

Functional Family Therapy (FFT) is a Strength-Based Therapy focusing on:

- Adolescents from ages 11 – 18 years old who are in serious and frequent trouble at home, school and in the community.
- Families who have problems with conflict or communication.
- Adolescent acting-out behavior including truancy, delinquency, substance use/abuse, violence, oppositional defiant disorder and conduct disorder.
- FFT is also used as a prevention program for youth at risk in the juvenile justice and mental health systems.

How Long Does FFT Take?

- FFT is short term, generally lasting three months. This is shorter than many programs available.
- The therapy ranges in time from 8 to 12 one hour sessions, with up to 30 hours of direct service for more severe situations.

Requirements:

- The adolescent must be on Medicaid or Medicaid eligible.

For more information please contact:

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- OR**
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