



Functional Family Therapy

WHO WE ARE?

Lifeline Community Services is a community-based organization that services low-income and underserved populations in San Diego County. Lifeline Community Services serves members of the community through clinically strong and evidence-based programs that focus on positive youth development, child abuse prevention and domestic violence intervention, housing and self-sufficiency, behavioral health, and human trafficking victim and survivor services.

TARGET POPULATION

The program serves youth in county-funded prevention, early intervention, and diversion programs. The youth must be 12 to 18 years of age. The youth and families (parents, guardians, caregivers etc.) must be willing to participate in family counseling.

WHERE IS FFT PROVIDED

FFT is provided county-wide.

CALL US FOR MORE INFO



760-509-3433

FUNCTIONAL FAMILY THERAPY

FFT is a home-based therapy program that strengthens adaptive family interactions and assists at-risk youth through intervention and prevention. The program addresses complex and multi-dimensional problems through clinical practice that is flexibly structured and culturally sensitive. The program is organized into 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.

PROGRAM DELIVERY

Therapists meet weekly with families face-to-face or telehealth for 30-90 minutes and by phone for up to 30 minutes. Most families complete the FFT program in an average of 8 to 14 sessions over the span of three to six months.



www.lifelineneecs.org