



FFT is a short-term, high quality intervention with an average of 12 –15 sessions over a 3-4 month period.

Important family members are encouraged to participate, even siblings.

Sessions are conducted mainly in the home, at the families' convenience.

FFT is a strength-based model. At its core is a focus on assessment of those risk and protective factors that impact the adolescent and his or her environment. The ultimate goal with FFT is to strengthen families and reduce further risky or criminal behavior.

Adapted from FFT, LLC



**If you are interested
in FFT, your
residential
counselor can help
you get more
information.**





Benefits of Participating:

- No cost to families!
- Increases adolescents' likelihood for success at home, school, and in the community.
- Short term program, usually 12-15 sessions (usually less than an hour).
- Families determine when and where to meet.

The FFT program is an evidence based treatment designed to help reduce high risk behavior with adolescents.

FFT works in conjunction with the family to increase communication, identify strengths, and define opportunities for growth.

FFT is a family focused intervention that is non-judgmental, bringing warmth and respectfulness to all family members.



FFT is a strength-based model that is focused on risk and protective factors.

FFT offers specific and individualized interventions for the unique challenges, diverse qualities, and strengths of all family members involved.

FFT has a positive impact on family conflict, communication, parenting, and adolescent behavior.

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