







FFT LLC

Assessments and Measures

Assessment / Measure	Respondent	Description (Summary)	Frequency	Length of Time to Complete	Cost
■ Outcome Measures					
OQ®-45.2 Outcome Questionnaire	Caregivers/Parents	Individual functioning, symptoms of depression, anxiety	Completed before FFT treatment begins, and the Post is completed at the end of FFT treatment.	5 minutes	Covered by DHCS Behavioral Health COE
Y-OQ® 2.01 Youth Outcome Questionnaire	Caregivers/Parents	Child's emotional, social, behavioral functioning	Completed before FFT treatment begins, and the Post is completed at the end of FFT treatment.	10 minutes	Covered by DHCS Behavioral Health COE
Y-OQ® SR 2.0 Youth Outcome Questionnaire	Youth (11+)	Youth self-report on functioning & clinical concerns	Completed before FFT treatment begins, and the Post is completed at the end of FFT treatment.	10 minutes	Covered by DHCS Behavioral Health COE
Client Outcome Measure-	Caregivers	Family functioning & youth behavior at case closure	Completed at termination.	5 minutes	Covered by DHCS

Caregiver (COM-C)					Behavioral Health COE
Client Outcome Measure-Youth (COM-Y)	Youth	Youth perspective on family functioning & behavior change	Completed at termination.	5 minutes	Covered by DHCS Behavioral Health COE
Therapist Outcome Measure (TOM)	FFT Therapist	Therapist perspective on family functioning & behavior	Completed at termination.	5 minutes	Covered by DHCS Behavioral Health COE
 Self Reports					
Family Self Report (FSR)	Family members (Youth, Caregivers, Parents)	Views on counseling process & therapist effectiveness	Completed during the first two sessions of each phase at the end of the session.	5 minutes	Covered by DHCS Behavioral Health COE
Therapist Self Report (TSR)	FFT Therapist	Therapist's view on family's perception of therapeutic relationship	Completed during the first two sessions of each phase at the end of the session.	2 minutes	Covered by DHCS Behavioral Health COE
 Risk Assessment					
Family Risk and Protective Factors	FFT Therapist	Family dynamics, risks, and protective factors	Pre is completed within the first three sessions, and the Post is	5 Minutes	Covered by DHCS Behavioral Health COE

			completed at termination.		
 Supervision					
Weekly Supervision Checklist (WSC)	FFT Supervisor/ FFT National Consultants	Clinical fidelity & adherence ratings from supervision	Weekly	5-10 Minutes	Covered by DHCS Behavioral Health COE
Global Therapist Ratings (GTR)	FFT Supervisor/ FFT National Consultants	Therapist performance evaluation (3x per year)	3x per year	20-30 Minutes	Covered by DHCS Behavioral Health COE
 Performance Evaluation					
Tri-Yearly Performance Evaluation (TYPE) Report	FFT National Consultants	Team performance, fidelity, implementation summary	3x per year	5 Minutes	Covered by DHCS Behavioral Health COE
Performance Review Plan (PRP)	FFT Supervisor/ FFT National Consultants	Benchmarks & improvement plans for FFT teams	1x per year	15- 20 Minutes	Covered by DHCS Behavioral Health COE

OQ®-45.2 Outcome Questionnaire

This pre/post instrument offers a comprehensive overview of an individual's functioning. It is administered exclusively to caregivers or parent figures and is designed to assess symptoms associated with depression, anxiety, interpersonal challenges, and daily functioning.

Y-OQ® 2.01 Youth Outcome Questionnaire

This pre/post instrument assesses a caregiver's or parent's perception of their child's emotional, social, and behavioral functioning. It evaluates areas such as internal emotional state, relationships, coping skills, and performance in life domains like school or work.

Y-OQ® SR 2.0 Youth Outcome Questionnaire

The Y-OQ® 2.0 is the youth self-report companion to the Y-OQ® 2.01, designed for individuals aged 10 and older. It assesses various aspects of youth functioning, including emotional health, relationships, stress responses, and performance in areas like school and work.

Client Outcome Measure-Caregiver (COM-C)

The COM-C employs a 6-point Likert scale to evaluate caregivers' perceptions of family functioning and youth behavior change at the conclusion of services. The measure includes 12 items—six assessing family functioning and six assessing changes in youth behavior—and is used to assess outcomes associated with the Functional Family Therapy (FFT) intervention.

Client Outcome Measure-Youth (COM-Y)

The COM-Y employs a 6-point Likert scale to assess youth perspectives on family functioning (6 items) and behavior change (6 items) at case closure. This tool is designed to evaluate the outcomes of the FFT intervention.

Therapist Outcome Measure (TOM)

The TOM employs a 6-point Likert scale to assess the FFT Therapist perspective on family functioning (6 items) and youth behavior change (6 items) at case closure. This tool is designed to evaluate the outcomes of the FFT intervention and is administered for all completed and non-completed cases.

Family Self Report (FSR)

The Family Self Report (FSR) is a seven-item tool that gathers family members' views on the counseling process and therapist effectiveness, focusing on areas like therapeutic alliance and resistance. It is completed by all family members participating in the FFT model. Each family member typically completes up to six FSR assessments during treatment.

Therapist Self Report (TSR)

The TSR is a six-item self-report tool completed by FFT Therapists to capture their view of how family members perceive the therapeutic relationship. It provides feedback on alliance, therapist-client fit, and resistance while supporting the model's relational framework. Administered alongside the FSR, therapists typically complete six TSRs per family but may submit more as needed.

Family Risk and Protective Factors

The Family Risk and Protective Factors assessment, based on the Washington State Risk Assessment Tool, evaluates eight key areas such as family support, supervision, conflict management, and reinforcement strategies. It captures both initial and final impressions of the FFT Therapist gauging family dynamics and potential risks.

Termination Summary (including Ultimate Outcomes):

Upon case closure, a Termination Summary is prepared to comprehensively document the reasons for closure, key outcomes, performance ratings, and ultimate outcomes. This summary serves as the official record of the case conclusion.

WSC: Weekly Supervision Checklist

The WSC is a structured form used by the FFT National Consultant or FFT Site Supervisor to record clinical fidelity and adherence ratings from supervision sessions into the CSS. It helps organize supervision, based on session phase reviewed, and includes space for planning next steps for teams or individual therapists.

Global Therapist Ratings (GTR)

FFT National Consultants or FFT Site Supervisors evaluate each therapist's overall FFT performance three times a year, focusing on clinical fidelity, adherence, and general skills. The GTR provides feedback for ongoing development and helps guide therapist growth within the model.

Tri-Yearly Performance Evaluation (TYPE) Report

The Tri-Yearly Performance Evaluation (TYPE) Report, generated by FFT National Consultants three times a year, summarizes team performance, therapist fidelity, and site implementation. It helps FFT National Consultants and/or FFT Site Supervisors evaluate overall FFT implementation and develop interventions if needed.

Performance Review Plan (PRP)

The FFT National Consultant and/or FFT Site Supervisor will summarize the TYPE Report data to benchmark the team's performance, highlight improvements, and outline development plans. This report helps the FFT Site Supervisor, site administrators, and FFT National Consultant collaborate to address factors affecting FFT implementation success.