FUNCTIONAL FAMILY THERAPY (FFT)
Program developed by James Alexander, Ph.D., Functional Family Therapy, Inc.

Logic Model created by the Evidence-based Prevention and Intervention Support Center (EPISCenter) at Penn State University

Program Components:
Phases of Family Therapy

- Engagement
  Goals: Develop positive perception of therapist & program; Facilitate family’s willingness to attend first session

- Motivation
  Goals: Increase hope and motivation for change; Reduce negativity and blaming; Address risk factors associated with treatment drop-out

- Relational Assessment
  Goals: Identify relational functions, needs, & hierarchy within the family

- Behavior Change
  Goals: Build youth and family member skills and address family interaction patterns related to specific presenting problems.

- Generalization
  Goals: Increase family resources and extra-familial support; Maintain and generalize changes; Relapse prevention

Proximal/Short-Term Outcomes
- Youth Remain in the Home
- Improved Family Functioning
- Reduced Delinquent Behavior
- Improved Mental Health
- Reduced Youth Substance Use
- Higher Treatment Completion

Distal/Long-Term Outcomes
- Reduction in Criminal Recidivism
- Reduced Substance Use
- Improved Mental Health
- Improved Sibling Court Involvement

* FFT targets youth ages 10-18 years old who exhibit mild to severe behavior problems and their families. * The FFT therapist meets with the family for an average of 12 to 14 family therapy sessions, typically held in the home. * Treatment lasts three to five months, as families move through the five phases of FFT. * A full-time FFT therapist carries a caseload of 10 to 12 families.