

Functional Family Therapy

Location: Home Based

Client: Family

Duration: Moderate – six month referral with option for extension

Payer: DCS

Summary:

Functional Family Therapy (FFT) is a family-based intervention for youth between the ages of 11 and 18. Problems may include conduct disorder and alcohol/substance abuse. A major goal of Functional Family Therapy is to improve family communication while decreasing intense negativity. Other goals include helping family members develop solutions to family problems and improving negative behaviors. FFT works in helping young people overcome delinquency, substance abuse, and violence.

Functional Family Therapy referrals are created through Service Mapping or as a result of staffing with your management and Regional Services Coordinator. Services require between 8 and 26 hours of direct service time over an average of 12 to 14 sessions. The exact number of hours will be determined by the service provider and DCS. The service may last between 3 and 6 months. The specific days and times will be scheduled by the provider who will contact the parent/guardian within 14 days of the referral.

FFT has three specific intervention phases. Each phase has distinct goals and assessment objectives, addresses different risk and protective factors, and calls for particular skills from the therapist providing treatment. The phases consist of: Phase 1 – Engagement and Motivation; Phase 2 – Behavior Change; Phase 3 – Engagement and Motivation.

FFT is designed to increase efficiency, decrease costs, and enhance the ability to provide service to more youth by:

- 1) Targeting risk and protective factors that can change and then programmatically changing them;
- 2) Engaging and motivating families and youth so they participate more in the change process;
- 3) Entering each session and phase of intervention with a clear plan and by using proven techniques for implementation; and
- 4) Constantly monitoring process and outcome.