

Functional Family Therapy (FFT): A Brief Summary of the Intervention

Description of the Intervention:

- ~ Family-based prevention and intervention program that can be used as an alternative to out-of-home placement. Treatment focuses on family interactions, communications and problem-solving, parenting skills, and prosocial activities.
- ~ **Delivered both in-home and in clinic settings as an outpatient therapy.**
- ~ **8 to 12 one-hour sessions on average; up to 30 sessions of direct service for more difficult situations.**
- ~ Length of treatment is approximately 3 months.
- ~ **Cost per youth is approximately \$5,000.**

Target Population:

High risk youth ages 10-18 and their families, including:

- ~ Youth exhibiting early and persistent antisocial behavior and/or violence.
- ~ Youth who are using/abusing alcohol and/or other substances.
- ~ Youth who are at imminent risk of incarceration or other out-of-home placement.
- ~ Younger siblings of youth receiving intervention (prevention).

Primary Goals of the Intervention:

- ~ Improve youth and family communication, interaction, and problem-solving.
- ~ Increase utilization of outside system resources.
- ~ Increase effective parenting.
- ~ Improve relationships with teachers and youth's commitment to school.
- ~ Promote involvement with positive peers and activities.
- ~ Reduce antisocial behavior, including association with delinquent and/or aggressive peers and involvement in criminal activities, including violent acts, substance use, and/or drug dealing.

Research Highlights:

- ~ FFT prevents and/or reduces substance abuse and delinquency.
- ~ FFT significantly reduces recidivism for a wide range of juvenile offenders.
- ~ FFT reduces the rate of targeted youth entering the adult corrections system and the number of siblings entering the juvenile justice system.

Maryland Implementation of FFT (as of June 2009):

Jurisdiction	Vendor
Carroll County, Harford County, Montgomery County, Caroline County, Cecil County, Dorchester County, Kent County, Queen Anne's County, Somerset County, Talbot County, Wicomico County, and Worcester County	Vision Quest
Baltimore County	Bureau of Behavioral Health
Anne Arundel County, Calvert County, St. Mary's County, and Charles County	Center for Children
Prince George's County	Progressive Life

For More Information:

- ~ fftinc.com