



Table 2: Family Therapy Approaches⁵

Treatment model	Description
Family behavior therapy (FBT)	This treatment model involves the adolescent and at least one parent, combining contingency management with behavioural contracting and other evidence-based approaches selected by the patient and their family. FBT teaches family members skills to use in their everyday lives. At each session, goals are reviewed and rewards are provided.
Functional family therapy (FFT)	FFT uses behavioural approaches to improve negative family interactions believed to underlie problem behaviours. A therapist works with the family to increase their engagement in treatment and their motivation for change, as well as to improve skills in communication, parenting, problem-solving, and conflict resolution.
Brief strategic family therapy (BSFT)	According to BSFT, youth problem behaviours are seen to stem from unhealthy family interactions. BSFT is implemented over 12-16 sessions in various treatment settings. Over the course of this time, a counsellor meets with each family member, observes how the members behave with one another, and assists the family in changing negative interaction patterns. BSFT may be used as a primary outpatient intervention, in combination with residential or day treatment, or as an aftercare/continuing-care service following residential treatment.
Multidimensional family therapy (MDFT)	In addition to involving the adolescent patient’s family, MDFT incorporates community systems into treatment, such as school or the justice system. The aim of this treatment model is to foster family competency and collaboration between systems. It includes therapy sessions once or twice per week conducted over 12-16 weeks in various locations (home, clinic, school, court, etc.)
Multisystemic therapy (MST)	MST views substance use as a problem originating from characteristics of the individual, family and community, including peer group, neighbourhood, and school characteristics. It uses multiple evidence-based approaches including cognitive behavioural therapy and contingency management over a period of 4-6 months. The therapist providing MST may work with the family as a whole but will also conduct individual sessions, with the adolescent alone or with individual caregivers.