

Evidence Based Practices at New Dawn

BSFT



Brief Strategic Family Therapy (BSFT) is a short-term evidence based, problem-focused therapeutic intervention, targeting children and adolescents 6 to 17 years old. BSFT improves youth behavior by eliminating or reducing drug use and its associated behavior problems. It also aims to change the family's attitudes about risk and protective factors related to substance abuse.

- Joining: forming a therapeutic alliance with all family members
- Diagnosis: identifying interactional patterns that allow or encourage problematic youth behavior
- Restructuring: the process of changing the family interactions that are directly related to problem behaviors

The main goals of BSFT are

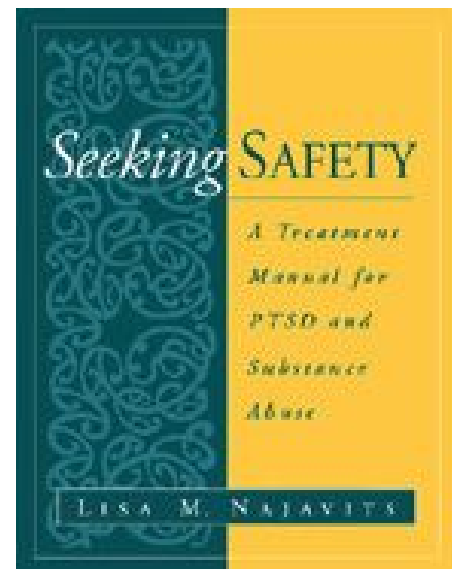
- For the child/youth:
 - Reduce behavior problems, while improving self-control
 - Reduce associations with antisocial peers
 - Reduce drug use
 - Develop good social behaviors
- For the family:
 - Improvements in family functioning

- Improvements in family communication, conflict-resolution, and problem-solving skills
- Improvements in family cohesiveness, collaboration, and child/family bonding
- Effective parenting, including successful management of children's behavior and positive affect in the parent-child interactions

Seeking Safety

Seeking Safety is an evidence-based, present-focused counseling model aimed to help people attain safety from trauma and/or substance abuse. It can be conducted in a group or individually. It is an extremely safe model as it directly addresses both trauma and addiction without having the clients relive the trauma narrative.

- helping clients attain safety in their relationships, thinking, behavior, and emotions
- working on both trauma and substance abuse at the same time
- A focus on ideals to counteract the loss of ideals in both trauma and substance abuse
- cognitive, behavioral, interpersonal, and case management
- Attention to clinician processes



Triple P

The *Positive Parenting Program* consists of either individual sessions, or group classes for parents. This group prevents more serious mental health problems in children and teaches parents valuable strategies.

Classes are offered for parents of children up to 16 years old. The group calendar can be found on the website.

