



FUNCTIONAL FAMILY THERAPY

Description

Functional Family Therapy (FFT) is a short-term prevention program designed for youth who may be at-risk of involvement in juvenile justice, mental health or child welfare systems and their families. Its primary objective is to address the risk and protective factors that influence the adaptive development of young individuals aged 11 to 18, who have been referred due to behavioral or emotional difficulties. The program is structured into multiple phases, with a focus on establishing a positive therapeutic relationship between the therapist/program and the family, enhancing motivation for change, identifying the specific needs of the family, fostering individual skill-building for both youth and the family, and facilitating the application of these changes in broader contexts.

Functional Family Therapy is recognized as a well-supported practice by the Title IV-E Prevention Services Clearing House (<https://preventionservices.acf.hhs.gov/>).

Target Population

FFT is intended for **11 to 18 year old** youth (and their families) who have been referred for behavioral or emotional problems by juvenile justice, mental health, school, or child welfare systems. Family discord is also a target factor for this program.

Dosage

Typically, therapists will meet weekly with families face-to-face for 60 to 90 minutes and by phone for up to 30 minutes. Most families complete the FFT program in an average of 8 to 14 sessions over the span of three to six months.

Recommended Locations/Delivery Settings

Typically, FFT is conducted in clinic and home settings. It can also be delivered in schools, child welfare facilities, probation and parole offices, aftercare systems, and mental health facilities.

Education, Certifications and Training

FFT therapists are required to have a Master's degree. Training for FFT is offered by FFT LLC and FFT Associates.

FFT LLC's training includes three phases: clinical, supervision, and maintenance. In the clinical training phase, local clinicians are trained on the FFT model through weekly consultations and activities (typically over the span of 12 to 18 months). In the supervision phase, local site staff are trained to serve as FFT supervisors through a one-day onsite training, two two-day trainings, and



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monthly consultations. During the maintenance phase, FFT LLC staff continue to review the delivery trends and client outcomes and provide an annual one-day onsite training.

FFT Associates' training is organized in four phases: 1) implementation and planning, 2) applying the FFT model, 3) development of on-site clinical supervision and quality assurance systems, and 4) on-going support (continuing education, technical assistance, and quality improvement). After teams have successfully completed the first 3 training phases, they are certified as FFT Practice Centers.



Materials are available in languages other than English, including Dutch, Spanish, Swedish.

Contact Information for Developers

Functional Family Therapy, Inc.

Website: <https://www.fftlc.com/>

Functional Family Therapy Associates

Website: <https://www.functionalfamilytherapy.com/>

States outside of Florida implementing FFT under FFPSA:

- Utah
 - Website: <https://hs.utah.gov/ffpsa>
 - Email: dhsinfo@utah.gov
- Virginia
 - Website: <https://familyfirstvirginia.com/index.html>
 - Email: familyfirst@dss.virginia.gov or ebplab@vcu.edu
- Kansas
 - Website: <https://www.dcf.ks.gov/services/pps/pages/ffpsa.aspx>
- Nebraska
 - Website: <https://dhhs.ne.gov/Pages/Family-First.aspx>
 - Email: DHHS.FamilyFirst@nebraska.gov
- Colorado
 - Website: <https://cdhs.colorado.gov/our-services/child-and-family-services/child-welfare/forms-and-policies/family-first-prevention>
- Ohio
 - Website: <https://jfs.ohio.gov/ocf/family-first.stm>
 - Email: familyfirst@jfs.ohio.gov



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- Washington
 - Website: <https://www.dcyf.wa.gov/practice/practice-improvement/ffpsa>
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 - Email: Phyllis.duncan-souza2@dcyf.wa.gov
 - Phone: 253-312-4226
- North Dakota
 - Website: <https://www.hhs.nd.gov/family-first>
 - Email: dhscfs@nd.gov