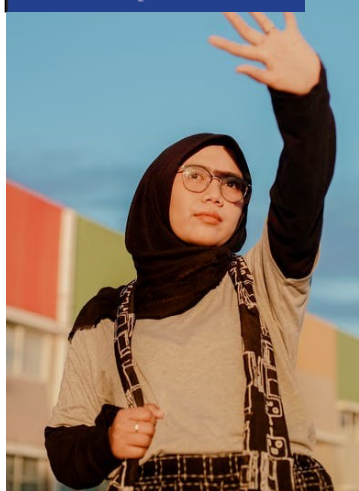


# Functional Family Therapy

## Family First Prevention Services Act



### Title IV-E Clearinghouse

#### Program Type :

Mental Health

#### Rating:

Well-Supported

For additional information related to the Title IV-E Clearinghouse please visit:

<https://prevention-services.abtsites.com/>

FFPSA will provide federal funding for prevention services to families of children who are at imminent risk of entering foster care. It underscores the importance of children growing up in families and seeks to avoid the traumatic experience of children being separated from their families when entering foster care.

Specifically, federal reimbursement will be available for trauma-informed and evidence based mental health services, substance use disorder treatment and in-home parenting skill-based training to safely maintain children in their homes

Eligible services must be included in South Carolina's approved Title IV-E Prevention Plan and be rendered by a qualified provider who is participating in the Department's qualified provider listing and provided to eligible populations (i.e. defined candidates for care).

The Department plans to implement its prevention program in October of 2021 and will begin partnering with our provider partners early in 2021 to assist in capacity building for select interventions and network development.

For updates on FFPSA implementation please visit: <https://dss.sc.gov/family-first-prevention-services-act/>

## Service Description

Functional Family Therapy (FFT) is a short-term prevention program for at-risk youth and their families. FFT aims to address risk and protective factors that impact the adaptive development youth who have been referred for behavioral or emotional problems.

FFT is organized in multiple phases and focuses on developing a positive relationship between therapist/program and family, increasing motivation for change, identifying specific needs of the family, supporting individual skill-

building of youth and family, and generalizing changes to a broader context. Typically, therapists will meet weekly with families face-to-face for 60 to 90 minutes and by phone for up to 30 minutes, over an average of three to six months. Master's level therapists provide FFT. They work as a part of a FFT-supervised unit and receive ongoing support from their local unit and FFT training organization.

### Targeted Populations

**Children and adolescents between 11-18 years old who experience problem behaviors such as conduct disorder, violent acting-out, and substance abuse**

### Proximal Outcomes

Eliminate youth referral problems (i.e. delinquency, oppositional behaviors, violence, substance use)

Improve family and individual skills

Improve prosocial behaviors (i.e. school attendance)



**Questions? Email us at: [FamilyFirstPSAinfo@dss.sc.gov](mailto:FamilyFirstPSAinfo@dss.sc.gov) or call The Office of Child Health and Well-Being at (803) 898-7788. We are here to help.**