

Functional Family Therapy Clinical Guideline

MVP Health Care, as part of its continuing Quality Improvement Program, adopted the Functional Family Therapy guideline. The full guideline is available at:

<https://youth.gov/content/functional-family-therapy-fft> and <https://www.fftllc.com/about-fft-training/clinical-model.html>

Impact of The Condition

FFT is a short-term therapy usually over three to five months. FFT works primarily with children and adolescents who have been referred for behavioral or emotional problems by the juvenile justice, child welfare, school, or healthcare systems.

Youth selected for treatment are often at risk for delinquency, violence, substance use, or have a pattern of behavior suggestive of Oppositional Defiant Disorder or Conduct Disorder.

FFT is a strength-based model. FFT works on decreasing risk factors and on increasing protective factors within and outside of the family that impact the adolescent's healthy development.

Therapists work to develop change in behavior, while remaining aware of family members' abilities and interpersonal needs. ⁱ

Summary of the Guidelines

Family Functional Therapy has 5 components to its structure. They are engagement, motivation, relational assessment, behavior change and generalization.

Additional tools to assist providers with educating their patients on behavioral health conditions are included in the Provider Quality Improvement Manual under Behavioral Health.

<https://www.mvphealthcare.com/providers/quality-programs/provider-quality-improvement-manual-pqim/>

In Conjunction with these guidelines, MVP Health Care offers Case Management for members with behavioral health conditions. If you would like to refer your patients to the Case Management program, please call the MVP Case Management Department at **1-800-852-7826**.

This guideline is not intended to replace the role of clinical judgment by the physician in the management of this, or any other disease entity. It is an educational guideline to assist in the delivery of good medical care. All treatment decisions are ultimately up to the physician. Where medication recommendations are made, please refer to each health plan's formulary for coverage considerations.

MVP Health Care updates its clinical guidelines at least every two years. The review process is also initiated when new scientific evidence or national standards are published. Practitioners are alerted via the web site and by written notices from the plan via fax or newsletter. A hard copy of the clinical guideline can be requested by calling the MVP Quality Improvement Department at **(800) 777-4793 extension 2247**.

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