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

Family is referred to FACS and is subject to a ROSH report pertaining to child abuse and or neglect.

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

2. FACS Caseworker and service provider meet the family together prior to therapy starting.

3. Therapist engages with the family to:
   - Establish credibility and trust
   - Demonstrate respect for beliefs, feelings, and culture
   - Bring key players in the family into therapy

4. Therapist works to understand the family's relationship patterns and what drives problem behaviour,
   - A plan for behaviour change is developed.

5. Therapist helps family to “lock-in” changes, A relapse prevention and recovery plan is developed,
   - The family is linked to internal and external supports,
   - The family learns to apply skills learned to a range of situations.

6. The family learns effective communication skills, approaches to coping with negative moods, and techniques for managing urges and cravings.

7. Therapist helps family to “lock-in” changes, A relapse prevention and recovery plan is developed,
   - The family is linked to internal and external supports,
   - The family learns to apply skills learned to a range of situations.

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   - The family is linked to internal and external supports,
   - The family learns to apply skills learned to a range of situations.

9. Family complete therapy and continue on the path of staying strong, safe and together.