

# Functional Family Therapy



Call us today to make a referral 1.800.716.3534

[www.StrategicTherapyAssociates.com](http://www.StrategicTherapyAssociates.com)

*Functional Family Therapy is an evidence-based prevention and intervention program for high-risk youth ages 11-18 that addresses complex and multidimensional problems through clinical practice that is flexibly structured and culturally sensitive.*

## Referral considerations:

- Within the past 30 calendar days, the youth has demonstrated at least one of the following that puts the youth at risk of out of home placement:
1. Ongoing dangerous behaviors or attempts to inflict serious injury on self or others.
  2. Increasing and persistent symptoms associated with depression or anxiety that have contributed to decreased functioning in the community.
  3. Ongoing substance use or dependency that interfere with the youth's interpersonal relationships and functioning in the community.
  4. The youth is returning home from out-of-home placement and FFT is needed as step down service.
  5. The youth's successful reintegration or maintenance in the community is dependent upon an approach involving intensive family partnership.
  6. There is a family member or other committed caregiver available to participate in this intensive service and supervision at home/community are adequate to ensure a reasonable degree of safety.

## Strategic Helps Families...

- ❖ Engage in the therapeutic change process
- ❖ Increase hope and decrease family conflict and blame
- ❖ Identify relational family functions and accept ownership of role
- ❖ Implement positive behavior change
- ❖ Increase family support & resources

## Treatment Outcomes

- ✓ Reduction in out-of-home placements
- ✓ Significant reduction in crime severity for re-offenders
- ✓ Reduction in recidivism
- ✓ Decreased drop out rates
- ✓ Significant reduction in youth, caregiver interpersonal distress/somatic complaints
- ✓ Reduction in siblings of referred youth going into care
- ✓ Significant reduction in drug use as compared to other treatments
- ✓ Reduction in violent felony crimes
- ✓ Improved family functioning
- ✓ Cost-effective

Serving: Chesapeake, Danville, Farmville, Galax, Halifax, Lexington, Lynchburg, Martinsville, Roanoke, & Rocky Mount