

# FUNCTIONAL FAMILY THERAPY (FFT)

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## Program Overview

FFT is an evidence-based in-home treatment for youth with acting out and other behavioral health concerns, or substance misuse or substance use disorder.

## Target Population

FFT is for youth ages 11-18 years (and their parent/caregivers) who have a *DSM 5* diagnosis related to disruptive, acting out, substance use, violence and/or delinquent behaviors.

## Length of Service

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

## Program Coverage and Providers

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

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

## Referrals

If you are from an agency and want to make a referral on behalf of a family, complete the referral form.

## Program Contact

Karen Mahoney, (860) 597-2257, [karen.mahoney@ct.gov](mailto:karen.mahoney@ct.gov)