

# 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™ Bulletin provides expert insight and commentary as you seek cost-effective family interventions that work.

*The BSFT™ 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 and adherence ratings.
- Provides guidance regarding

### BSFT™ 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.

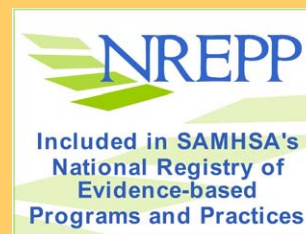
The Office of Program Policy Analysis & Government Accountability (OPPAGA), an office of the Florida Legislature, concluded in its May 2009 report that the Redirections Program has saved \$36.4 million and avoids \$5.2 million in recommitment and prison costs.

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

Data from the BSFT™ 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 BSFT™ at Crosswinds.



Recognizing the success at



Click on NREPP logo to see review.

### BSFT™ 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™ team returned to Miami in October, 2008 and participated in the Eckerd Fellowship conference. Inspired, they left with plans to host a BSFT™ 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](#)

### Funding Opportunities

With governments facing record budget deficits, and given the general economic climate, dependable funding is challenging. Yet, challenges can be overcome.

The BSFT™ Institute can provide

- 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™ Strengthening Youth and Families

### BSFT™ Trainers



BSFT™ 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](mailto:BSFT@med.miami.edu)

Crosswinds, EBA has engaged the BSFT™ Institute at a second agency site: A Positive Step of Monroe County (Key West, FL).

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

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

BSFT™ 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\*, BSFT™ 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™ outcomes in the NREPP Review. Whether you have employed the BSFT™ Model in the past or are considering evidence-based practices, the BSFT™ team invites you to contact us with your inquiries.

**Phone (305) 243-7585**  
**[BSFT@med.miami.edu](mailto:BSFT@med.miami.edu)**

**Join Our Mailing List!**

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](http://Grants.gov)
- > [Health & Human Services GrantsNet](http://Health&HumanServices.GrantsNet)
- > [SAMHSA 2009 funding](http://SAMHSA.2009.funding)
- > [The Foundation Center \(free & fee-based\)](http://TheFoundationCenter.org)

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

### Lives Changed!

BSFT™ 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™ Bulletins" will highlight selected success stories.

Recently, a 17 year-old BSFT™ client was given a special Florida Department of Juvenile Justice outstanding youth award, six months after completing his BSFT™ 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](mailto:BSFT@med.miami.edu) or 305-243-7585 to learn how to contribute.

#### Forward email

#### SafeUnsubscribe®

This email was sent to [kmoak@med.miami.edu](mailto:kmoak@med.miami.edu) by [bsft@med.miami.edu](mailto:bsft@med.miami.edu).  
[Update Profile/Email Address](#) | Instant removal with [SafeUnsubscribe™](#) | [Privacy Policy](#).

Email Marketing by

