



Positive Families  
Partnership

# 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.**

## WHO WE ARE

Positive Families Partnership is a collaboration between a group of organisations working towards a common goal: **to prevent families from breaking down and young people from entry into care.**

We work across ten London boroughs: Barking & Dagenham, Bexley, Haringey, Hounslow, Merton, Newham, Richmond, Kingston, Sutton and Tower Hamlets. And we work with three delivery partners: Family Psychology Mutual, Family Action and South West London and St George's Mental Health NHS Trust.

Together, these organisations have over 150 years' experience of supporting families and implementing evidence-based programmes around the UK.

## WHAT WE OFFER

We support families facing breakdown by providing therapeutic programmes that are designed to help address a young person's behavioural issues and improve family functioning. The programmes – including Multisystemic Therapy and Functional Family Therapy – are intensive, home-based, holistic interventions, based on rigorous evidence.

## WHO IS IT FOR

The therapies are suitable for families with a child between the ages of 11-16 years who are displaying aggressive, anti-social or offending behaviours, have drug and alcohol or school related problems or is going missing. You may be feeling like you are struggling to cope and unable to see a way out.



## 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, Newham 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](http://www.positivefamiliespartnership.com).



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