Functional Family Therapy — Child Welfare (FFT-CW®): Family Journey through Low Track

1. **Family is reported to FACS and is subject to a ROSH report pertaining to child abuse and or neglect.**

2. **Family is referred through the relevant referral pathway. The family is allocated to a therapist who deliver the LOW TRACK program through the local service provider.**

3. **FACS Caseworker and service provider meet the family together prior to intervention starting.**

4. **Therapy Stage 1 — Engagement & Motivation**
   - Give the family a voice to tell their story,
   - Instill hope for change,
   - Increase family bonding and sense of familyness,
   - Decrease intra-family blame and negativity,
   - Gather information about family strengths and risk factors,
   - Refer family to community-based services.

5. **Therapy Stage 2 — Support & Monitor**
   - Help family overcome barriers to services,
   - Monitor progress and keep family motivated for change,
   - Support family in getting the most out of their services.

6. **Therapy Stage 3 — Generalisation**
   - Help family to “lock-in” changes,
   - A relapse prevention and recovery plan is developed,
   - The family is linked to additional internal and external supports as needed,
   - The family learns to apply skills learned to a range of situations.

7. **Family complete program and continue working with community-based interventions if required.**