

Department for Children, Youth and Families

Backup Material for Authorization to enter into a Contractual Agreement with Cayuga Centers for the provision on Functional Family Therapy- Therapeutic Case Management (FFT-TCM)

The Albany County Department for Children, Youth, and Families (ACDCYF) respectfully requests Legislative authorization to enter into a Contractual Agreement with Cayuga Centers for the provision on Functional Family Therapy- Therapeutic Case Management (FFT-TCM). The contract would be for the period of January 1, 2020 to December 31, 2020.

Cayuga Centers pursued a grant from the Mother Cabrini Foundation to do evidence-based case management in Albany County. Cayuga Centers was awarded two \$500,000 grants - one of which is for Albany County. Cayuga Centers will be able to facilitate the FFT-TCM program in Albany County, at no cost to the county.

Functional Family Therapy - Therapeutic Case Management (FFT-TCM) is a tiered treatment model that extends services from young children to young adults. It incorporates a systemic risk assessment to determine the level of service needed, and in general, high risk families receive high intensity services and low risk receive lower intensity services. Family therapy and therapeutic case management based on the principles and techniques of FFT are integrated and are delivered by both masters level clinicians (high risk cases), and bachelors level interventionists for lower risk cases. It was developed by Dr. Thomas Sexton. He and Dr. James Alexander were co-developers of FFT before they went separate ways about fifteen years ago. Dr. Sexton is now a principal at FFT Partners which will be doing most of the FFT training and consultation in NYC under ACS's new RFP.

FFT-TCM serves youth ages 4-18, and typically has outcomes which prevent the need for out of home placements. Families referred are typically the least likely to engage in services and are at risk for or are presenting with: childhood development delays, truancy, domestic violence, negative peers, community violence, aggression, mental health and psychiatric issues, substance abuse, conflict, corporal punishment, poor supervision, neglect, AWOL, behavioral/ physical health needs, antisocial behaviors and juvenile delinquency. A typical intervention lasts 6 months. With a staff of 2 clinicians, 2 case managers and 1 supervisor, Cayuga Centers can serve approximately 38 cases at any one time, and approximately 76-80 cases annually.