

# Preparing Staff to Present at FAPT

Presented by:

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Natalie Elliott – Intercept Youth Services

Geocaching!



THE KEY  
IS  
THE KEY

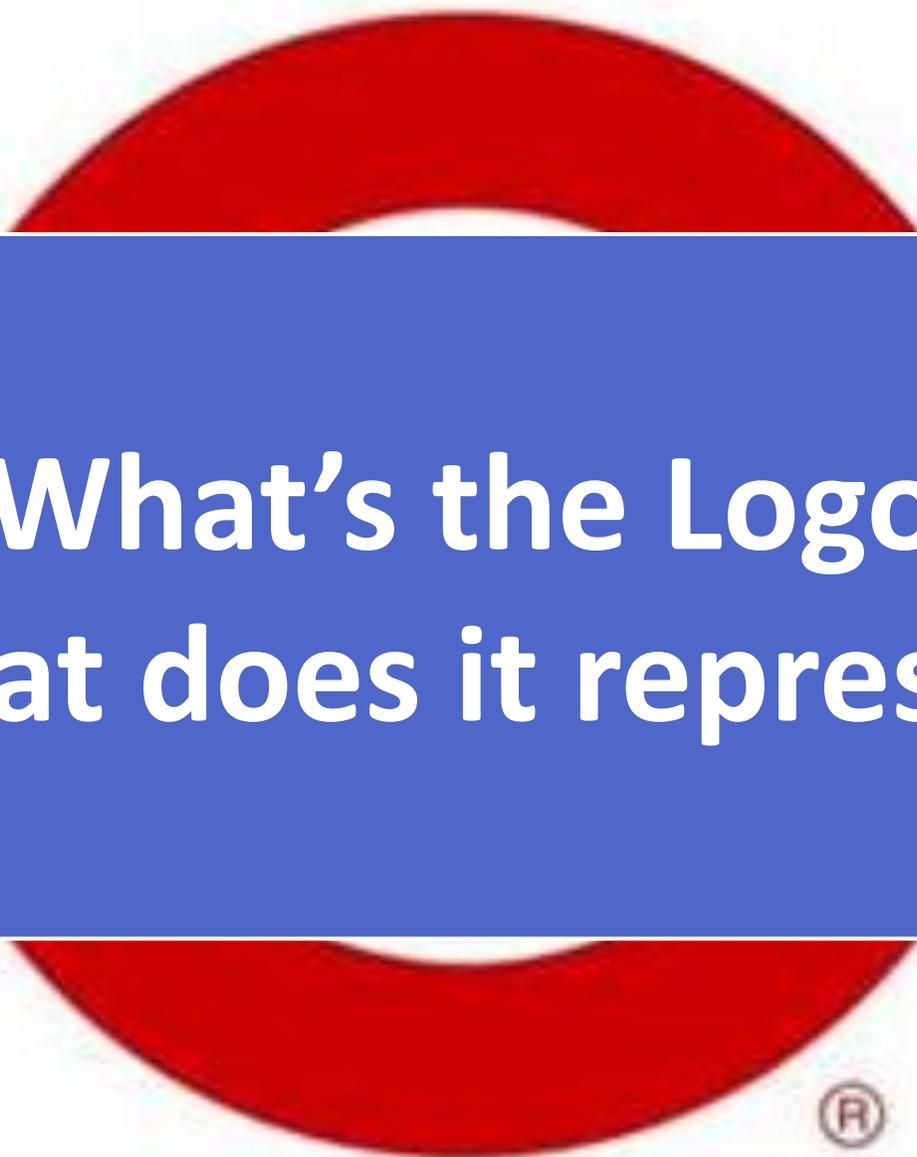
# The **9** Keys to **FAPT**



**What's the Logo?**  
**What does it represent?**



**What's the Logo?  
What does it represent?**



**What's the Logo?  
What does it represent?**

WHAT'S YOUR LOGO?

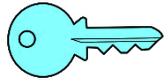
**HOW DO YOU REPRESENT...**



YOURSELF?

YOUR FAMILIES?

YOUR AGENCY?



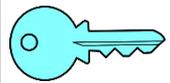
# REPRESENT WELL

- Know your BRAND
- Know your AUDIENCE
- ADVOCATE for your CHILD/ FAMILY
- PREPARE

# The KEYS to FAPT

1. REPRESENT WELL.

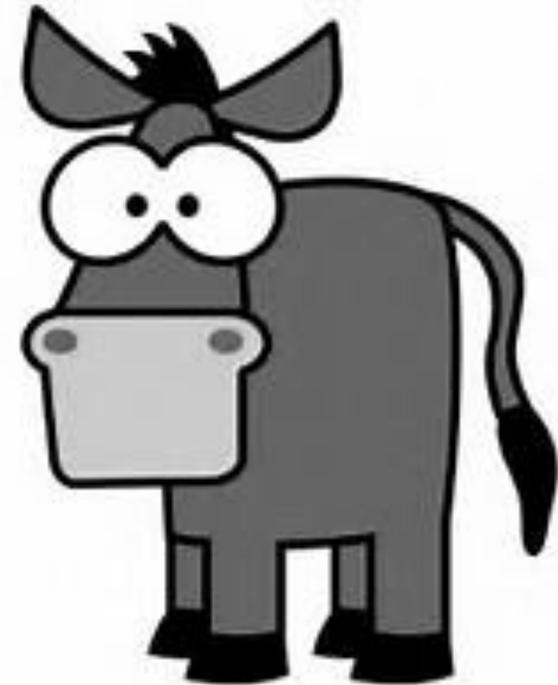
# Know the ASSUMPTIONS



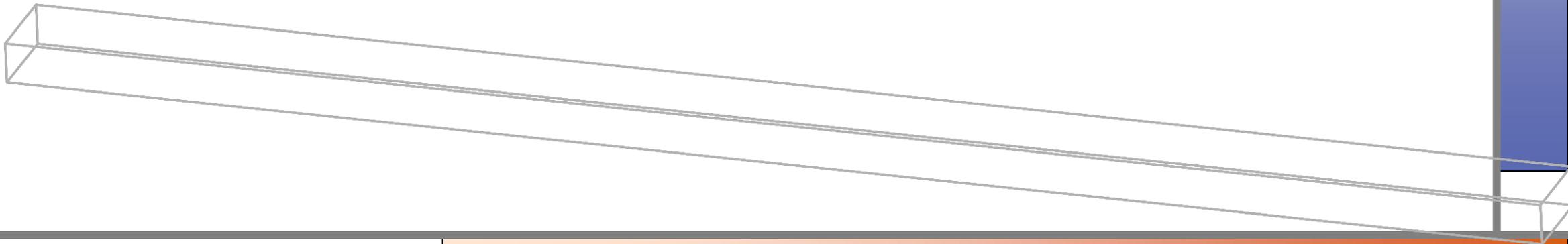
Common sense is not that common

We are not always as clear as we intend

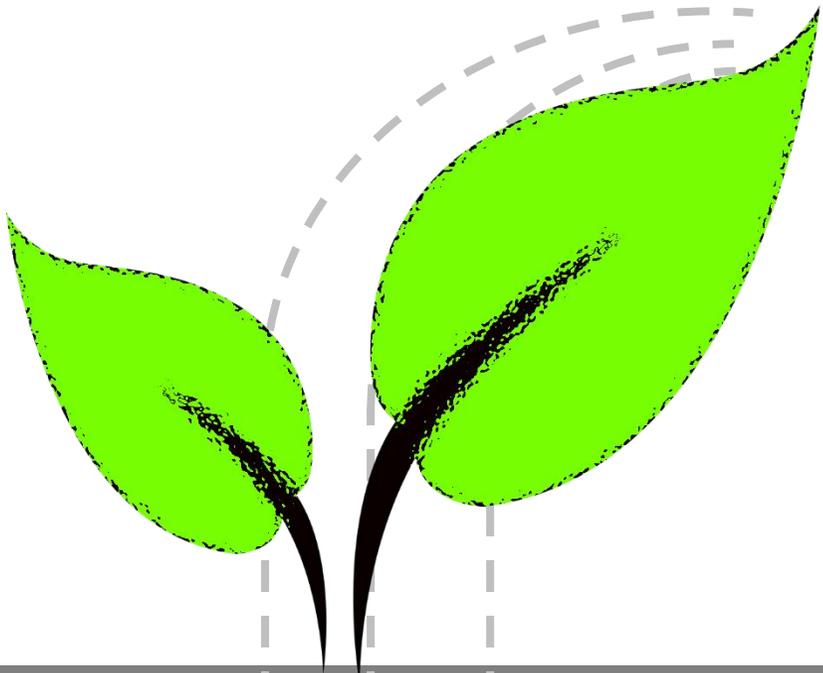
FAPT is **not** just part of the job



Do we **THROW**  
them in?



STAFF



# The KEYS to FAPT

1. REPRESENT WELL.
2. KNOW AND RECOGNIZE THE ASSUMPTIONS.

It's more than just showing up or reporting...

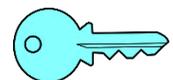
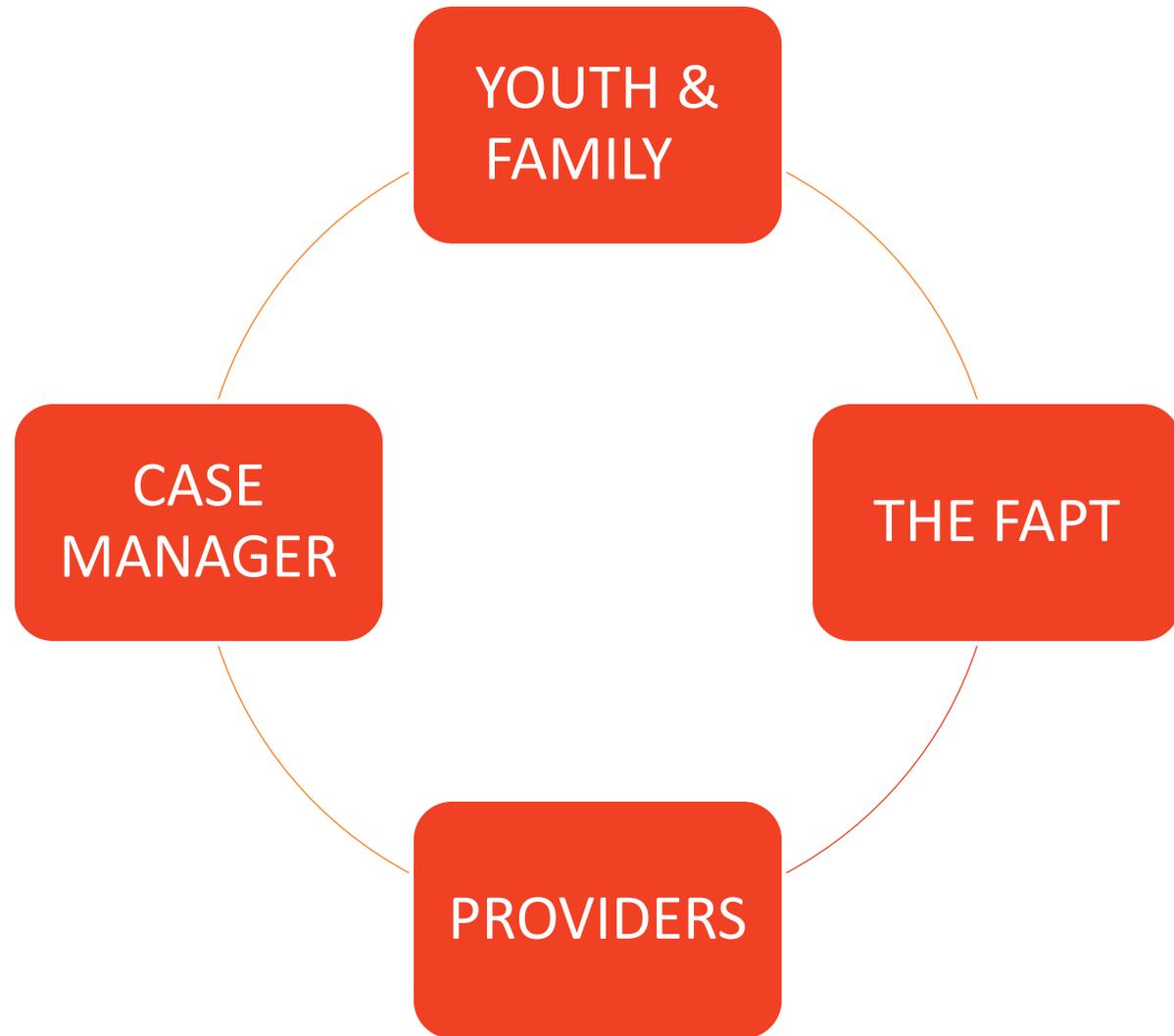


DO MORE THAN MONITOR

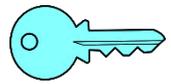
Providers | CSA Staff

# The KEYS to FAPT

1. REPRESENT WELL.
2. KNOW AND RECOGNIZE THE ASSUMPTIONS.
3. DO MORE THAN MONITOR.



**KNOW THE ROLES**

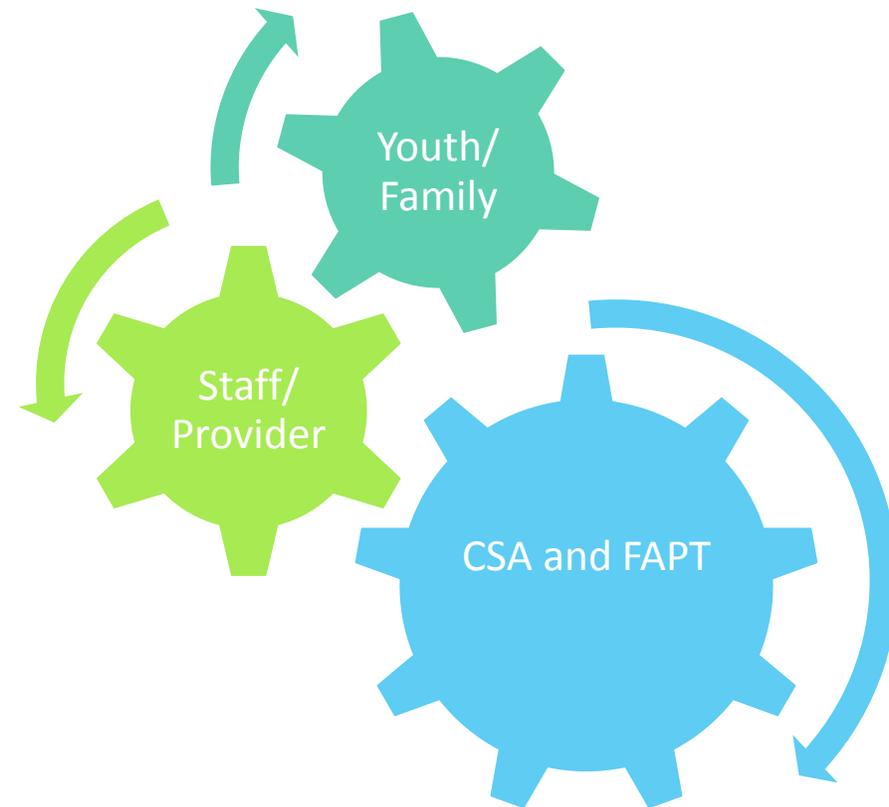


# OWN YOUR ROLE

- Make the introductions
- Set boundaries and ground rules
- Identify the expectations... What's the goal?

# KNOW THE ROLES: Ownership

When do you stay  
in your lane?



# The KEYS to FAPT

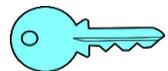
1. REPRESENT WELL.
2. KNOW AND RECOGNIZE THE ASSUMPTIONS.
3. DO MORE THAN MONITOR.
4. **KNOW THE ROLES (AND OWN YOURS)**



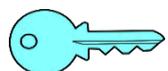
purpose? What is the Goal?

FROM CSA | PROVIDERS | PARENTS

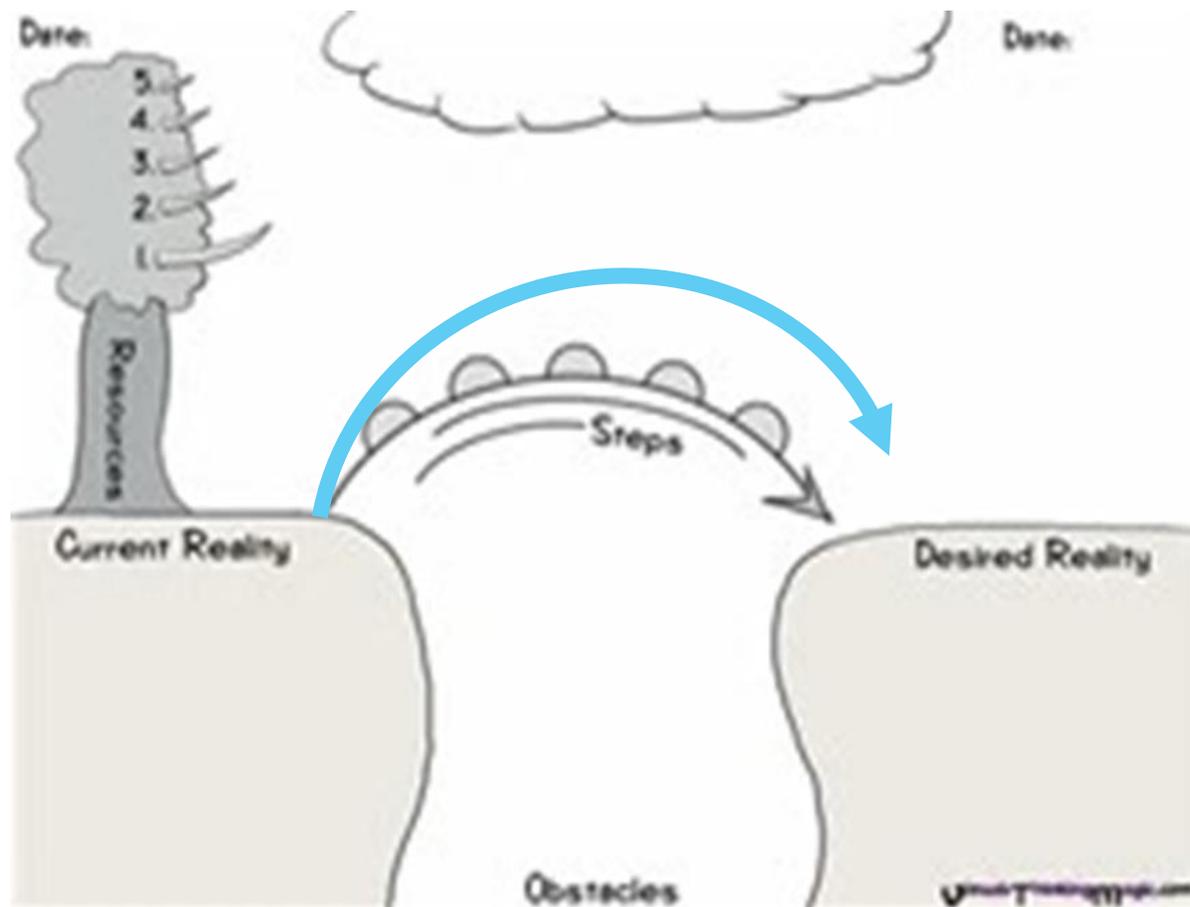




# KNOW THE GOALS

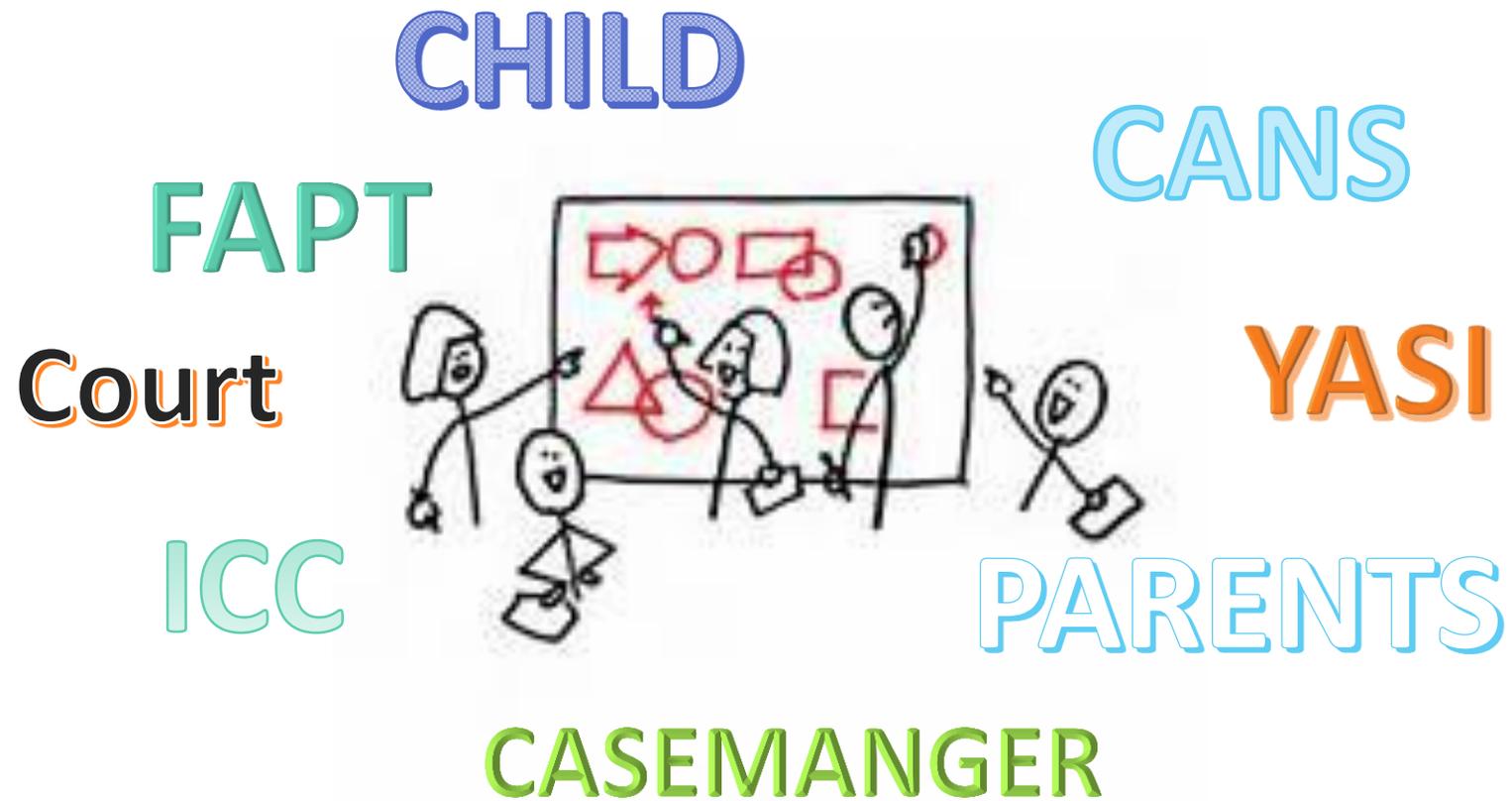


# SEE THE BIG PICTURE



# ANOTHER MEETING

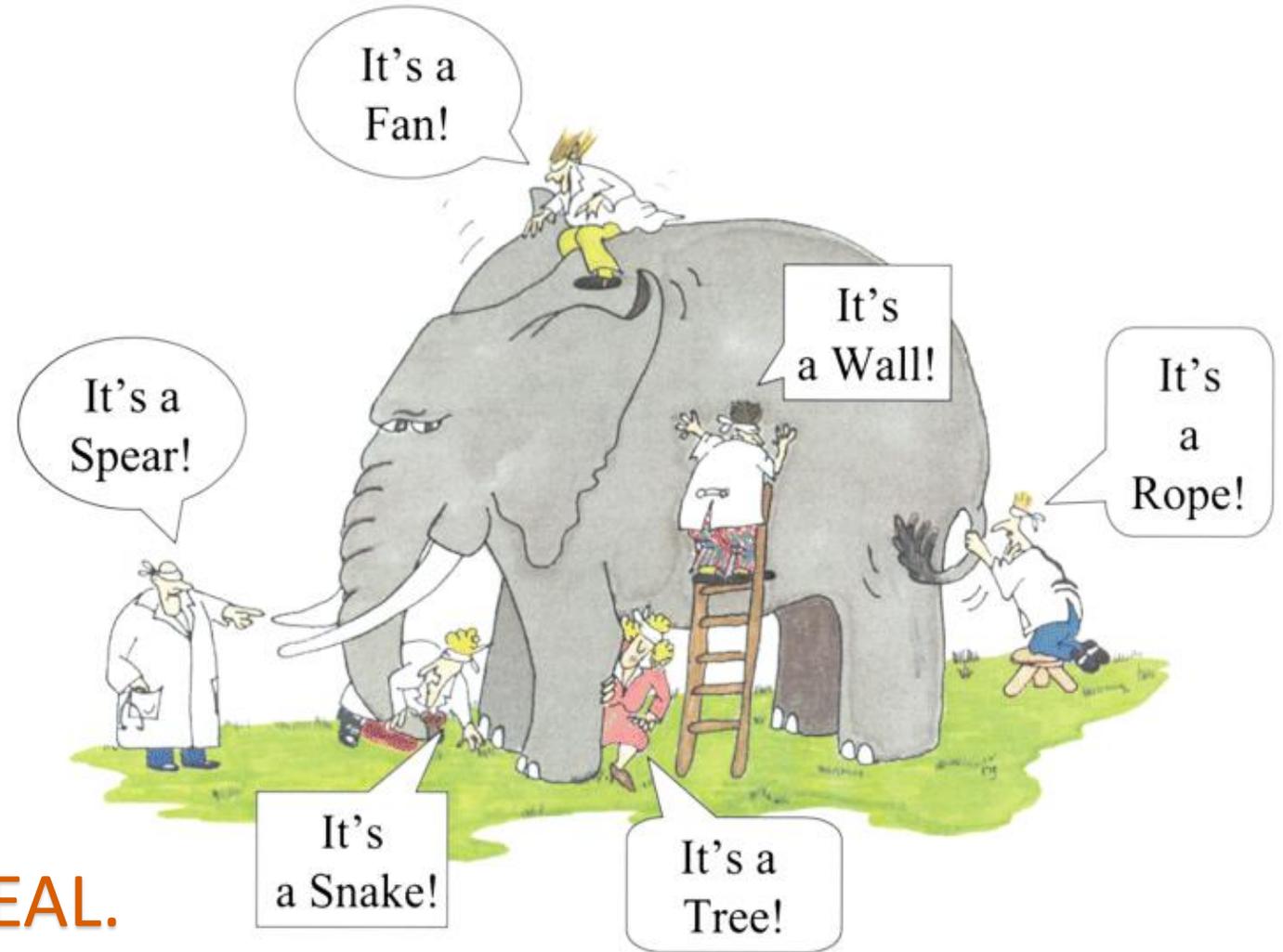
What goes into the PLAN, the updates and FAPT?



# The KEYS to FAPT

1. REPRESENT WELL.
2. KNOW AND RECOGNIZE THE ASSUMPTIONS.
3. DO MORE THAN MONITOR.
4. KNOW THE ROLES (AND OWN YOURS)
5. **KNOW THE GOALS.**

# PERCEPTIONS



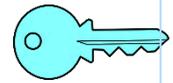
PERCEPTIONS ARE REAL.

IDENTIFY | RECOGNIZE | ADDRESS

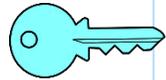
# The KEYS to FAPT

1. REPRESENT WELL.
2. KNOW AND RECOGNIZE THE ASSUMPTIONS.
3. DO MORE THAN MONITOR.
4. KNOW THE ROLES (AND OWN YOURS)
5. KNOW THE GOALS.
6. SEE THE DIFFERENT PERSPECTIVES.

# IDENTIFY THE BARRIERS



CALL IT LIKE YOU SEE IT....



SHARE WHAT YOU KNOW...



# The KEYS to FAPT

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4. KNOW THE ROLES (AND OWN YOURS).
5. KNOW THE GOALS.
6. SEE THE DIFFERENT PERSPECTIVES.
7. IDENTIFY THE BARRIERS.

BLAH

BLAH

blah  
blah  
blah

BLAH

BLAH

BLAH

STAND

blah

BLAH

blah

OUT

BLAH

BLAH

BLAH

Blah

Blah

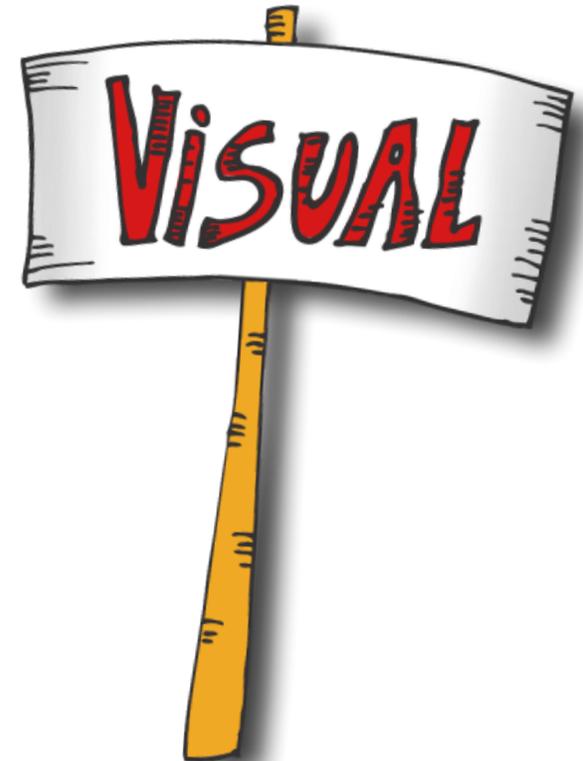
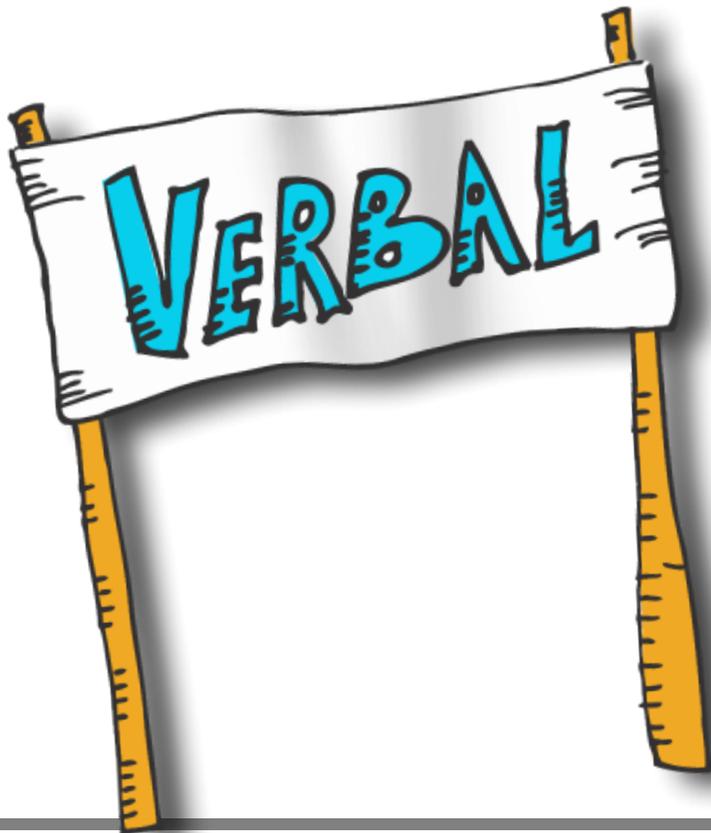
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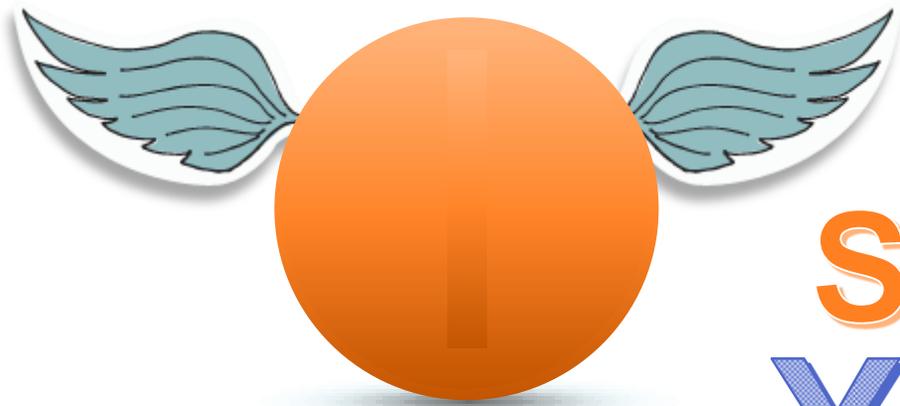
BLAH

HELP THEM  
SEE  
WHAT YOU ARE  
SAYING



# The KEYS to FAPT

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3. DO MORE THAN MONITOR.
4. KNOW THE ROLES (AND OWN YOURS).
5. KNOW THE GOALS.
6. SEE THE DIFFERENT PERSPECTIVES.
7. IDENTIFY THE BARRIERS.
8. **STAND OUT.**



**SPREAD  
YOUR WINGS  
AND GET  
UNSTUCK**

CULTIVATE  
**HEALTHY**  
RELATIONSHIPS



# The KEYS to FAPT

1. REPRESENT WELL.
2. KNOW AND RECOGNIZE THE ASSUMPTIONS.
3. DO MORE THAN MONITOR.
4. KNOW THE ROLES (AND OWN YOURS)
5. KNOW THE GOALS.
6. SEE THE DIFFERENT PERSPECTIVES.
7. IDENTIFY THE BARRIERS.
8. STAND OUT.
9. **MOVE FORWARD AND GET UNSTUCK.**

# Questions

# The 9 KEYS

1. REPRESENT WELL.
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6. SEE THE DIFFERENT PERSPECTIVES.
7. IDENTIFY THE BARRIERS.
8. STAND OUT.
9. MOVE FORWARD AND GET UNSTUCK.



# Contact information

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# ADDITIONAL RESOURCES

Evidence-Based Practices &  
Where to Find Them

- **The Office of Juvenile Justice and Delinquency Prevention's (OJJDP's) Model Programs Guide (MPG)** contains information about evidence-based juvenile justice and youth prevention, intervention, and reentry programs. It is a resource for practitioners and communities about what works, what is promising, and what does not work in juvenile justice, delinquency prevention, and child protection and safety. <https://www.ojjdp.gov/mpg/>



**THE BLUEPRINTS BULLETIN**

*Welcome to the very first Blueprints Bulletin, our quarterly newsletter!  
We look forward to helping elevate evidence-based programs by sharing information  
about our programs and what we are doing at Blueprints. Enjoy!*

**Blueprints**

[www.blueprintsprograms.com](http://www.blueprintsprograms.com)



COMMONWEALTH OF VIRGINIA

# Commission on Youth



Home

About

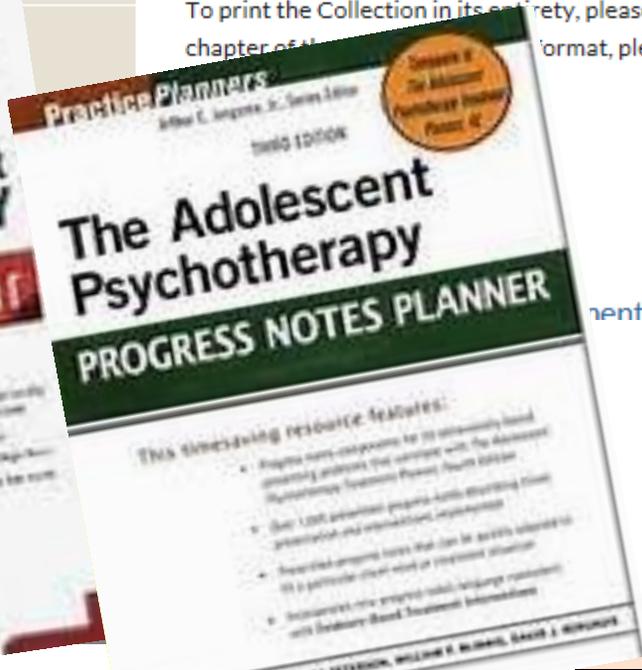
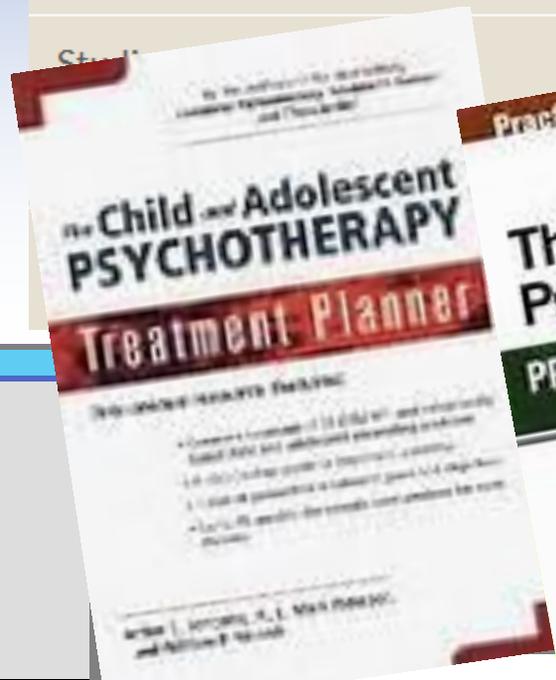
Members

Meetings

## Collection of Evidence-based Practices for Children and Adolescents with Mental Health Treatment Needs



To print the Collection in its entirety, please access the [legislative report](#) on the General Assembly's Legislative Information System. To view an individual chapter of the Collection in PDF format, please use the links below. If you are unable to view the PDF documents you may need to [download Adobe Reader](#)



### Mood Disorders

- Depression and Dysthymia
- Pediatric Bipolar Disorder

ment Programs



## Summary of Treatments for Substance Use Disorder

What Works	Description
Cognitive Behavioral Therapy (CBT)	A structured therapeutic approach that involves teaching youth about the thought-behavior link and working with them to modify their thinking patterns in a way that will lead to more adaptive behavior in challenging situations.
Family Therapy	A family-based therapy aimed at providing education, improving communication, and functioning among family members, and reestablishing parental influence through parent management training.
Multisystemic Therapy (MST)	An integrative, family-based treatment with a focus on improving psychosocial functioning for youth and families.

What Seems to Work	Description
Behavioral Therapies	Behavioral therapies focus on identifying specific problems and areas of deficit and working on improving these behaviors.
Motivational Interviewing	A brief treatment approach aimed to increase motivation for behavior change. It is focused on expressing empathy, discrepancies, avoiding argumentation, with resistance, and supporting self-efficacy.
Some Medications	Psychopharmological medication can be used for detoxification purposes, as directed by a doctor. Medication may also be used to treat co-existing health disorders.

What Does Not Work	Description
Interpersonal and Psychodynamic Therapies	Interpersonal and psychodynamic therapies are methods of individual counseling that are often incorporated into the treatment plan and focus on unconscious psychological conflicts, distortions, and faulty learning.
Client-centered Therapies	A type of therapy focused on creating a non-judgmental environment, such that the therapist provides empathy and unconditional positive regard. This facilitates change and solution making on behalf of the youth.
Psychoeducation	Programs aimed at educating youth on substance use and may cover topics like peer pressure and consequences of substance use.
Project CARE	A program aimed at raising awareness about chemical dependency among youth through education and training.
Twelve-step Programs	A twelve-step program that uses the steps of Alcoholics Anonymous as principles for recovery and treating addictive behaviors.
Process Groups	A type of psychotherapy that is conducted in a small group setting. Groups can be specialized for specific purposes and therapy utilizes the group as a mechanism of change.



Are you  
starting  
with the  
right  
staff?

## ESSENTIAL COMPONENTS OF A SUCCESSFUL FFT THERAPIST

What are the requirements for the FFT therapist? Below is a partial list:

HOURS
<ul style="list-style-type: none"><li>• Being available for your client- You will be expected to adjust your working hours to family's availability which could mean working evenings, sometimes very early mornings, and sometimes weekends.</li></ul>
<ul style="list-style-type: none"><li>• Frequency of contact with each family will range from daily to every two days; frequency is more intense in the initial phases of treatment.</li><li>• Frequency of contact will depend on the family's risk factors.</li><li>• You could be on call 24/7 should a crisis occur with one of your families. You will most likely be the first person they call should they need help handling a situation. You will be expected to follow model policy, and any mandated agency policies.</li></ul>
WORKING CONDITIONS
<ul style="list-style-type: none"><li>• You will be driving to and working in neighborhoods with low economic resources and high crime. You will be working in homes that range in conditions of cleanliness and upkeep to disorganization, untidiness, and debris, depending on the family resources and level of functioning.</li></ul>
<ul style="list-style-type: none"><li>• Working independently. Co-worker and supervisor interaction is often via telephone; face to face minimum once per week, depending on model. Increased face to face available to address support needs.</li></ul>
<ul style="list-style-type: none"><li>• Travelling to surrounding cities depending on where the referral has been received and where your assigned families reside.</li></ul>
<ul style="list-style-type: none"><li>• Working with and delivering successful therapy to clients who have been placed (referred) by</li></ul>

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And Now We're  
Really Finished!