



# Multisystemic Therapy-Building Stronger Families (MST-BSF)

## CREATING RESILIENCY IN FAMILY RELATIONSHIPS

Wheeler Clinic's Multisystemic Therapy-Building Stronger Families program is an intensive home-based approach for families with children ages 6-17 involved with the Connecticut Department of Children and Families (DCF) protective services due to neglect and physical abuse concerns and where there is also concern about the impact of parental substance abuse on the family. A central part of the model is intensive, empirically supported treatment focused on monitoring and treating parental substance abuse. In addition, MST-BSF provides a full range of other evidence-based treatments to adult and child family members to address concerns such as trauma symptomatology, anxiety, depression, externalizing problems, family conflict, school problems and low parenting skills. MST-BSF provides multiple sessions per week with the family, 24-hour crisis support, extensive safety planning and monitoring, and case management services. The MST-BSF team works collaboratively with DCF, the courts and other formal systems that may be involved with participating families. The program builds on the strengths of family members and increases the family's connection to a variety of supports within the natural family environment.

## OUR RESULTS TELL OUR STORY:

A recent study of 43 BSF families, published in the academic journal, *Child Abuse and Neglect*, found that youth experienced reductions in anxiety symptoms, and mothers experienced significant reductions in:

- Alcohol and drug use
- Depressive symptoms
- Use of psychological aggression with their children

Over a two-year follow-up period, compared with equivalent families, BSF participants:

- Were 3 times less likely to commit another incident of abuse or neglect against any child. (mothers)
- Were 2 times less likely to experience abuse by any caregiver (youth)
- Spent significantly fewer days in out-of-home placements (youth)

## WE SERVE PARENTS/CAREGIVERS AND THEIR CHILDREN IN:

Andover, Avon, Berlin, Bloomfield, Bolton, Bristol, Burlington, Canton, East Granby, East Hartford, East Windsor, Ellington, Enfield, Farmington, Glastonbury, Granby, Hartford, Hebron, Manchester, Marlborough, Meriden, New Britain, Newington, Plainville, Plymouth, Rocky Hill, Simsbury, Somers, South Windsor, Southington, Stafford, Suffield, Tolland, Vernon, Wallingford, West Hartford, Wethersfield, Windsor, and Windsor Locks

Families are referred to this program by the Connecticut Department of Children and Families.

### For general program information, contact:

Susan Schneider, LCSW, Director of Community-based Programs, 860.422.3710

## Location

40 Hart Street  
New Britain, CT 06052

49 Woodland Street  
Hartford, CT 06105

### Main Office/Mailing Address

91 Northwest Drive  
Plainville, CT 06062

## Funding Source

Connecticut Department of Children and Families

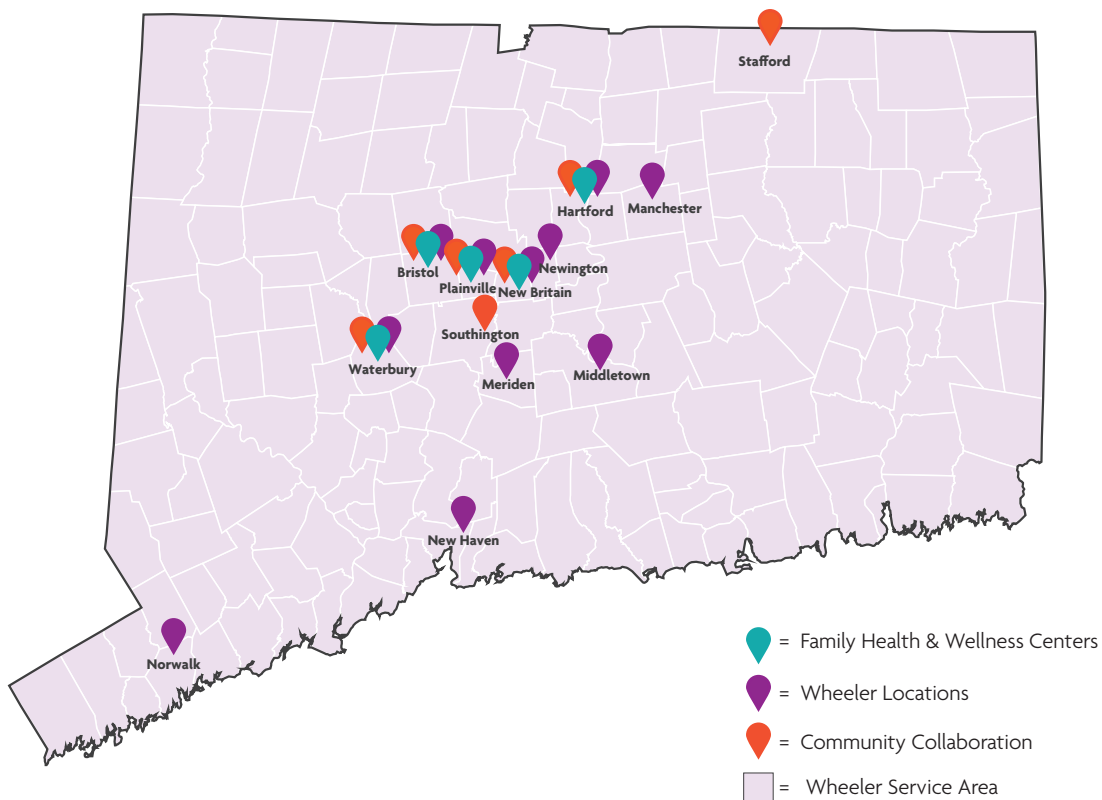
## ABOUT WHEELER

Wheeler provides comprehensive solutions that address complex health issues, providing individuals, families and communities with accessible, innovative care that encourages recovery, health 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 30,000 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, please call 888.793.3500 or visit [WheelerHealth.org](http://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.



COMMUNITY | HEALTH | CARE

Revised 02.02.24

PRIMARY & BEHAVIORAL HEALTH EDUCATION EARLY CHILDHOOD PREVENTION & WELLNESS