



Agency Name: Broome County Catholic Youth Organization

Program Name: Functional Family Therapy

Program Success Story:

Male, age 14, and family were referred to the Functional Family Therapy Program for reunification. Through the support of counseling sessions, the parent worked to overcome past parenting issues to establish parental authority while building structure, routine and boundaries for the children. The parent communicated expectations and taught the children household responsibilities assigning chores. The parent made progress helping the children follow through their chore routines without taking over and feeling overwhelmed, which had been a trigger for the parent. The family worked to maintain distinct parent/child roles, using appropriate, calm and honest communication to build accountability within and outside the home. The parent identified her triggers and ongoing supportive steps she utilizes to prevent relapse. The parent is dedicated to keeping her children safe and in the home.

Male, age 17, and his custodial grandparent were referred to the Functional Family Therapy Program due the youth's verbal and physical aggression. The youth had started displaying behavior problems after the loss of a family member. The family discussed their process of grieving and the impact of losing the family's authority figure. Due to this loss, the youth and grandparent struggled in attempts to assert their control and order upon one another. Counseling focused on improving communication, anger management and problem solving skills. The grandparent improved ability to establish and follow through with appropriate boundaries and negotiate agreements with the youth. The youth became aware of his responsibility for the impact his choices have on himself and his grandparent. The youth was asked to minimize belittling language and acknowledge the grandparent's requests and actions. The family recognizes and holds themselves accountable for their role in behavioral patterns using more appropriate communication with less verbal and physical aggression. The grandparent is determined to provide a supportive environment to help the youth remain at home.

Male, age 16, and his family were referred to the Functional Family Therapy Program due the youth's aggressive behavior towards his family, which at times dominated the household. Sessions helped the family identify how the hurt they experienced by actions of others outside the family influenced their pattern of angry reactions. The family identified that they perpetuated an angry cycle of negative responses to shift responsibility towards one another. The parent was prompted to balance the priorities of the children simultaneously. The parent began to acknowledge the positive efforts and behaviors of the children to reduce negative communication and behavior between family members. The parent practiced anger management by stepping away from her children rather than engaging in physical contact. The youth was asked to refrain from instigating siblings and step away before conflict became explosive. The parent and youth began to help the sibling identify his triggers and improve his accountability. The family has made significant progress reducing conflict by processing their thoughts and choices to act in more appropriate ways toward each other, reducing the risk of family separation.

Male, age 13, and family were referred to the Functional Family Therapy Program due to the youth's truancy and behavior problems at home and school. The youth became physically aggressive and destroyed property when angry. The parent identified steps and strategies to utilize coping skills rather than relying on a pattern of avoidance. Sessions helped model ways for the parent to listen to children's perspective, encourage positive choices, and define triggers

that lead to escalating negative behavior. The parent was asked to provide boundaries to construct personal space and limits within her parental responsibilities, as well as refrain from idle threats that diminish her authority. The family was guided to use calm and direct communication to reinforce their intentions of love and concern and identify their needs to one another. The family began to utilize their close connections to offer support and understanding with each other. Family members became better able to recognize and be held accountable for their role in their behavioral patterns, reducing aggressive behavior and conflict. The youth has greatly improved his school attendance and behavior.