Wheeler Center of Excellence | CHILD & ADOLESCENT

Brief Strategic Family Therapy®

PROMOTING FAMILY COHESION THROUGH STRENGTHS-BASED CARE.

BSFT is an evidence-based family treatment for youth with intrafamilial discord, substance use, and clinical, social, and behavioral problems. BSFT emphasizes behavioral change through the family ecology and uses interventions to promote family cohesion and the capacity to intervene positively with the youth.

WHO IS IT FOR?

BSFT serves youth in family systems available to engage as a family unit, ages **6-17** who may be experiencing:

- **Internalizing symptoms**, i.e.; anxiety, depression, withdrawal, or trauma
- **Externalizing behaviors** i.e.; substance use, bullying, truancy, defiance, or family conflict.

ABOUT THE SESSION

Sessions are held on-site once a week, for anywhere between 5-24 weeks; based on each family's needs. Each family session lasts 60-90 minutes.

FAMILIES WHO PARTICIPATE IN BSFT OFTEN EXPERIENCE:

- Reduced negative behaviors and attitudes.
- Stronger problem-solving and collaboration at home.
- Healthier family and social relationships.
- Increased self-control and self identity among youth.
- A renewed sense of connection and lasting positive change.

INSURANCE

We believe that cost should never be a barrier to treatment! The Family First Plan will cover the cost for families without insurance, or whose insurance will not cover the cost of treatment.

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Funding Sources
Connecticut Department of Children and Families

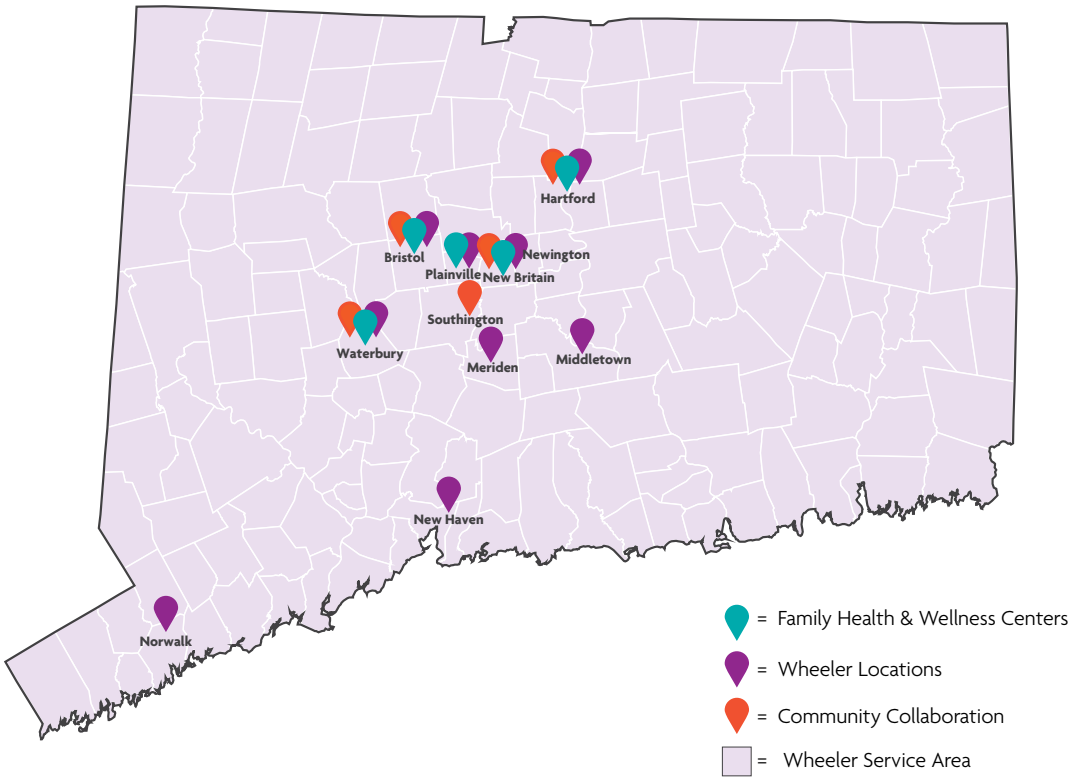
ABOUT WHEELER HEALTH

Wheeler Health provides comprehensive solutions that address complex health issues, providing individuals, families and communities with accessible, innovative care that encourages health, recovery, and growth at all stages of life. Our integrated approach to primary and behavioral health, education and recovery creates measurable results, positive outcomes and hopeful tomorrows for more than 70,000 individuals across Connecticut each year.

WHEELER'S CENTERS OF EXCELLENCE

- Driven by cutting-edge clinical innovation and use of evidence-based practices;
- Offers easy access to a comprehensive array of treatment and recovery support services that are culturally, gender, and age-responsive, trauma-informed, and build on individuals' strengths to foster resiliency and recovery;
- World-class customer care is provided in an integrated, coordinated fashion, ensuring continuity of care; and
- Partners with youth and families in yielding excellent outcomes and high client satisfaction.

SERVING OUR COMMUNITIES ACROSS CONNECTICUT:



For more information about Wheeler Health, please call 888.793.3500 or visit WheelerHealth.org

Licensed or approved by the Connecticut Department of Children and Families, the Connecticut Department of Public Health and the Connecticut State Department of Education, accredited by The Joint Commission.

Wheeler

COMMUNITY | HEALTH | CARE

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PRIMARY & BEHAVIORAL HEALTH EDUCATION EARLY CHILDHOOD PREVENTION & WELLNESS