

Functional Family Therapy (FFT)

Brief explanation of services:

- FFT is generally 3-5 months in length.
- FFT is a strength-based model built on the foundation of acceptance and respect.
- FFT is a short-term treatment program that targets many types of behaviors ranging from mild to severe; including substance use, family problems, and acting out behavior.
- FFT focuses on building skills that will improve family relationships, reduce behavioral issues, and improve school performance.
- The FFT therapist will meet with the family as often as necessary within the family's home or location of the family's choice.
- FFT is completed with all family members present for all sessions. The therapist does not meet individually with family members.
- FFT does not allow traditional 24/7 on-call; however, the family can access after-hours crisis support offered by the provider.

What to expect:

- You can expect to be treated with respect and dignity.
- You can expect a different kind of therapeutic experience, where the focus is on helping your family build hope and reduce negativity and blame.

If you are interested in learning more about FFT or other services available to assist your family, please contact Capital Area Counseling Service Inc. (605)-224-5811

