

FUNCTIONAL FAMILY THERAPY (FFT)

FFT is a successful, family-based prevention and intervention program that treats at-risk youth already involved in the juvenile justice system. Unique to FFT is its systematic, individualized, family-focused approach to juvenile crime, violence, drug abuse and other related problems.

FFT provides therapists with specific goals for each family interaction. Although systematic, each phase is guided by core principles that help the therapist adjust and adapt the goals of the phase to the unique characteristics of the family.

In this way, FFT ensures treatment fidelity while remaining respectful of individual families and cultures and unique community needs. FFT is a nationally recognized Blueprints for Healthy Youth Development and one of four model prevention programs named by the U.S. Surgeon General as an appropriate treatment for seriously delinquent youth.

FFT's high rate of effectiveness has been acknowledged by:

- Office of Juvenile Justice and Delinquency Prevention
- Center for Substance Abuse Prevention
- Centers for Disease Control and Prevention
- National Institute on Drug Abuse
- American Youth Policy Forum
- U.S. Department of Justice

Although commonly used as an intervention program, FFT is also an effective prevention program for at-risk adolescents and their families.

HOW FFT WILL BENEFIT YOUR FAMILY

- Improve relationships between family members
- Improve communication between family members
- Assist in locating resources
- Attend court hearings



Community Solutions, Inc. (CSI) has been a certified FFT provider since 2002.

- *Community Solutions, Inc. (CSI) has provided evidence-based services to DeKalb, Fulton, and Dougherty County Juvenile Courts for over a decade.*
- *CSI FFT teams consist of advanced trained therapists in the FFT model with experience working with juvenile justice and child welfare clients.*
- *CSI developed its own multi-phase screening, hiring and training protocols for home-based therapists, which has resulted in a very high therapist retention rate and excellent satisfaction ratings among FFT therapists.*



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COMMUNITY SOLUTIONS, INC.'S HOME-BASED YOUTH SERVICES DIVISION

*is widely acknowledged for its strict adherence to model fidelity
and successful outcomes for youth and families.*

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HOW DOES FFT WORK?

FFT is used for youth ages 11 to 18 and their families. Problems may include conduct disorders, alcohol and/or substance abuse and violent behavior. These families tend to have limited resources, histories of failure, a range of diagnoses and various complications impeding their ability to address the issues at hand.

- Treatment is typically provided, on average through 12 one-hour sessions. Up to 30 sessions of direct service may be needed to address more difficult situations.
- Treatment is conducted both in clinical settings as an outpatient service and as a home-based model.
- FFT is provided through specific phases, which organize interventions in a coherent manner, thereby allowing clinicians to maintain focus in the context of considerable family and individual disruption.
- Phases include specific goals, assessments, specific techniques of interventions and therapist skills necessary for success.



FFT INTERVENTIONS PHASES

- **Engagement Phase** - Designed to emphasize factors that protect youth and families from early program dropout.
- **Motivation Phase** - Designed to change negative emotional reactions and beliefs, and increase alliance, trust, hope and motivation for lasting change.
- **Assessment Phase** - Designed to clarify individual, family system and larger system relationships; especially the interpersonal functions of behavior and how they relate to change techniques.
- **Behavior Change Phase** - Consists of communication training, specific tasks and technical aids, basic parenting skills, contracting and response-cost techniques.
- **Generalization Phase** - Family case management is guided by individualized family functional needs, their interface with environmental constraints and resources, and the alliance with the FFT therapist/family case manager.

FFT REQUIREMENTS:

- All family members present for the session (45 minutes to an hour)
- One session per week (Weekends available)

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