



WHO IS OZCHILD AND WHO IS GUGAN GULWAN

OzChild and Gugan Gulwan are working in partnership to implement Functional Family Therapy – Child Welfare (FFT-CW) in the ACT in an attempt to reduce the high rates of Aboriginal Children entering the state care system. OzChild and Gugan Gulwan have a commitment to support Aboriginal communities by contributing to capacity building through this collaboration.

WHAT IS FUNCTIONAL FAMILY THERAPY – CHILD WELFARE (FFT-CW®)

Protecting children and young people from entering out of home care is the central objective of this program – recognising that children and young people will have profoundly better outcomes if they are supported to remain with their families. FFT-CW uses a holistic approach to addressing issues affecting families facing vulnerability. By addressing these issues collaboratively in the family environment, within a psycho-therapy framework, families are supported to take practical actions to reduce the risk of their children (aged 0-17 years) entering care.

HOW TO ACCESS OUR SERVICE

1. The Child Protection worker from Child and Youth Protection Services (CYPS) or Gugan Gulwan determines the families suitability and eligibility for the program.
2. The referral is forwarded to the FFT-CW team who will determine if the referral meets the criteria for FFT-CW, there may be times we contact the referrer for further information to determine criteria suitability.
3. Once suitability is obtained, the referral will be accepted or declined. If the referral is declined we will provide clear reason for this.
4. If the referral is accepted FFT-CW practitioners will engage with the family to discuss the program and if appropriate obtain consent to undertake the program.
5. After completion of the intake process, Child Protection will be notified if FFT-CW is approved to continue
6. FFT-CW will attend case conferences with all services involved with the family, these case conferences must include the family and is convened by CYPS

ELIGIBILITY

- Referred families must be of Aboriginal and/or Torres Strait Islander descent
- Families with a child or children living in the home aged 0-17 years.
- Families where the primary child is currently in care and will be restored with family within four weeks
- Families experiencing risk factors which could place the child at risk of out of home placement and there is an intention to keep the family together.

CONTACT

OzChild
ozchild.org.au

Gugan Gulwan
gugan-gulwan.com.au



Families experiencing vulnerabilities such as but not limited to family violence, drug and alcohol abuse

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THERAPY STAGE 1 — **ENGAGEMENT**



Therapist engages with the family to:

- Build trust,
- Understand culture,
- Bring key players in the family into therapy.

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THERAPY STAGE 3 — **RELATIONAL ASSESSMENT**

The therapist works to understand the family's relationship patterns and what drives problem behaviour,

- A plan for behaviour change is developed.



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THERAPY STAGE 5 — **GENERALISATION**

- Therapist helps family to “lock-in” changes,
- A relapse prevention and recovery plan are 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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FAMILY'S JOURNEY

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Family is referred by CYPS or Gugan Gulwan to FFT-CW.

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THERAPY STAGE 2 — **MOTIVATION**

- Give the family a voice to tell their story,
- Instil hope for change,
- Increase family bonding and sense of familyness,
- Decrease intra-family blame and negativity.
- Creates context for change.



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THERAPY STAGE 4 — **BEHAVIOUR CHANGE**

- Address referral behaviours through improving family interactions and teaching skills,
- The family learns effective communication skills, approaches to coping with negative moods, and techniques for managing urges and cravings.



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