

JJRI Evidence-Based Services

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Functional Family Therapy (FFT)

- FFT services became available in January 2016.
- FFT is a family-based therapy that focuses on building skills to improve family relationships, reduce behavioral issues and improve school performance. The FFT therapist works to engage all family members and motivate them to participate in treatment, which is generally three to five months in length. FFT therapists will meet with the family as often as necessary within the family's home or a location of the family's choosing.

Moral Reconciliation Therapy (MRT)

- MRT services launched in FY17 and are available in person or statewide via telehealth.
- MRT is an evidence-based program combining education, group and individual activities, and structured exercises to assist participants in addressing negative thought and behavior patterns. The program promotes higher moral reasoning by increasing self-image and promoting a productive identity. MRT is delivered in a group setting and includes 12 steps which focus on issues such as honesty, trust, acceptance, healing relationships and setting goals.

Aggression Replacement Training (ART)

- ART services launched in FY17 and are available in person or statewide via telehealth.
- ART is designed to alter behaviors of chronically aggressive youth by using guided group discussions to correct anti-social thinking. ART relies on repetitive learning techniques to teach participants to control impulsiveness and anger, and to learn coping skills for handling anger. It is generally 30 sessions in length and is delivered in a group setting. ART includes three interventions; social skills, anger control and moral reasoning.

Substance Use Disorder (SUD) Services

- Two SUD services launched in February 2019, including Cannabis Youth Treatment (CYT) and Cognitive Behavioral Interventions for Substance Abuse (CBISA).
- CYT is a group format intervention that is offered in person in Sioux Falls and Rapid City.
- CBISA is a group format intervention available statewide via telehealth.

Systems of Care (SOC) Services

- SOC services are available in several counties/communities throughout the state.
- SOC includes a wraparound approach to care coordination and service delivery for youth and families with complex needs. It is built on the values of being family driven, team-based, collaborative, individualized, and outcomes-based. SOC helps families to navigate and access services, while also giving them the skills they need to become more self-reliant.