

BSFT™ Bulletin

Brief Strategic Family Therapy™ Institute

An Evidence-Based Practice

Dear Keith

These are changing times for behavioral healthcare, with the movement toward evidence-based treatment, the national health care discussion, a challenging economic environment and more. This BSFT™ Program Bulletin provides expert insight and commentary as you seek cost-effective family interventions that work.

The BSFT™ Program Institute

UNIVERSITY OF MIAMI
MILLER SCHOOL
of MEDICINE



"...the successful implementation of evidence-based practices reduces crime and saves billions of taxpayers' money. Interventions that follow all evidence-based practices can achieve recidivism reductions of 30 percent."
The Pew Charitable Trusts, March 2009

BSFT™ Identity Evolves

BSFT™* was developed in a program of research at the Center for Family Studies (Miami, FL) beginning 1972. During early dissemination, the BSFT™ Institute focused on training therapists to competence.

BSFT™ transitioned from therapist certification to agency licensure to ensure the sustainability of the program within community agencies. Reflecting this shift, our new name is Brief Strategic Family Therapy™ Institute or BSFT™ Institute.

With multi-year client agency agreements, the BSFT™ Institute:

- Screens and approves therapists for inclusion in the BSFT™ training program.
- Conducts the BSFT™ workshops, boosters, supervision

BSFT™ Program Is Cost Effective

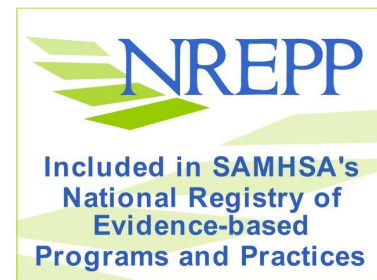
Florida's "Redirection Program" was launched when the state of Florida and its Department of Juvenile Justice (DJJ) contracted with Evidence-Based Associates (EBA) in 2004 to divert or "redirect" troubled youth from residential placements to more effective, family-focused, evidence-based treatment.

The Office of Program Policy Analysis & Government Accountability (OPPAGA), an office of the Florida Legislature, concluded in its May 2009 report that the Redirections Program has saved \$36.4 million and avoids \$5.2 million in recommitment and prison costs.

In 2008, BSFT™ Program was added to the Redirection Program in part due to its success with Latino and African-American families.

Data from the BSFT™ Program Redirection site, Crosswinds Youth Services, collected by EBA, shows a 75% successful discharge rate for the report period ending June, 2009. We anticipate the report on one year re-arrest rates from DJJ at the end of 2009 for the first cohort of youth receiving the BSFT™ Program at Crosswinds.

Recognizing the success at Crosswinds, EBA has engaged the BSFT™ Institute at a second agency



Click on NREPP logo to see review.

BSFT™ Program September Swedish Conference

In 2007, BSFT™ Institute began working with Maria Youth Center in Stockholm, Sweden with funding from the city of Stockholm and the federal government of Sweden. The Swedish BSFT™ Program team returned to Miami in October, 2008 and participated in the Eckerd Fellowship conference. Inspired, they left with plans to host a BSFT™ Program conference in Sweden.

That conference will be hosted by Maria Youth Center and the world renowned Karolinska Institute on September 9 -11, 2009 in Stockholm. Participants are expected from Sweden and other countries in the European Union. To learn more, please visit: [Karolinska Institutet](http://www.karolinska.se)

Funding Opportunities

With governments facing record budget deficits, and given the

and adherence ratings.

- c. Provides guidance regarding organizational changes needed for implementation of BSFT™.
- d. Provides guidance in addressing any challenges that may impede the implementation process.
- e. Provides supervision and consultation in engaging and retaining families in treatment.

*The University of Miami owns the trademark rights to Brief Strategic Family Therapy™ and BSFT™

BSFT™ Program: Strengthening Youth and Families

BSFT™ Trainers



BSFT™ Program Team L to R:

Joan Muir, PhD (Associate Director); Maria Tapia, LCSW (Senior Trainer); Ruban Roberts, MSW (Senior Trainer); Clara Abalo, LMHC (Senior Trainer); Mike Robbins, PhD (Master Trainer); and, Monica Zarate, LMHC (Senior Trainer).
Absent: Keith Moak, MBA (Director of Marketing)

**Brief Strategic Family
Therapy™ Institute
Center for Family Studies
University of Miami
1425 NW 10th Avenue
Miami, Florida 33136
Phone (305) 243-7585
Fax (305) 243-2320
BSFT@med.miami.edu**

[Forward email](#)

site: A Positive Step of Monroe County (Key West, FL).

A typical BSFT™ Program trained therapist effectively treats 30 families to completion in one year.

Legislators, judges, clinicians and foundations are seeking to fund interventions that work. The BSFT™ Program has over 30 years of evidentiary research data.

The BSFT™ Program can achieve favorable outcomes at cost savings in comparison with the usual mental health and juvenile justice services, such as detention, incarceration and residential treatment. At an average cost of \$3,500 per adolescent*, the BSFT™ Program is more cost-effective than most intervention programs aimed at serious juvenile offenders.

Contact Us

As you consider the cost effectiveness of well-designed and tested family programs, consider the BSFT™ Program outcomes in the NREPP Review. Whether you have employed the BSFT™ Model in the past or are considering evidence-based practices, the

BSFT™ Program team invites you to contact us with your inquiries.

Phone (305) 243-7585
BSFT@med.miami.edu

Join Our Mailing List!

general economic climate, dependable funding is challenging. Yet, challenges can be overcome.

The BSFT™ Institute can provide you with specific government agency and private foundations contacts that may be able to assist in your funding needs. Here are just a few for starters:

[> Grants.gov](#)
[> Health & Human Services GrantsNet](#)
[> SAMHSA 2009 funding](#)
[> The Foundation Center \(free & fee-based\)](#)

For more sources, please contact us to receive tailored information, without obligation.

Lives Changed!

The BSFT™ Program helps troubled adolescents and their families grow through strengthening relationships, building connections and creating long-lasting change. Having trained agencies in 40+ states as well as abroad, lives are being changed for a growing number of youth and their families. Future "BSFT™ Program Bulletins" will highlight selected success stories.

Recently, a 17 year-old BSFT™ Program client was given a special Florida Department of Juvenile Justice outstanding youth award, six months after completing his BSFT™ Program therapy. The award was especially gratifying considering the history of probation and a lengthy residential commitment program. More detail will follow in a future Bulletin.

We welcome your case examples (long or short) which highlight "lives changed." Please contact BSFT@med.miami.edu or 305-243-7585 to learn how to contribute.



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BSFT Training Institute | 1425 NW 10th Avenue | Center for Family Studies | University of Miami | Miami | FL | 33136