



# FUNCTIONAL FAMILY THERAPY

Functional Family Therapy is an evidence-based prevention and intervention program for high-risk youth ages 11-18. FFT addresses complex and multidimensional problems through clinical practice and is flexibly structured and culturally sensitive. Therapists use reframing techniques to motivate families to focus on their strengths and work together to create and achieve positive behavior change.

**Refer Today**



#### ***Referral Considerations:***

- 1. Ongoing dangerous behaviors or attempts to inflict serious injury on self or others.*
- 2. Increasing and persistent symptoms that have contributed to decreased functioning.*
- 3. Ongoing substance use or dependency that interfere with relationships and functioning.*
- 4. The youth is returning home from out-of-home placement and youth's success is dependent upon a family therapy approach.*
- 5. The family is willing to participate and ensure supervision and safety are priority.*

## Treatment Outcomes

- Cost-effective
- Decrease in drop-out rates
- Decreased substance use
- Improved family functioning
- Reduced recidivism
- Reduction in out-of-home placements
- Reduction in violent felony crimes
- Significant reduction in caregiver distress
- Significant reduction in crime severity for re-offenders



StrategicTherapyAssociates.com  
1.800.716.3534

Chesterfield, Danville, Farmville, Galax, Lynchburg, Martinsville, Norfolk, Roanoke