

FOUR OAKS

Functional Family Therapy (FFT)



Program Overview:

FFT is an empirically grounded, well-documented and highly successful family intervention for high risk families and juvenile justice involved youth. Its high rates of effectiveness have been recognized by several national entities, including the Center for Substance Abuse Prevention and the Center for Disease Control and Prevention. In addition, FFT is the only intervention named by the US Surgeon General as a model program for seriously delinquent youths.

The intervention utilizes an average of 12 one-hour sessions up to 18 sessions of direct service, conducted in both a clinical setting as an outpatient therapy and as a home-based model. The program can be implemented in a variety of contexts, including schools, probation, parole/aftercare, and mental health. It can also serve as a viable alternative to incarceration or out-of-home placement.

FFT offers clear identification of specific phases, goals, and objectives, which organizes the treatment in a coherent manner. FFT clinicians provide focused interventions to help the family avoid disruption.

Who is eligible?

The program is designed for a wide range of at-risk families with youth aged 12-18 who may struggle with delinquency, conduct disorder, violent acting-out, and substance abuse.

FFT is available at the following Four Oaks locations:

FFT services are available to families referred by Juvenile Court Officers from either the First, Second, or Sixth Judicial Districts, respectively. FFT therapists serve youth and families in the following communities as well as their surrounding and contiguous counties:

Cedar Rapids/Linn County
Iowa City
Waterloo
Dubuque
Mason City

For more information:

Bethany Weber
319-233-5635, ext. 2901

