

MISSION STATEMENT

SHIELDS for families is a non-profit community-based organization dedicated to developing, delivering, and evaluating culturally sensitive, comprehensive service models that empower and advocate for high-risk families for over 20 years.

HISTORY

SHIELDS was formed in 1987 in response to high incidence of infants born prenatally exposed to drugs at Martin Luther King Hospital in South Central Los Angeles.

SHIELDS began providing services to this unique population and has since grown to provide over 30 comprehensive, family-centered, wrap-around programs addressing issues facing high-risk families in South LA.



161 W. Victoria Street
Long Beach / CA 90805
ph 310.603.1030
fx 310.603.1377

TTD/TTY (English) 800.735.2922
TTD/TTY (Spanish) 800.855.3000

fft@shieldsforfamilies.org



SHIELDS for Families is an equal opportunity service provider that does not discriminate against any individual on the basis of race, color, religion, sex, national origin, age, disability, political affiliation or belief, citizenship/status as a lawfully admitted immigrant authorized to work in the United States, or participation in any WIA Title I-financially assisted program or activity. Auxiliary aids and services are available upon request to individuals with disabilities.

www.shieldsforfamilies.org

We believe that with education, access to appropriate services and caring guidance, families can rebuild their lives and become productive members of the community, nurturing parents and achieve all of their dreams.

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www.facebook.com/shields4family

Twitter
www.twitter.com/SHIELDS4Family

Blog
www.shieldsforfamilies.blogspot.com

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Functional Family Therapy (FFT)



Functional Family Therapy (FFT) is an evidence based short-term family-based prevention and intervention program that provides comprehensive services to at risk/probation youth between 11 - 17 years old and their families.





SHIELDS' Functional Family Therapy Program has been successful in treating youth and families coping with severe behavioral problems through family **therapy, case management and assistance with navigating through the juvenile justice system** as well as **educational advocacy** when applicable. The treatment model has been refined through clinical research for over 30 years. The result, a program that works! Compared to other treatments or to no treatment, youth and family participation in FFT have significantly lower reoccurrence of negative behaviors and/or family conflict. The FFT Program is funded by the Los Angeles County Department of Mental Health (DMH).

SHIELDS' Functional Family Therapy (FFT) Program was implemented for youth and families involved with the juvenile justice system in order to decrease risk factors and increase protective factors amongst high risk children and families. Services are offered to probation youth 11 - 17 years old and their families who are struggling with issues related to delinquency, violence, substance abuse, behavior problems and family conflict.



FFT is a short-term program lasting between 8 to 30 sessions, typically lasting about three months. Sessions are conducted in the home or community setting to the whole family and are provided by trained and supervised interventionists. The program strives to improve family communication by promoting positive family interactions. It assists family members in adopting positive solutions to family problems by recognizing that they can be related to factors involving school, peers, economic difficulties, and interaction with the juvenile justice system. A major goal of FFT is to utilize the family's strengths to help build positive interactions within the family as well as within the community. The services we provide include **family therapy, case management, and assistance with navigating the juvenile justice system**. When necessary, **educational advocacy** is also available.

Currently, FFT services are offered within Supervisorial Districts 2 and targets probation and at-risk youth (WIC 236, WIC 654, WIC 652, WIC 602, WIC 790, and WIC 725 status minors) enrolled in several schools and/or housing developments. Youth are referred to the program by the Supervising Deputy Probation Officer responsible for the defined schools and housing developments. In addition, youth who reside in probation suitable placements (group homes) may be referred at the recommendation of the probation residential placement officer.

Program Highlights

- SHIELDS is the largest provider of FFT in the United States.
- The research data consistently shows that youth involved with SHIELDS FFT reduce their negative behavior at rates between 25% and 60%.
- Youth referred to SHIELDS FFT have comparably low dropout rates with a significant percentage of families (around 89%) completing.