

# Functional Family Therapy (FFT)

## What is FFT?

Functional Family Therapy (FFT) is a highly successful, trauma-informed, and evidence-based family therapy model for at-risk youth, **ages 11 to 18**. FFT helps youth reduce disruptive and/or substance using behaviors, establish more pro-social and functional behaviors, and stay in school.



**National Counseling Group**

An ncgCARE Partner

## Who is FFT right for?

**FFT is designed for at-risk youth, ages 11-18, who have been referred for behavioral, emotional, and/or substance using problems. FFT has shown lasting improvements in:**

- Behavior and mental health
- Family conflict and functionality
- Out-of-home placements
- Substance use
- School drop-out rates
- Sibling disruptive behaviors
- Criminal recidivism

## How does FFT work?

**FFT improves individual behaviors by utilizing these phases:**

- **Engagement** - Develop the family's positive perception of therapist and program and facilitate the family's willingness to attend the first session
- **Motivation** - Increase hope and motivation for change while reducing family negativity and blaming and addressing risk- factors associated with treatment drop-out
- **Relational Assessment** - Identify relational functions, needs, and hierarchy within the family
- **Behavior Change** - Build youth and family member skills related to specific referral issues. Reduce family conflict and address family patterns that maintain the presenting problem
- **Generalization** - Increase family resources and extra-familial support. Maintain and generalize changes while focusing on relapse prevention

FFT is a short-term program with an average of 12 to 14 sessions over three to five months.

## FFT Outcomes

**FFT shows positive outcomes across a wide range of youth and communities and has proven effective as an intervention model.**

Research has demonstrated FFT helps youth stay in school, promotes earlier cessation of drug and alcohol use, reduces disruptive behaviors, and establishes more pro-social and functional behaviors. Therapists work with families to modify family communication, train family members to negotiate effectively, and set clear rules about privileges and responsibilities.

**We're here when you need us, with offices across the state.**

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