**FUNCTIONAL FAMILY**

**THERAPY (FFT)**

**Description of Service:**

Functional Family Therapy (FFT) is a family-based intervention for youth between the ages of 11 and 18 years old who are involved with the court system and their families. Problems may include conduct disorder and alcohol/substance abuse. A major goal of Functional Family Therapy is to improve family communication while decreasing intense negativity. Other goals include helping family members develop solutions to family problems and improving negative behaviors. FFT works in helping young people overcome delinquency, substance abuse, and violence.

**Frequency/Duration:**

Functional Family Therapy requires between 8 and 26 hours of direct service time over an average of 12 to 14 sessions. The exact number of hours will be determined by the service provider and the probation officer. The service may last between 3 and 6 months. The specific days and times will be scheduled by the provider who will contact the parent/guardian within 14 days of the referral.

**Expectations:**

**Youth:** The youth must be available and participate in every scheduled session.

**Parent:** The parent(s) as well as other family members in the home must participate in every scheduled session along with the youth. The full participation of the parent is very important to the success of the service.

**Service Provider:** The service provider will contact the parent/guardian within 14 days of receiving the referral from Probation to schedule an initial session. They will communicate at least monthly with the probation officer about the participation levels and progress of the youth and family members.

**Probation Officer:** The probation officer will make the referral to the provider shortly after it is ordered by the Court. During appointments, the probation officer will talk with both the parent and the youth about the FFT sessions and what they are working on.