



**Let us help you
keep your child at
home, in school and
out of trouble.**

Getting started

Take the first step to get your child back on track. Make an appointment to find out more about the Redirection project.

Your child's first Redirection appointment is with:

Therapist's Name

Date Time

Place

Therapist's Phone Number

Your child is enrolled in FFT MST BSFT

← REDIRECTION →



Changing young lives and keeping families together

*Provided by:
Florida Legislature
Department of Juvenile Justice
Evidence-Based Associates*



Helping troubled teens

The Redirection project was started in 2004, to help troubled teens become productive, healthy members of their families and communities. Redirection programs help keep kids in school and with their families, instead of in detention or a commitment facility. Our therapists work with parents to help them deal with difficult issues—negative friends, drugs, or problems at school or at home—that have led to their teenager’s behavior problems. Redirection programs have been very successful in helping troubled teens find a new direction – keeping them at home, in school and out of trouble.



Changing young lives and keeping families together

Teaching children and families how to make good decisions

If your teenager acts out, uses alcohol or drugs or has other behavior problems, we can help you get him or her back on the road to success, at home and in school.

Redirection programs guide teens and get families involved. Families know their children best. A family’s love and support can help their troubled teen to change his or her behavior and to learn better ways to get along.

Our programs include Functional Family Therapy (FFT), Multisystemic Therapy (MST) and Brief Strategic Family Therapy (BSFT). They teach good communication and decision-making skills that strengthen families. As a result, when faced with problems in the future, families can support each other and work through issues together.

FFT, MST and BSFT are all recognized as proven, effective treatment models by the Blueprints for Violence Prevention initiative, the Office of Juvenile Justice and Delinquency Prevention, and the Substance Abuse and Mental Health Services Administration. All Redirection programs have proven positive outcomes.

Functional Family Therapy

FFT therapists meet with your teen and your family approximately 12 times over a period of three to four months. They help your child to set goals and help your family to communicate together better. Services are provided at home as well as in schools, mental health clinics, child welfare offices and probation/parole settings. FFT has helped more than 30,000 families in 38 states nationwide.

Multisystemic Therapy

An MST therapist will meet with your family for a total of 60 hours during a four-month period. The therapist works with only a few families at a time, so that he or she can visit your family as often as needed and be there for your family at any time. MST has helped close to 20,000 families across the nation and in nine around the world.

Brief Strategic Family Therapy

A BSFT therapist will visit your family in your home for an hour to an hour and a half each week. Over the course of about four months, the therapist will help your family develop a shared approach to problem solving, learning effective ways to reduce the problem behaviors that you are experiencing with your child. BSFT therapists are highly-trained, skilled professionals who specialize in helping children and adolescents stay on the right track.

