

# Risk Reduction through Family Therapy (RRFT)

Helping teens and families  
recover from trauma



Risk Reduction through Family Therapy (RRFT) is an **integrative, ecologically informed** approach to addressing co-occurring symptoms of PTSD, substance use, depression, and other health risk behaviors often experienced by trauma-exposed adolescents. RRFT is novel in its integration of these components given that standard care for trauma-exposed youth often entails treatment of substance use problems separately from treatment of other trauma-related emotional and behavioral health problems.



## An evidence-based intervention

RRFT is individualized to the needs, strengths, developmental factors, and cultural background of each adolescent and family. This tailored approach is incorporated throughout all components of treatment. RRFT involves seven intervention components: **Psychoeducation, Coping, Family Communication, Substance Abuse, Posttraumatic Stress Disorder (PTSD), Healthy Dating & Sexual Decision Making, and Revictimization Risk Reduction.**

For more information  
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