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BSFT™ Program Bulletin

Brief Strategic Family Therapy® Institute

An Evidence-Based Practice

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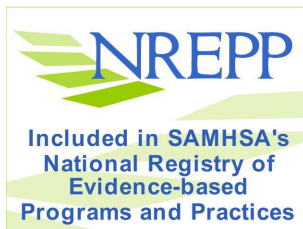
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The BSFT™ Program Leadership
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Please click on NREPP logo to see
the BSFT™ Program review.

Dear Keith,

The BSFT™ Program model is a cost-effective, evidence-based intervention for troubled adolescents that can reduce treatment costs well below that of traditional services. Having recently presented new BSFT™ Program research and outcomes at the Blueprints Conference in Texas, we are more committed than ever to tailor and implement our evidence-based program at your site with your unique needs in mind, constantly monitoring fidelity and outcomes to measure achievement so that you benefit with a positive return on your investment. - *The BSFT™ Institute*

Blueprints Conference: BSFT™ Program Presents Latest Research and Outcomes

A team of Brief Strategic Family Therapy® (BSFT™) trainers and therapists, led by Developer Dr. José Szapocznik, were invited to present findings from the recently completed National Institute on Drug Abuse (NIDA) Clinical Trials Network study to clinical directors and funders. While in San Antonio, the BSFT™ Institute's team also hosted a "Meet the Developer" reception and interactive exhibit table.

Along with Dr. Szapocznik, the presenting team consisted of: Dr. Joan Muir, BSFT™ Institute's Associate Director; Anne Lipp of Touchstone Behavioral Health (Phoenix, AZ); and, Stephen "Kris" Denny of Crosswinds Youth Services (Cocoa, FL). Together, they presented regarding trial outcomes and the implementation of BSFT™ community-based programs.

In addition, the BSFT™ Program Team attended a presentation by BSFT™ Institute's partner, Evidence-based Associates (EBA) regarding the success of the Florida "Redirection" project. This innovative program was launched when the state of Florida and its Department of Juvenile Justice (DJJ) contracted with EBA in 2004 to divert or "redirect" troubled youth from residential placements to more effective, family-focused, evidence-based treatment.

The 2010 Blueprints Conference for Violence Prevention, held in historic San Antonio Texas April 7-9, featured the best practices and latest research and outcomes for Blueprints programs. Several hundred attendees from around the world gathered to learn the latest findings about reducing juvenile delinquency and substance abuse.

The Office of Program Policy Analysis & Government Accountability (OPPAGA), an office of the Florida Legislature, concluded in its May 2009 report that the Redirection Program has saved \$36.4 million and avoids \$5.2 million in recommitment and prison costs. The Justice Research Center's 2009 evaluation of one-year outcomes for the project suggested that Redirection, as an alternative to commitment, has the potential to save more than \$30,939 per juvenile offender. In 2008, the BSFT™ Program was added to the Redirection Program in part due to its success with Latino and African-American families. EBA now has three BSFT™ Program sites in Florida: (1) Crosswinds Youth Services in Cocoa; (2) A Positive Step of Monroe County in Key West; and (3) First Judicial Circuit Court in Escambia and Santa Rosa Counties.

Clinical Trials Network (CTN) Outcomes:

The largest randomized clinical trial of the BSFT Program to date was conducted within the National Institute on Drug Abuse (NIDA) Clinical

Trials Network (CTN) and implemented at community substance abuse treatment centers in six states and the territory of Puerto Rico. The sample consisted of 1,894 individuals, including 480 randomized adolescent participants with drug use and behavior problems.

This trial which ended in 2008 yielded a number of preliminary findings. The BSFT™ Program was significantly more effective than Treatment as Usual (TAU) in improving engagement and retention across all racial/ethnic groups. While there were no significant differences in trajectories of self-reported mean levels of drug use over time, during the final four months of follow up, the BSFT™ Program had significantly lower median levels of drug use than TAU, with adolescents 42 percent more likely to be abstinent in the BSFT™ Program than TAU. The results were driven by better outcomes in minority adolescents.

In addition, higher fidelity to the BSFT™ Program was associated with improved urine toxicology and drug severity. These findings indicate that with appropriate therapist selection and training, the BSFT™ Program can be implemented in community agencies. In its dissemination program, the BSFT™ Program has been used in community substance abuse and mental health treatment agencies, health clinics and in school settings across the United States and abroad.

Brief Strategic Family Therapy®, a family therapy treatment model for drug using, behavior problem adolescents, has been developed in a 38 year program of research at the University of Miami's Center for Family Studies. To learn more about the BSFT™ Program model, please visit www.BSFT.org

Complimentary Consultation

Brief Strategic Family Therapy® Institute has provided BSFT™ Program training, supervision, consultation and licensure to community agencies in over 40 states and other countries ranging from Australia to Sweden. Our research program began in 1972. If you are a decision-making legislator, judicial officer, clinical director or foundation executive, consider the cost effectiveness of the BSFT™ Program's well-designed and tested family program.

Contact us at 305-243-7585 or BSFT@med.miami.edu to receive your complimentary consultation in which we can discuss your specific objectives and the BSFT™ Program can provide a no-obligation, no-charge, customized proposal that meets your specific criteria.

We can also provide you a range of possible funding opportunities at the Federal, State and County levels as well as private foundations.

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