SUPPORTING YOU AND YOUR FAMILY TO STAY TOGETHER

Is your son or daughter aged between 11 to 16 years’ old and your family at risk of breakdown?

Could this be avoided if your family were given the right support?

If so, then you could be eligible to receive Multisystemic Therapy or Functional Family Therapy from Positive Families Partnership.

We provide holistic, therapeutic interventions to families in their homes.

These therapies – Multisystemic Therapy and Functional Family Therapy – both have strong evidence bases and are proven to generate good outcomes for young people and their families.

Our mission is to help young people and their families like you live happier and safer lives.
Multisystemic Therapy

Multisystemic Therapy (MST) is an intensive, evidence-based programme that addresses the causes of a young person’s antisocial behaviour that could lead to them being placed away from home. Its community-based focus addresses individual, family and environmental factors that impact the young person’s behaviour – dealing with issues surrounding home and family, school and friends, and the community. It utilises a strengths-focused approach that works with parents and carers as well as young people.

How does it work?

You will be allocated a MST Therapist. They will meet with you and your family at your home or in the community two or three times a week over a 3-5 month period. Your family will also be offered 24/7 on-call support by the team. This allows therapists to use evidence-based interventions, such as Family Therapy, Cognitive Behavioural Therapy and parenting strategies, in the family’s home environment, giving families the best chance to develop skills to maintain positive change in the future.

Who is delivering it?

- Family Action, a national charity, in Barking & Dagenham, Bexley, Haringey, Hounslow, Merton, Newham, Richmond, Kingston, Sutton and Tower Hamlets
- South West London and St George’s Mental Health NHS Trust in Merton, Richmond, Kingston and Sutton

Functional Family Therapy

Functional Family Therapy (FFT) is an evidence-based programme that works to improve interpersonal relationships within families. It seeks to improve communication and supportiveness between parents or guardians and young people, while decreasing hostility. Other goals include helping family members adopt positive solutions to family problems, and developing positive behaviour change and communication and emotion regulation skills.

How does it work?

You will be allocated a FFT therapist who will see your family together over 12-20 weekly sessions, depending on need. The therapist will look to help your family learn effective communication skills and strategies to improve relationships, and ultimately the young person’s behaviour and family functioning. We deliver the service in the family’s home or another convenient setting.

Who is delivering it?

- Family Psychology Mutual, a social enterprise, in Barking & Dagenham, Bexley, Haringey, Hounslow, Merton, Newham, Richmond, Kingston, Sutton and Tower Hamlets
HOW DO I ACCESS THE PROGRAMME

Indicate your interest in participating in the PFP programme to the social worker or other professional working with your family

Your social worker or other professional worker will complete a referral form and will need to obtain your consent to submit it

A PFP representative will contact you or your social worker or other professional worker to set up a suitability assessment / intake meeting

A PFP representative will visit you at your home to explain more about the programme and decide with you whether to start the service

Therapy delivery begins

FURTHER INFORMATION

If you would like to find out more information, please speak to the social worker or other professional worker allocated to your family, or visit our website at www.positivefamiliespartnership.com.

Positive Families Partnership