

Brief-Strategic Family Therapy



Family First Prevention Services Act

FFPSA will provide federal funding for prevention services to families of children who are at imminent risk of entering foster care. It underscores the importance of children growing up in families and seeks to avoid the traumatic experience of children being separated from their families when entering foster care.

Specifically, federal reimbursement will be available for trauma-informed and evidence based mental health services, substance use disorder treatment and in-home parenting skill-based training to safely maintain children in their homes.

Eligible services must be included in South Carolina's approved Title IV-E Prevention Plan and be rendered by a qualified provider who is participating in the Department's qualified provider listing and provided to eligible populations (i.e. defined candidates for care).

The Department plans to implement its prevention program in October of 2021 and will begin partnering with our provider partners early in 2021 to assist in capacity building for select interventions and network development.

For updates on FFPSA implementation please visit: <https://dss.sc.gov/family-first-prevention-services-act/>

Title IV-E Clearinghouse

Program Type :

- Mental Health
- Substance Use Prevention and Treatment
- Parenting Programs

Rating:

Well-Supported

For additional information related to the Title IV-E Clearinghouse please visit:

<https://prevention-services.abtsites.com/>

Service Description

Brief Strategic Family Therapy (BSFT) uses a structured family systems approach to treat families with children or adolescents who display or are at risk for developing problem behaviors including substance abuse, conduct problems, and delinquency. There are three intervention components.

First, counselors establish relationships with family members understand and 'join' the family system.

Second, counselors observe how family members behave with one another in order to identify interactional patterns that are associated with problematic youth behavior.

Third, counselors work in the present, using reframes, assigning tasks and coaching family members to try new ways of relating to one another to promote more effective and adaptive family interactions.

Proximal Outcomes

- Reduction in behavior problems, while improving self-control
- Reduce associations with antisocial peers
- Reduce drug use
- Develop prosocial patterns
- Improvements in maladaptive patterns of family interactions

Targeted Populations

Families with children or adolescents 6 to 17 who display or are at risk of developing problem behaviors, antisocial peer associations, bullying, truancy, or substance use.



Questions? Email us at: FamilyFirstPSAinfo@dss.sc.gov or call The Office of Child Health and Well-Being at (803) 898-7788. We are here to help.