

# FUNCTIONAL FAMILY THERAPY



Functional Family Therapy (FFT) is an evidence-based model for a family-centered approach to treatment. FFT uses highly structured, short-term interventions to engage and motivate families to work on changing problematic behaviors.

## Contact Us

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### Who benefits from FFT?

- Families with youth ages 11-17 exhibiting the following problematic behaviors: defiance of authority figures (home and school), aggressiveness toward other people, sibling rivalry, running away, truancy, negative peer association, poor academic performance, suspensions/expulsions, current/history of arrest, bullying issues, gang affiliation.

### Who should attend therapy?

- Parents, guardians, siblings, any relative or family friends who have a strong influence on the youth.

### How long is the FFT program, and where will services take place?

- Family therapy lasts an average of 15 sessions, over 3-6 months. Families have the best outcome when they attend sessions regularly. Services are currently being offered through telehealth.

### What is the cost for FFT services?

- The FFT Program is grant-funded and services are offered at NO cost to families.