

CIFFTA Logic Model

Organizational Inputs include embodying the "Spirit of CIFFTA", supporting the development of CIFFTA champions, training, coaching, effective clinical supervision, therapist and agency certification, and the establishment of supportive policies and a plan for sustainability.

Program Goals	Adolescent Interventions	Family Interventions	Proximal Outcomes: Adolescent and Family	Distal Outcomes: Adolescent and Family
Engaged and Involved Family Members	<ul style="list-style-type: none"> → Specialized engagement strategies → Identification of stigma and coercion → Co-design and tailor treatment 	<ul style="list-style-type: none"> → Specialized engagement strategies → Identification of stigma and coercion → Co-design and tailor treatment 	<ul style="list-style-type: none"> → Engage multiple family members and show substantial treatment participation 	<ul style="list-style-type: none"> → Family members highly involved in youth's life
Motivated to Change Problem Behaviors	<ul style="list-style-type: none"> → Motivation enhancement → Instilling hope → Alliance building 	<ul style="list-style-type: none"> → Motivation enhancement → Instilling hope → Alliance building 	<ul style="list-style-type: none"> → High motivation to participate in CIFFTA and to change problem behaviors 	<ul style="list-style-type: none"> → Family and individual behavior change
Having Knowledge About Symptoms and Key Topics	<ul style="list-style-type: none"> → Psychoeducation in social media, peer relationships, substance misuse, risky sexual behavior, mental health symptoms (e.g., depression, anxiety, ADHD, substance use, trauma, self-harm) 	<ul style="list-style-type: none"> → Psychoeducation in social media, peer relationships, substance misuse, risky sexual behavior, mental health symptoms (e.g., depression, anxiety, ADHD, substance use, trauma, self-harm) → Understanding the legal and school systems 	<ul style="list-style-type: none"> → Feeling knowledgeable in targeted areas and confident managing day-to-day challenges 	<ul style="list-style-type: none"> → Overall better mental health and family functioning
Having Skills for Effective Functioning	<ul style="list-style-type: none"> → Psychoeducation in interpersonal effectiveness, emotion regulation, distress tolerance 	<ul style="list-style-type: none"> → Psychoeducation in parenting, blended and single-parent families 	<ul style="list-style-type: none"> → Effectively applying skills learned to day-to-day challenges 	<ul style="list-style-type: none"> → Overall better mental health functioning and interactions with family and others
Supportive and Growth Oriented Family Interactions and Relationships	<ul style="list-style-type: none"> → More openness to parental influence → Validating communication → Expressing care and support → Understanding triggers to anger and hopelessness 	<ul style="list-style-type: none"> → Repairing ruptured relationships → Shaping family relationships and interactions → Blocking and reframing negativity → Increasing validating, supportive, trusting communication 	<ul style="list-style-type: none"> → Improved family relationships and functioning → Reduced conflict → Increased support and growth opportunities 	<ul style="list-style-type: none"> → Increased individual and family well-being