FFT is an empirically grounded, well-documented and highly successful family intervention. FFT has been applied to a wide range of at-risk youth and their families in various multi-ethnic and multicultural contexts. Target populations range from at-risk preadolescents to youth with very serious problems such as conduct disorder, violent externalizing behaviors and substance abuse.

**FFT IS TRANSFORMING FAMILIES THROUGH ACCESS**
As of July 2015, FFT has served 14,000 diverse families in CA, with the following outcomes.

1. **Success With Diversity**
   - FFT believes in reducing barriers for underserved populations and serves families from diverse ethnic backgrounds.

2. **Successful Family Outcomes**
   - 2014 California data show that completing FFT correlates with high rates of school attendance, and youth at home with no new law violations.

3. **Reduces Family Distress**
   - Youth Outcome Questionnaires (YOQ) show significant reduction in distress for parents & youth after receiving FFT services.

FFT is transforming families through access

CIBHS is a leader in the successful and sustainable implementation of evidence-based practices (EBPs) in California.
A local San Joaquin family summarized "the process has not been easy, but recovery continues successfully." The youth enthusiastically stated that after only a few months, her family "no longer drinks or uses drugs. My attitude to life has changed. I feel happier and safe. I have learned to manage my anger, and to talk more openly about my inner feelings.” The youth also reported that because of FFT, “our family relationships improved a lot.”

FFT in California Counties 2006 - 2016

Over the past decade, 846 therapists have been trained to provide FFT to families.

There are currently 32 FFT teams practicing in California.

CALL TO ACTION: Establish New FFT Sites

FFT Can Help Communities in Need
There is an estimated 1 million children in California aged 13 and above with debilitating behavioral disorders. Currently FFT has only had the capacity to serve 14,000. We need to be able to serve more children and families.

FFT is Cost Effective
Studies demonstrate a high cost-benefit ratio. This includes savings in juvenile systems, savings in behavioral and physical health, community savings for reduced crime, and future earnings.

FFT is Successful
Studies demonstrate that there is a 30% reduction in juvenile recidivism versus control groups for competently delivered FFT. Further, child welfare studies have shown a significant reduction of placements.

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