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):

<table>
<thead>
<tr>
<th>Jurisdiction</th>
<th>Vendor</th>
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<tbody>
<tr>
<td>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</td>
<td>Vision Quest</td>
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<td>Baltimore County</td>
<td>Bureau of Behavioral Health</td>
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<td>Anne Arundel County, Calvert County, St. Mary’s County, and Charles County</td>
<td>Center for Children</td>
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<td>Prince George’s County</td>
<td>Progressive Life</td>
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For More Information:
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