

Welcome to Horizon's Brief Strategic Family Therapy (BSFT) Program. We look forward to working with you and your family to enhance your family's happiness and success. To help you get acquainted with our BSFT Program, here are answers to some frequently asked questions.



Horizon Health Services is a private, not-for-profit provider of chemical dependency, mental health, and medical treatment services. Horizon is the largest and most comprehensive provider of these services in Western New York, with ten facilities located across Erie and Niagara Counties. Horizon has been successfully serving our community for 30 years.

Horizon is providing **BSFT** at our facility at **1370 Niagara Falls Boulevard, Tonawanda.**

Contact our BSFT Program Director at (716) 833-3708 for more information.



HORIZON
HEALTH SERVICES

www.horizon-health.org

Brief Strategic Family Therapy for Adolescents and their Families



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What is BSFT?

BSFT is a short-term, problem-focused family treatment designed to improve youngsters' behavior by eliminating substance use and its associated behavior problems, and by changing family relationships and behaviors.

BSFT was developed by the University of Miami Center for Family Studies and has been conducted since 1975. **BSFT** has been endorsed as a model program by several Federal health and substance abuse agencies. Research has demonstrated that youngsters participating in **BSFT** have shown reductions in their conduct and emotional problems, association with antisocial peers and drug use, and improvements in their self concept and overall family functioning.



How does BSFT work?

BSFT works by:

- Counselors creating therapeutic alliances with all family members;
- Counselors and families identifying interaction patterns that allow or encourage problem behavior; and
- Families improving family functioning by:
 - Using individual and family strengths;
 - Encouraging and supporting positive behaviors;
 - Enhancing parenting skills;
 - Improving family communication; and
 - Learning how to resolve conflicts and solve problems.

How long does BSFT take?

BSFT is provided over approximately 12 family therapy sessions that are usually scheduled weekly.

Who will be my therapist?

Horizon has a team of skilled family therapists who have been extensively trained in **BSFT**.

Where will BSFT be provided?

Horizon is providing **BSFT** at our facility at 1370 Niagara Falls Boulevard, Tonawanda. The facility is at the intersection of Maple Road/Brighton and Niagara Falls Boulevard, adjacent to the Boulevard Mall. Free parking is available.

When will BSFT appointments be scheduled?

BSFT appointments are scheduled to accommodate family school and work schedules, including day and evening hours. Saturday hours are also accommodated whenever possible.

Will my health insurance cover BSFT?

Horizon accepts most commercial health insurances and Medicaid. We will assist you in determining what your insurance covers. An income-based reduced fee schedule is available for persons without health insurance.

How can I find out more or make an appointment for BSFT?

Contact our **BSFT** Program Director at (716) 833-3708 for more information or to schedule an initial appointment.

