



Common Mental Health Therapies for Youth

Therapy Program	Target Ages	Length	When Provided	Overview	Focus
Functional Family Therapy (FFT)	12 – 17	8-12 sessions	in-placement and aftercare (delivered in the home)	FFT uses a flexible framework for establishing effective communication between youth and caregivers. FFT supports and enhances the abilities of high-risk youth (ages 11-18) and their families to improve their situations through a systematic approach. The three intervention phases target specific goals of engagement and motivation, behavior change, and generalization so that the entire family can utilize community resources to maintain these changes.	Improves youth sense of efficacy, resiliency, and behavior change
Multi-Systemic Therapy (MST)	12-17	4 months	Intensive, family-and community-based	MST is an intensive family and community based treatment that addresses the multiple influences of serious antisocial behavior in young offenders. MST helps families identify and access informal child, family, and community resources that support long-term improvements.	Improves youth social skills, reduces anti-social behavior, and facilitates adult behavior to reinforce positive behavior
Aggression Replacement Therapy (ART)	12 – 17	30 sessions (10 weeks)	Short-term intensive, family based	ART helps children with anger management difficulties by offering more effective ways of communicating and avoiding conflict, anger control techniques to manage feelings, and moral reasoning sessions where children are encouraged to think through various situations to reach appropriate solutions.	Improves youth’s social skill competence and management, reduces aggressive behavior
Family Integration Transitions (FIT)	10 – 17	6 months	in-placement and aftercare (delivered in the home) , family oriented therapy	FIT helps lower the risk of youth recidivism, promote youth abstinence from alcohol and other drugs, improve youth mental health, and increase youth pro-social behavior. Family members are taught strategies to support and reinforce successful reintegration of the youth into the family and community.	Improves interpersonal roles, expectations ,and interactions

For more information, visit: OJJDP Model Programs Guide <http://www.ojjdp.gov/mpg/Default.aspx>

