

Building strategies to strengthen families

BSFT is a structured, problem-focused, directive, and practical approach to the treatment of conduct problems, associations with antisocial peers, early drug use, maladaptive family interactions – all of which are recognized risk factors for substance abuse. BSFT was developed at the Center for Family Studies in the University of Miami, and since 2003 is being disseminated by the Family Therapy Training Institute of Miami and the University of Miami. BSFT provides families with the tools to overcome individual and family risk factors through: 1) focused interventions to improve maladaptive patterns of family interaction, and 2) skills-building strategies to strengthen families.

Promoting a culture of accountability

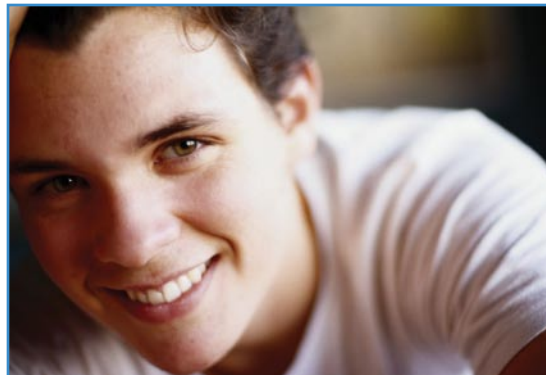
At Evidence-Based Associates, our mission is to help communities increase the use of evidence-based practices for at-risk youth and their families in order to keep youth at home, in school and out-of-trouble. We work closely with individuals, agencies and policy-makers to identify the most effective programs by assessing community factors and indentifying target populations most in need. Our family of evidence-based programs continues to demonstrate positive results for violence prevention and treatment for at-risk youth.

For additional information about the Redirection project, contact Nicole Janer, project manager at njaner@evidencebasedassociates.com.

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← REDIRECTION →



Helping Florida's at-risk youth stay at home, in school and out of trouble

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



Life-changing intervention for troubled teens and adolescents

Many programs available today promise to redirect at-risk teens and adolescents heading along an antisocial, violent course. The Redirection project is one that has proven itself effective in turning around young lives. Focused primarily on increasing family involvement and support, Redirection has helped more than 1,500 youths break destructive behavior patterns, avoid incarceration, improve the family relations and become productive citizens. Since its inception in 2004, Redirection has saved Florida taxpayers more than \$14.8 million by lowering juvenile incarceration rates, avoiding residential placement and reducing subsequent violations.



Proven techniques, collaborative administration

Redirection was established by the Florida Legislature and the Department of Juvenile Justice, working with Evidence-Based Associates (EBA) and local and judiciary channels to establish project protocols. Juvenile probation officers, commitment managers and judges provide referrals. Our success is based on empirically grounded and well-documented community-based intervention programs for at-risk juveniles. Together, Functional Family Therapy (FFT), Multisystemic Therapy (MST) and Brief Strategic Family Therapy (BSFT) represent more than 45 years of research and real-world implementation with high rates of effectiveness for a variety of cultural and ethnic groups. 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.

Coherent, phased treatment to prevent relapse

FFT is an outcome-driven, family intervention project for youth with conduct disorder, violent acting out, alcohol or substance abuse problems and serious behavior problems at school, or other significant behavior challenges. Following a coherent, three-phase model, clinicians meet with families for an average of 12 sessions over a three- to four-month period, helping participants identify goals, motivate change and strengthen communication within the family. Services are provided in a variety of environments, including homes, schools, probation or parole officers, and mental health settings. Researched for more than 30 years, FFT successfully serves more than 30,000 youth and their families in 38 states nationwide each year.

Building parental competency

MST is based on keeping families together and helping them to address multiple causes of antisocial behavior comprehensively. Instead of removing a child from the their family, neighborhood, school and peer groups, MST tries to change relationships among these systems by focusing on building parental competency and encouraging academic success. Treatment is intensive, and usually takes about four months, including approximately 60 hours of therapist-family contact. MST therapist caseloads are small – typically four to six families – so therapists can visit families daily and be on-call around the clock, seven days a week. The program is currently offered in more than 30 states, 11 countries and helps close to 20,000 families per year.

