



Catholic Charities

Children's

Behavioral Health Services

Providing services to individuals and families of all faiths.

Functional Family Therapy[©]

Hope through healing

We believe that when families are struggling there is greater risk for trouble — but also greater opportunity for positive change.

We place importance on improving relationships between all family members and strengthening the family as a whole.

Sometimes families are dealing with multiple problems at the same time such as mental health issues, substance abuse, etc. Therapists are trained to help with these situations and will work with families to address these issues and meet individual needs.

What is FFT and how does it work?

Functional Family Therapy (FFT) is a short-term, evidence-based program. This means FFT uses techniques that have been proven to work. It is a 3-phase therapeutic intervention with specific goals for each phase. As the goals are met, the family transitions to the next treatment phase.

The program typically consists of 12 to 16 weekly sessions, with additional sessions available for more complex situations. Sessions can be conducted in your home or in an office setting — whichever is more comfortable for your family.

How FFT can help your family:

There are many benefits of completing FFT with your family. We'll help you:

- create better relationships with your family
- learn better ways to manage anger and resolve problems without fighting
- improve communication between family members
- build trust and respect within your family
- prevent or reduce involvement with the juvenile justice system

Who is eligible?

FFT is offered to families with youth ages 11-18 who are struggling with social, emotional or behavioral issues in the following counties: Androscoggin, Sagadahoc, Kennebec, Lincoln, Somerset (up to Solon), and Penobscot (to Lincoln) counties and bordering towns.

Must have MaineCare or a youth with Department of Corrections involvement.

How do I get started?

For more information about FFT or how to make a referral, please contact fftferralinfo@ccmaine.org or QuickConnect at (207) 453-4367, or fax FFT referral form to (207) 238-8626.

1-800-781-8550 ext. 2722

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