

Functional Family Therapy

Functional Family Therapy (FFT) is a highly structured evidence based model of therapy that works with the entire family of an at-risk youth, helping them to identify, achieve, and maintain desired positive change. A specially-trained FFT therapist provides focused interventions during sessions with the youth and family for a brief period of time. Functional Family Therapy has produced extraordinarily positive results among families with at-risk youth/adolescents due to high levels of adherence and fidelity to the model.

Functional Family Therapy is nationally recognized as an outstanding approach for youth violence, substance abuse and delinquency prevention/intervention. Data from numerous studies of FFT outcomes suggest that, when applied as intended, FFT reduces recidivism and/or the onset of offending between 25% and 60% more effectively than other programs. Other studies indicate that FFT reduces treatment costs to levels well below those of traditional services and other interventions. Equally important, FFT has been found to have significant “spin-off benefits” in terms of developing resiliency and protective factors in younger siblings within a household due to improved parenting and family functioning.

The FFT therapist works with the youth and family in a multi-phase process directed at achieving long-term change. Each therapist carries a caseload of up to 10 youth and their families. The FFT process takes on average 16 weeks, but can be completed in less or more time depending on the needs of each family. 60 to 90 minute sessions are typically scheduled weekly, but often in the early phase of the process, two sessions may be scheduled in one week. In the last phase of the program, sessions become less frequent. FFT Inc. provides clinical supervision and training to the therapists on a weekly basis.

This service will be provided by a certified FFT Clinical Site Lead who is a Licensed Social Worker and two FFT trained and certified therapists.

The target population is youth ages 10 to 18 with behavioral and mental health concerns and their families. All youth enrolled in MA will have a DSM-5 diagnosis and meet the criteria for medical necessity. Diagnoses include but are not limited to: Conduct Disorder, Oppositional Defiant Disorder, Anxiety Disorder, Depression Disorder, Adjustment Disorder, Mood Disorder, and ADHD.

Referral Sources: Juvenile Probation, Blair County Children, Youth and Families, Mental Health, Schools, Family, and Community.