

FFT

FUNCTIONAL FAMILY THERAPY

Child Mental Health, Parenting Skills

Population(s) Served:

FFT is intended for youth approximately 11 to 18 years old who have been referred for behavioral or emotional problems by juvenile justice, mental health, school, or child welfare systems. FFT may also be used to address family discord even in the absence of a youth referral for behavioral or emotional problems.

Service Description:

FFT is a short term program that aims to address risk and protective factors that impact the adaptive development of youth who have been referred for behavioral or emotional problems.

Frequency: Therapists typically spend 90 minutes face-to-face and 30 minutes over the phone with the family every week.

Duration: Most families complete the FFT program in an average of 12 to 14 sessions over the span of three to five months.

Family Involvement: FFT requires a high level of involvement from a parent/caregiver and requires participation from the parent/caregiver in session. FFT is generally conducted in the clients home setting.

**Find a provider/
access this service:** Go to the DHS Provider Directory on the DHS Employee Portal and select tab: "FFPSA Approved Interventions"