

One size doesn't fit all.

At Jefferson Center we know that each youth, each family faces unique challenges and has individual strengths and needs. When you call Jefferson Center's Intensive Family Services team, we'll connect you with the right services that best fit the needs of your family.

Jefferson Center for Mental Health's Intensive Family Services Program offers a variety of treatment options designed to foster empowerment and resiliency in families. Our programs are all evidence or practice based which means they have demonstrated effectiveness and positive outcomes.

To determine which program is best for you and your family, call us at 303-432-5250 today!



Jefferson Center
for mental health

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Jefferson Center
for mental health

Intensive Family Services



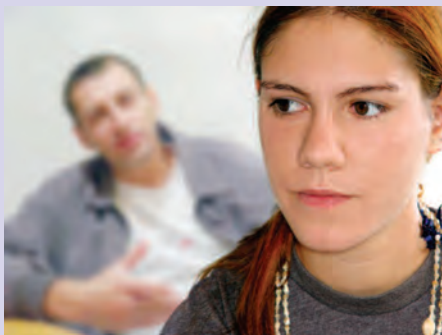
Strengthening Families Renewing Hope

A model of treatment for every family.

Families Together

When there is a serious mental illness in the family this in-home treatment program offers the needed flexibility in terms of intensity, duration and age of children served. Families Together specialists provide intensive support to families in crisis and work to help parents through practical, hands-on coaching in parenting, communication and life skills.

- Serves children of ALL ages 0–17
- Specializes in working with families where there is a serious mental illness
- Flexibility—can work with parents/couples or individuals.
- Duration is flexible, averaging 3 months, 2 to 10 hours per week, with some capacity for longer term intervention.
- Clinical team is available by pager 24/7 for emergencies.
- Families Together is based on the highly effective Family Preservation/Homebuilder's practice-based model.



Functional Family Therapy (FFT)

FFT, an evidence-based program, focuses on improving family relationships that can be the key to addressing behavioral problems in youth.



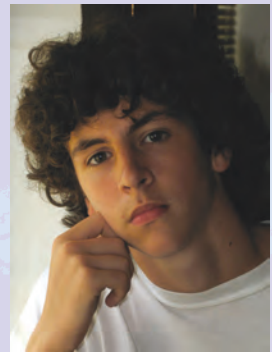
This therapeutic model works with the entire family to create positive change and is provided in the office or in the home to fit the schedules and needs of all family members. FFT therapists help to identify and mobilize family strengths to turn around problems and improve communication and family relationships.

- Serves youth ages 11–17
- Partners with the entire family to change serious behavior problems such as oppositional, defiant or conduct disorders, or violent acting-out.
- Works with the community to support the family in their change.
- Duration is approximately 3 months
- Therapist meets weekly with the entire family.
- Team is licensed as a provider by FFT, Inc. of Seattle, Washington.

Multisystemic Therapy (MST)

This evidence-based program works primarily with highly delinquent youth to address serious behavioral issues. MST licensed clinicians work with parents to set consistent limits and involve community systems to impact youth's behavior. Focus is on helping caregivers address behavioral problems, thereby improving family relationships, school performance, and peer/neighborhood/community interactions.

- Serves youth ages 12–17
- Works with highly delinquent youth to prevent further involvement in juvenile justice system
- Involves multiple systems in changing behavior
- Time limited, high intensity, averaging 3-5 months
- Services available 24/7; all after hours crisis calls handled by Team
- Multisystemic Therapy (MST) is an evidence-based practice and the team is licensed through MST Services and the Medical University of South Carolina.



For more information on any of Jefferson Center's Intensive Family Services, call 303-432-5250.