

## How to refer to FFT-CW®

For further information about possible referrals to FFT-CW you can call:

**Kelly Rae** 0419 368 521

**Mal Crowe** 0437 841 392

Alternately you can send an inquiry to our central email contact:

[fft-cw@nepeancommunity.org.au](mailto:fft-cw@nepeancommunity.org.au)

When you are contacted by a member of the FFT-CW team we can either arrange an agency visit or provide detailed referral information over the phone.

All referrals will require final approval by a Central Referral Unit linked to our funding body. However, the FFT-CW team at NCNS can offer practical assistance to help ensure that referrals meet the eligibility criteria before submission.

For further information email us at:  
[fft-cw@nepeancommunity.org.au](mailto:fft-cw@nepeancommunity.org.au)



NEPEAN COMMUNITY & NEIGHBOURHOOD SERVICES

NCNS acknowledge Aboriginal people, past and present, on whose land we walk, work and live.

### NCNS Head Office:

**P:** 02 4721 8520

**E:** [info@nepeancommunity.org.au](mailto:info@nepeancommunity.org.au)

**W:** [www.nepeancommunity.org.au](http://www.nepeancommunity.org.au)



# Functional Family Therapy - Child Welfare

A new option for working with families

[www.nepeancommunity.org.au](http://www.nepeancommunity.org.au)

An initiative of NSW Government

# What is FFT-CW<sup>®</sup>?

Functional Family Therapy-Child Welfare is an evidenced-based Family Therapy program designed for families where a risk of significant harm report exists in relation to a family member.

FFT-CW has been shown to reduce this risk and promote better outcomes for families with complex needs.

Funded by the NSW Government as a family preservation initiative FFT-CW also has dedicated referral pathways to support Aboriginal families, reduce placements in Out of Home Care and where possible supporting kinship placements.

Since August 2017 FFT-CW has successfully been working with families to:

- reduce the risk levels for families where concerns exist about neglect and serious harm
- reduce rates of placements into out-of-home
- assist with family restoration and to support from out-of-home care kinship placements
- respond effectively to trauma and other underlying causes of child abuse and neglect

FFT-CW is an intensive, short-term Family Therapy delivered in the home and works with all family members.

Over a period of 4-6 months, therapy is offered weekly but can also be flexible and responsive to the needs of individual families. This includes being able to meet with families after hours and by mutual arrangement.

FFT-CW progresses through distinct phases to accomplish specific goals:

**Engagement/Motivation** – includes a robust family assessment and changing the meaning of those relational patterns which have contributed toward a history of risk and harm

**Behaviour Change** – teaching new relationship skills tailored to the referral needs of each family and using the unique strengths and protective factors of the family system

**Generalisation** – applying the skills learnt to new and different contexts, developing relapse prevention plans, and connecting with other services/resources to support the ongoing progress.

FFT-CW<sup>®</sup> is now available in the Penrith, Blue Mountains area to work alongside non-government agencies supporting families who meet the eligibility criteria.

- Families with children 0-17 years with a ROSH report for child abuse and/or neglect
- Families with a child in OOHC but who will be restored to the family within six to eight weeks and there is an OOHC case plan with a goal of restoration
- Families where the child has been in a placement with a relative for a minimum of 12 months and a plan exist for permanency

FFT-CW is not an additional case management intervention. It works conjointly and collaboratively with other practitioners to achieve case goals by assisting families to identify and reshape negative relational patterns.

By fostering hope, reducing negativity, and practicing new skills families are often more receptive to participating in other activities and programs fostering long term safety and welfare for all members of the family.