



community  
solutions, inc.  
our name is our mission

# Youth Services

*Intensive community services for youth in the juvenile justice and child welfare systems*

## Community Solutions Inc. Youth Services

Community Solutions Inc. (CSI) is a nonprofit organization that promotes self-reliance, responsibility and accountability for at-risk and disadvantaged youth and adults. Since 1962, CSI has delivered supervision, treatment and comprehensive, individual services to help clients interact more effectively in their communities and become productive citizens.

CSI offers a portfolio of services to hundreds of youth and adults referred through contracts with all branches of the state and federal juvenile and criminal justice systems, as well as social service agencies. Currently, CSI clinicians work in homes and communities throughout the country, achieving excellent outcomes and consistently receiving high marks from outside evaluators.

The goals of CSI's Youth Services Division are to work with each youth in order to improve academic performance, improve family dynamics, and prepare the youth to succeed in the community. Balancing accountability, community protection and competency development provides the greatest benefit to our youth.



## Our Mission

The mission of Community Solutions Inc. is to promote the independence, citizenry and well-being of individuals and families involved, or at risk of involvement, in the child welfare, juvenile justice and criminal justice systems.

## Home-Based Youth Services

### Multisystemic Therapy (MST)

In 1999, CSI became the first licensed provider in New England to provide multisystemic therapy, an intensive family- and community-based treatment model that addresses multiple aspects of serious antisocial behavior in adolescents. The multisystemic approach addresses the many factors that are known to contribute to delinquency across key settings, or systems, within which youth live, work and play. MST has proven to be effective in reducing antisocial behavior among diverse populations of serious and chronic juvenile offenders. The typical duration of treatment is approximately four

months, which includes approximately 60 hours of therapist-family contact with therapists being accessible to the youth and family 24 hours a day, seven days a week. MST therapists only work with five to six families at a time and work closely with the family to promote the parent's capacity to monitor and provide effective discipline. MST can be used to prevent residential placement or as aftercare when youth are leaving a residential facility.

### Functional Family Therapy (FFT)

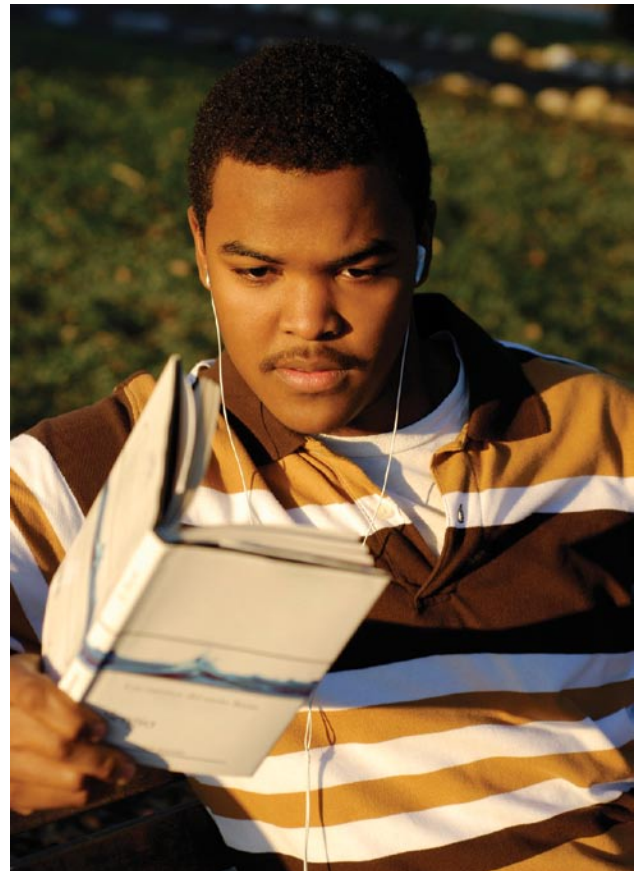
FFT is an outcome-driven and highly successful family intervention program for at-risk youth and youth involved in the juvenile justice system. FFT is applied to a wide range of at-risk youth ages 11-18 and their families, including youth

*Promoting self-reliance, responsibility and  
accountability for at-risk youth*

with problems such as conduct disorder, violent acting out, and alcohol and substance abuse. The FFT model is appealing because of its well-defined phases that organize family change in a coherent manner. An FFT clinician works with families for an average of 12 sessions over a three to four month period to help change family behavior by targeting communication and increasing the family's ability to use resources, as well as practicing newly-learned behaviors in multiple situations. Services are conducted in both clinical and home-based settings and can be provided in a variety of contexts, including schools, child welfare, probation, parole/aftercare, mental health, and as an alternative to incarceration or out-of-home placement.

### **Brief Strategic Family Therapy (BSFT)**

BSFT is an effective, problem-focused, and practical approach to the elimination of substance abuse risk factors. It successfully reduces problem behaviors in children and adolescents 11-18 years old and strengthens their families. BSFT helps the families of rebellious, truant, delinquent or substance-using youth identify the conduct that has supported the adolescent's anti-social behavior and develop new, more functional patterns. Therapists use reframing techniques to help families draw upon their own strengths, and assign weekly tasks to parents as well as youth. Sessions target behavior problems, association with anti-social peers, substance abuse, and problematic family relations. Youth earn privileges by contracting to meet behavioral goals that are set cooperatively by the family, therapist and the referring juvenile service staff. BSFT has proven particularly successful with Latino and African-American families.



## **Youth Residential Services**

### **South Windsor Safe Home**

Connecticut Department of Children & Families licensed and funded facility, South Windsor Safe Home provides residential services to 12 children between the ages of three and 12. Services are directed toward children and sibling groups who are experiencing an initial placement from their home due to allegations of abuse, neglect and abandonment.

These children may be in crisis and experiencing trauma and loss as a result of immediate involuntary removal from their parent or guardian through a court order. The program, when appropriate, will accommodate a member of a sibling group below the age of three and above age 12.

**The goals of the South Windsor Safe Home are:**

- To provide a safe and nurturing home environment.
- To help children develop a positive sense of self.
- To prepare children for their next placement.

The program has been designed for a 30-day length of stay. Referrals are accepted from the North Central regional office of the Connecticut Department of Children and Families.

### **Coventry House and Johnston House**

Two Community Solutions Inc. residential treatment programs located in Rhode Island. These facilities provide services to males age 12 to 17 that help reduce anti-social behavior and transition them into the community. Both residential facilities have eight beds and clients are referred from the Rhode Island Department of Children Youth and Families. The program provides clinical services, education, life skills, individual, group and family counseling, a cognitive behavioral approach to behavior management, substance abuse assessment, and education and structured recreation.

Coventry House and Johnston House are accredited by the Commission on Accreditation of Rehabilitation Facilities (CARF) as residential treatment programs for child welfare and juvenile justice populations.

# Community Solutions Inc. Youth Services

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## Home-Based Offices

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Danbury, CT 06511

4 Liberty Street  
Danbury, CT 06810

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Hartford, CT 06105

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2nd Floor  
New Haven, CT 06511

71 East Avenue  
Suite M  
Norwalk, CT 06851

1733 Storrs Road  
Storrs, CT 06268

257 Main Street  
Torrington, CT 06790

235 Roosevelt Avenue  
Suite 460  
Albany, GA 31701

484 Mulberry Street  
Suite 235  
Macon, GA 31201

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Suite A  
Augusta, GA 30909

3301 Buckeye Road  
Suite 202  
Atlanta, GA 30341

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Deland, FL 32724

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200 East Street  
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## Residential Facilities

344 Hopkins Hill Road  
Coventry, RI 02816

785 Greenville Avenue  
Johnston, RI 02919