

Functional Family Therapy

Functional Family Therapy (FFT) is a program helping youth and families overcome challenging behaviors and preventing out-of-home placements. We believe all families want the best for themselves, and we offer support and structure that help families work better together and practice new skills that can lead to enduring behavior change.

Overview

FFT is built on a foundation of acceptance and respect. It utilizes assessment and intervention to address risk and protective factors within and outside of the family that impact the development of youth. By collaborating to create balanced alliances, the family and FFT clinician reduce blame and negativity and instill hope.



Who We Serve

We serve youth ages 11-18 who meet the following criteria:

- Lives in community or ready to return
- Family available
- Has externalizing behaviors, internalizing symptoms/emotional needs, and/or substance abuse

We are unable to serve youth who:

- Are 10 years old or younger (primary referral)
- Have no psycho-social system that constitutes family (shared history, sense of future, some level of co-habitation)
- Are scheduled to be sent away from family
- Who have a current acute psychosis
- Who need sexual offender treatment as a primary need
- Who present with severe psychiatric illness (actively suicidal, homicidal or psychotic)

To learn more about the benefits of FFT and if the service can benefit your youth/family, please call FFT Program Manager Sarah Hess at 804.248.1059.



Our Process



Evidenced Based Associates (EBA) manages UMFS's FFT referrals. To make an FFT referral:

- Through CSA, please go to the website (evidencebasedassociates.com/virginia-service-coordination) and click on the CSA tab. A UMFS Referral Form is available for completion. The completed referral form should be sent to RSCCentral@ebanetwork.com.
- Through CSU, please go to the website (evidencebasedassociates.com/virginia-service-coordination) and click on the CSU tab. A Referral Form is available for completion. The completed referral form should be sent to RSCCentral@ebanetwork.com.



Evidenced Based Associates (EBA) will notify the referral source when the referral is received. EBA will contact UMFS to notify them of the received referral.



UMFS will assign the case, when there is caseload availability, within 48 hours. A "case assignment" email will be sent to the referral source by UMFS.

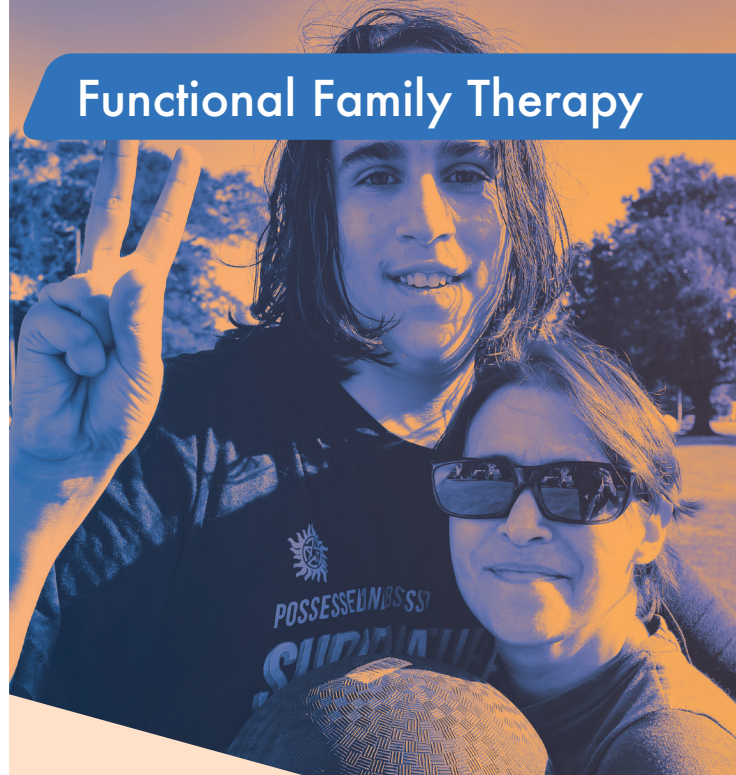


A UMFS FFT clinician will reach out to the referred family within 24 hours.



UMFS aims to schedule their first FFT session within one week of case assignment.

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Our Qualifications

Highly experienced and/or master's level clinicians meet with youth and their families approximately 15 sessions over a period of three to four months. Weekly updates and monthly reports will be provided by the clinician outlining the family's progress in treatment.



Funding



- CSA
- CSU