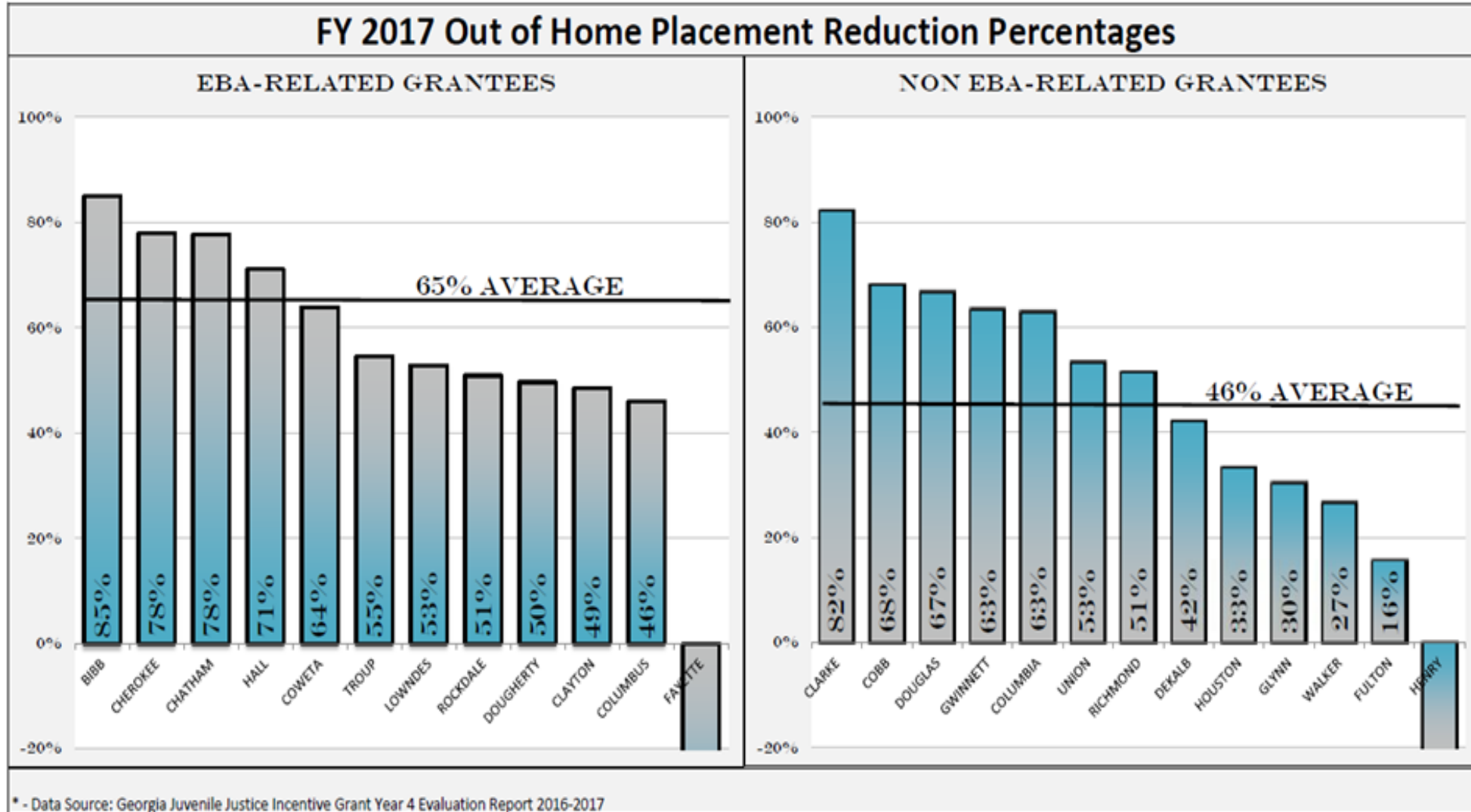


- **Visionary:** Governor Nathan Deal (former judge)
- **“Architects”:** GA Legislature; Casey and Pew Foundations
- **Program Goal:** Reduce juvenile placement rates statewide by 20% (Yr. 2 and beyond) by expanding evidence-based alternatives
- **Implementation Plan:**
 - Counties adopted a top-tier EBP from state approved list
 - HALF the counties also chose to partner with EBA and received *Intensive Implementation Support (IIS)* including close fidelity monitoring/reporting
 - **Results: over-achievement!** State goal was reduction in juvenile commitment of 20%; state average has been over 50% reduction every year

“EBA was a key partner in providing subject matter expertise and technical assistance... we could not have gotten off to such a quick and successful start without EBA’s amazing team”

- Joe Vignati
Deputy Director, DJJ Georgia

Placement Rates: Implementation Support Matters



What Could EBPs Achieve in the Palmetto State?

- 1) Engage families = address root causes of delinquency, substance abuse and mental health issues (while promoting a trauma-informed approach to care)
- 2) Reduce juvenile recidivism = increase public safety
- 3) Reduce the need for 'residential' facilities (detention centers, group homes, BRRC, and other RTCs/PRTFs) = ultimately providing cost savings to the system
- 4) Serve high-risk youth = provide for effective re-entry
- 5) Strengthen a private provider network of community-based providers = effective public-private partnerships
- 6) Create a sustainable infrastructure of services = preparing the way for Family First Prevention Services Act





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