

FUNCTIONAL FAMILY THERAPY (FFT)

Program Overview

FFT is an evidence-based in-home family therapy approach to address youth with acting out or other behavioral health concerns, or substance misuse.

FFT is available to:

Youth ages 11-18 years (and their parent/caregivers) who are experiencing disruptive, acting out, substance use, violence and/or delinquent behaviors.

Length of Service

The service typically provides 8-24 family sessions in the home over a period of 4-6 months.

Program Coverage and Providers

FFT is available to families through teams at different agencies. Each team covers a group of surrounding towns. Choose the one closest to your location.

Geographic Region	Agency Contact
Bridgeport / Norwalk	Child and Family Guidance Center Contact: 203-650-9535
Meriden / Middletown / New London / Norwich	Child and Family Agency of SE CT <ul style="list-style-type: none">• New London: 860-910-9832• Essex: 860-910-9835
New Haven / Milford	Clifford Beers Contact: 203-777-8648
Hartford / Manchester / Willimantic	Community Health Resources Contact: 860-730-8956
Waterbury / Torrington / Danbury	Wellmore Contact: 203-575-0466 x1110