

Functional Family Therapy - Youth

Keeping families together

The FFT-Y program supports young people in the ACT to stay on track and out of the justice system. We work with your whole family to build safety, strength and connection at home.

Why participate in FFT-Y?



- Strengthen the way you yarn and connect together as a family
- Create goals and work towards them together
- Find new ways to handle and resolve problems to create a safer home

FFT-Y is a voluntary program that has been successful for many families.

FFT-Y is designed to work with your family



An FFT-Y practitioner will come to your home at a time that is convenient for you.



The program usually runs for three to five months, based on a family plan designed around your specific needs.



Our practitioners are experienced and culturally respectful. They will help identify strengths and challenges within your family, and develop effective strategies to reduce high-risk behaviours in young people.

What to expect - the phases of FFT-Y

1. The **Engagement** phase is about helping your family feel comfortable and hopeful about the program, so everyone is ready and willing to participate.
2. The **Motivation** phase helps lower conflict and blame. You will focus on building understanding and stronger relationships so your family feels motivated to make positive changes together.
3. The **Relational Assessment** phase is about understanding what's behind behaviours - including what family members are feeling, thinking, and trying to communicate - and how everyone affects each other.
4. In the **Behaviour Change** phase families learn and practise new skills like problem-solving, talking and listening better, managing emotions, and using helpful parenting strategies.
5. The **Generalisation** phase helps you use your new skills not just at home, but also in everyday places like school and the community, so positive changes continue over time.

Find out more or contact us

ffty@ozchild.org.au

(02) 8664 9101
ozchild.org.au