

How does FFT **WORK?**

FFT is an appealing treatment model because it clearly identifies specific phases, goals, techniques, intervention, and therapeutic skills necessary for success.

Phase 1:

ENGAGEMENT — Designed to help families feel as comfortable as possible during the beginning of therapeutic services;

MOTIVATION — Designed to increase alliance, trust, and hope, and encourages lasting change;

ASSESSMENT — Designed to clarify individual and family system relationships, interpersonal functions of behavior and how they relate to a larger system.

Phase 2:

BEHAVIOR CHANGE — Designed to change problem behavior by teaching, modeling, coaching, providing aids, and giving directives to help families improve their interpersonal skills.

Phase 3:

GENERALIZATION — Designed to maintain change by anchoring the family to a larger supportive community and linking families to appropriate sustainable resources.

NOW WHAT?

Call us to find out how our FFT program can help you and your family.



CENTER FOR CHILDREN

THE CENTER FOR CHILDREN, INC.

6100 Radio Station Road • P.O. Box 2924
La Plata, Maryland 20646
301-609-9887

Charles County

6100 Radio Station Road • P O Box 2924
La Plata, MD 20646
301-609-9887

Calvert County

440 Solomons Island Road, North, Suite 222
Prince Frederick, MD 20678
410-535-3047

Leonardtwn

23507 Hollywood Road, Suite 2
Leonardtwn, MD 20650
410-475-8860

Anne Arundel
410-295-5740

Funding provided by:

Charles County Human Services Partnership
Calvert County Family Network
Maryland State Department of Juvenile Services
Anne Arundel Mental Health Authority



Functional Family Therapy





Functional

Family

Therapy

(FFT)

Is an empirically grounded, well-documented and highly successful family intervention for at-risk and juvenile justice involved youth and their families. If you or your family is looking for a change in how you communicate and interact, FFT may be for you.



HOW CAN FFT HELP your family?

There are many benefits of going through the FFT program. Here are just a few:

- **Have better relationships with your family.**
- **Learn to control anger and fix problems without fighting.**
- **Improve positive communication skills.**
- **Build trust and respect within your family.**
- **Prevent involvement in the juvenile and legal system.**

WHAT IS FFT?

Functional Family Therapy (FFT) is a program offered to youth ages 10-18 years and their families, whose problems range from acting out to conduct disorder to alcohol/substance abuse. FFT is a short-term, evidence-based program. This means FFT uses techniques and strategies that have been proven to work. The program lasts from, on average, 8 to 12 one-hour sessions up to 30 sessions for more difficult situations. Sessions are conducted in the clinic and/or in the home. FFT is a three phase therapeutic intervention with specific goals for each phase; as the goals are met, the family transitions to the next phase of treatment.