

FUNCTIONAL FAMILY THERAPY (FFT)

Functional Family Therapy (FFT) is an in-home family therapy designed to match to the family needs and at times convenient to the family's schedule.

- The sessions are free and generally involve 12 weekly sessions.
- The assigned probation officer determines through an assessment if a family is eligible for this program.
- FFT is special and unlike traditional therapy conducted in an office. Therapists are specifically trained to deliver FFT services. The focus is to strengthen the family's relationship. FFT is most effective when the entire family is involved in the service.

FREQUENTLY ASKED QUESTIONS

Why do I have to do counseling when my child is the one in trouble?

- When one person in the family is in trouble or distressed, it affects the other members in the family too. FFT is a holistic approach to the family without judgment. FFT operates under a philosophy that if family members feel better with one another, increase communication and strengthen their relationship, some of the other issues that are stressing the family (law violations, drugs or alcohol, school, etc.) tend to decrease.

How do I get into this program?

- The probation officer can tell you if you are eligible for this program. From the information gathered by the probation officer when a youth is placed on probation, an assessment is completed. The outcome of the assessment determines if a youth is eligible for the program.

If I'm eligible, will I get FFT for sure?

- Not all eligible youth receive FFT services. More families are eligible than we can serve. Whether or not a family receives an opportunity for FFT depends on the youth's other risk factors being addressed on probation, the amount of time left on probation, and therapist availability. Each family will work with the probation officer to decide what the case plan will be for each youth and if FFT is the best option.

CONTACT US

Angie Thompson, FFT Supervisor
253-798-7964
athomps@co.pierce.wa.us

Or contact your assigned probation officer for more information.
There are several therapists contracted to provide this service.