

## Brief Strategic Family Therapy: Bringing Families Together

### WHAT IS BRIEF STRATEGIC FAMILY THERAPY (BSFT™)?

BSFT is a short-term, structured, problem-focused, and practical approach to the treatment of behavior problems, associations with antisocial peers, early drug use and the accompanying maladaptive family relations, all of which are recognized risk factors for substance abuse.

### HOW DOES BSFT WORK?

BSFT is designed to engage and treat difficult-to-reach youth with moderate to severe behavior problems. BSFT is delivered in 12-16 weekly sessions, usually during the afternoons, evenings, and on Saturdays. The treatment involves all family members and provides them with the tools to overcome individual and family risk factors.

### WHO CAN BENEFIT FROM BSFT?

BSFT helps children and adolescents, 6 to 17 years old, who exhibit oppositional behavior, truancy, delinquency, early substance use, and association with problem peers. BSFT also benefits families that are affected by poor behavior management, parental conflict, hostile family communications, and other problematic relations.



## PROGRAMS AND SERVICES

- **Robert E. Lehton Children's Shelter**, a 24-Hour Emergency Shelter for young people in crisis ages 10 to 17
- **Transitional Living Program** provides housing, support, and skill development for young adults ages 16-21 to prepare for successful adulthood
- **Rainwater Center**, a day treatment program for girls in the juvenile justice system
- **Intensive Delinquency Diversion Services**, a comprehensive program for first-time juvenile offenders and their families
- Assessment and referrals at the **Brevard Juvenile Assessment Center**
- **Community Counseling/Case Management** for at risk youth and their families
- **Project Safe Place** where children access help through businesses and public buildings
- **PAWS Therapy Dog Program**, reading enhancement through the use and interaction of therapy dogs
- **Independent Living Services** for youth transitioning from foster care to adulthood
- **Street Outreach** to runaway, homeless and at-risk youth

For general information about Crosswinds services, to volunteer, or to make a donation, call 452-0800, or visit the web site: [www.crosswindsyouthservices.org](http://www.crosswindsyouthservices.org). Your donations to Crosswinds, a 501(c)(3) charity, are tax-deductible to the fullest extent allowed by law.

01/2009

## CROSSWINDS YOUTH SERVICES

### Brief Strategic Family Therapy™



...creating  
opportunities for  
young people to  
succeed!



**CROSSWINDS**  
YOUTH SERVICES, INC.

...creating opportunities  
for young people  
to succeed!

Crosswinds was founded in 1974 to provide support to youth in crisis and has been providing services to youth and families in Brevard County for over thirty years.

Crosswinds provides services to thousands of young people and families each year, through programs designed to strengthen families and offer young people the support, skills and opportunities they need to succeed.

### Crosswinds Youth Services

Jan Lokay, President/CEO

1407 Dixon Blvd.  
Cocoa, FL 32922

321.452.0800  
321.394.0385 fax  
www.crosswindseyouthservices.org



## CROSSWINDS' Brief Strategic Family Therapy

### Eligibility Criteria

- Youth between the ages of 11 and 18.
- Currently on probation with the Department of Juvenile Justice in Brevard County and are deemed high risk for offending while on probation.

### Services Available

Services are designed to provide families with the skills necessary to improve family functioning and reduce risk of further crime by youth.

- In-home services provided by Master's level therapist
- In Depth Needs Assessment
- Treatment Planning
- Home-Based Family Treatment (usually 12-16 sessions and 4 months duration)
- Brief Strategic Family Therapy is a nationally recognized best practice for the reduction of juvenile delinquency.

Brief Strategic Family Therapy and BSFT are trademarks of The Center for Family Studies, University of Miami (Florida).

### Referral Process

Referrals are made to the **Brief Strategic Family Therapy Program** by the Department of Juvenile Justice.

### Additional Information

Brief Strategic Family Therapy™ (BSFT™) is an empirically validated therapy for adolescent problems, developed by The Center for Family Studies at the University of Miami (Florida).

The BSFT Program at Crosswinds Youth Services is funded by the Florida Department of Juvenile Justice.

For additional information on the Program contact Karen Locke, Chief Operating Officer at 321-452-0800, ext. 130.

If you are a youth, parent  
or friend seeking services

PLEASE CALL OUR

24 Hour Crisis

Information and Referral Line

**321.452.0800**