

# Do you want things to be better at home? Are you tired of conflict?

If you or your family are looking for a change in how you communicate and interact, **Functional Family Therapy (FFT)** may be right for you!

FFT is an evidence-based and highly successful family intervention for at-risk youth and their families.

## Our locations:

### St. Michael's Center

1066 Kenduskeag Avenue  
Bangor, ME 04401  
(207) 453-4367

66 Western Avenue  
P.O. Box 378  
Fairfield, ME 04937  
(207) 238-8635

For more information, please visit  
[www.ccmaine.org/FFT](http://www.ccmaine.org/FFT)

*Functional Family Therapy Services are provided through the following funding sources:  
St. Michael's Center Board of Directors,  
Maine Department of Corrections, MaineCare,  
Department of Health and Human Services /  
Children's Behavioral Health Services*



*Providing mission-driven, nationally-accredited care for children and adults.*

Our services include:

ACT (Assertive Community Treatment),  
Addiction Counseling (Residential, Intensive  
Outpatient and Outpatient),  
Behavioral Health Home, Outpatient Therapy,  
Community Integration and  
Functional Family Therapy.

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# Functional Family Therapy<sup>®</sup>



*We're here to  
help your family.*





## 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.

## 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

## 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.



## 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), Penobscot (to Lagrange), and Hancock counties.



## How do I get started?

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

Visit us online at [www.ccmaine.org/FFT](http://www.ccmaine.org/FFT)