

# Brief Strategic Family Therapy (BSFT): A Brief Summary of the Intervention - DRAFT

## Description of the Intervention:

- ~ Problem-focused family therapy (delivered in-home OR in clinical setting, depending on needs of the family). Treatment emphasis is on changing the structure of the family system and patterns of family interaction that are directly associated with the youth's behavior/substance use problems.
- ~ **Recognizes the importance of cultural competence and the possibility that culture can influence substance abuse and behavior problems.**
- ~ Therapist meets with the family weekly.
- ~ Length of treatment is approximately 3 months and includes approximately 12-15 sessions. In more severe cases, the duration of treatment can be extended.
- ~ **Cost per youth is approximately \$1975.00 for 15 sessions.**

## Target Population:

High risk minority youth ages 8-17 and their families, including:

- ~ Youth with conduct, delinquency and other behavior-related problems.
- ~ Youth with mild substance abuse problems.
- ~ Youth who are at risk for developing behavior-related or substance abuse problems.
- ~ Inner-city, minority families, particularly African-American and Hispanic families.

## Primary Goals of the Intervention:

- ~ Change family relationships and interactions that are related to youth behavior problems.
- ~ Address cultural/contextual factors that affect youth behavior problems.
- ~ Improve relationships between family and other systems that affect the youth (e.g., school, peers, neighborhood).
- ~ Strengthen the role of the family within its community.

## Research Highlights:

- ~ BSFT has been found effective in reducing recidivism in juvenile offenders.
- ~ BSFT has been shown to improve youth behavior and family relationships.
- ~ Youth who receive BSFT were significantly more engaged in therapy than youth who received standard family or group therapy.
- ~ BSFT has been found effective in reducing substance use.

## Maryland Implementation of BSFT:

Jurisdiction	Vendor
TBD	Individual therapists

## For More Information:

<http://www.brief-strategic-family-therapy.com>

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