

FFT OFFERS NEW BEGINNINGS

Functional Family Therapy is a highly successful family intervention for at-risk and youth and their families. Its high success rates have been recognized nationally. It is one of the only interventions named by the US Surgeon General as a model program for seriously.

FFT IS AN INCLUSIVE PROGRAM
FOR A VARIETY OF FAMILIES
INCLUDING:

Two parent biological families
Single parent families
Grandparents raising grandchildren
Adoptive families
Blended families
Adult siblings raising younger siblings



Quakerdale Functional Family Therapy

*The greatest journey
began with one step.
Begin your journey today.*

For Referrals Contact:

Marshalltown office
641-752-3912
marshalltown@quakerdale.org

Please Include:

1. Family name
2. Adolescent date of Birth
3. Adolescent SSN
4. Contact information for the family
5. Any information necessary for the FFT therapist to know before working with the family.

Cost: FFT is frequently funded through Juvenile Court or DHS. Quakerdale also offers families scholarships if they are paying directly for the service and are unable to access funds.

Our Mission

*“Encouraging hope, faith, and
growth in the families and
communities we serve.”*



HOPE

FAMILY FOCUSED



EFFECTIVE TREATMENT

Functional Family Therapy serves families with youth ages 10-18. FFT is a short term, strength-based service with an average of 12-15 sessions over a 4 month period. Services are usually provided in the home or office.

FFT is an effective treatment for a wide range of family problems including:

- Substance abuse
- Conduct Disorder
- Oppositional Defiant Disorder
- Violence
- Parent/Child/Family conflict issues
- Grief and loss
- Divorce issues
- Depression
- Runaway behaviors

“Our mission is to help families stick together”

- Therapist

PHASES OF FUNCTIONAL FAMILY THERAPY

FFT is a therapeutic model of intervention that is family focused, strength based, and risk and protective factor driven.

PHASE ONE: ENGAGE & MOTIVATE...

the youth and family by decreasing negativity, blaming and hopelessness, and redirecting their emotions through respect, sensitivity and positive reattribution techniques.

PHASE TWO: CHANGE BEHAVIOR...

by reducing and eliminating problem behaviors by targeting risk factors in accompanying family relational patterns through individualized change interventions and systematic skill training.

PHASE THREE: GENERALIZE CHANGE...

across problem situations by increasing the family's capacity to utilize community resources and to engage in relapse prevention. Our clinicians work to help maintain and enhance changes through use of community systems and resources as well as natural supports.

PROVEN SUCCESS

FFT has demonstrated positive program outcomes at Quakerdale.



Quakerdale has offered FFT since 2007 and has demonstrated to be highly effective program for families

162 clients were successfully discharged from the program from (April '07 - Sep. '10)

92.6% of clients indicated satisfaction of services during discharge (July 08 - Sep. 10)

95.3 % of parents indicated satisfaction with services at discharge (July 08 - Sep. 10)

From July '09 - Sep. '10 94% of clients demonstrated significant reduction in risk factors. (violence, substance use, school behavior incidents, etc...)

82% of youth have NOT been placed in a detention/shelter/residential treatment facility after 6 months of completing the program.

“We feel like we can handle what comes next.”
-Family that used FFT