



## We're Here to Help!

Family Services of NW PA has been serving children and families in Northwest Pennsylvania for more than 135 years.

Our core service areas include:

- Child Welfare Services
- In-Home Behavioral Health Services
- Outpatient Psychiatric Services
- School-Based Services
- Mentoring and Education Services

We serve families in Erie, Crawford, Mercer, Venango and McKean Counties in Pennsylvania.



**Our Vision:**  
Every family thrives.

**Our Mission:**  
We strengthen families  
and transform lives.

Learn more at  
[www.FSNWPA.org](http://www.FSNWPA.org)



## Contact Us

- 814.866.4500
- [contact@fsnwpa.org](mailto:contact@fsnwpa.org)
- [www.FSNWPA.org](http://www.FSNWPA.org)

## Office Locations

- Erie County Office**  
5100 Peach Street  
Erie, Pennsylvania 16509
- Downtown Erie Office**  
240 West 11<sup>th</sup> Street, Fourth Floor  
Erie, Pennsylvania 16501
- Crawford County Office**  
18360 Technology Drive, Suite 200  
Meadville, Pennsylvania 16335
- Mercer County Office**  
7 West State Street, Suite 208  
Sharon, Pennsylvania 16146

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# FAMILY BEHAVIOR THERAPY



Services available in  
**Erie, Crawford, and  
Mercer Counties**

**814.866.4500**  
[www.FSNWPA.org/FBT](http://www.FSNWPA.org/FBT)



# FAMILY BEHAVIOR THERAPY

at Family Services of NW PA

**Family Behavior Therapy (FBT) is an evidence-based program that helps treat substance abuse, conduct disorders, mood disorders, family dysfunction, and other problem behaviors. FBT treats parents/caregivers and adolescents struggling with substance abuse.**

The program aims to assist individuals and their families in maintaining long-term abstinence from substance abuse and encourage individuals to accomplish goals that are consistent with a drug-free, healthy, and prosperous life.

FBT addresses many family concerns, including:

- Behavioral problems
- Mood disorders
- Family dysfunction
- Poor communication
- Anger concerns
- Truancy
- Unemployment
- Home safety concerns

## What To Expect:

- Sessions take place weekly in the family's home 2-4 hours per week
- The average length of service for families enrolled in FBT is 6-12 months.
- Sessions are selected and implemented according to the needs of each family.

## Interventions Include:

- Program orientation
- Behavioral goals and rewards
- Intervention planning
- Communication skills
- Family reciprocity awareness
- Financial management
- Environmental control
- Child management skills

Family Behavior Therapy is available in **Erie, Crawford, and Mercer Counties**

## Referral Process:

FBT is available to parents/caregivers and adolescents who are struggling with substance abuse and other behaviors related to substance abuse.

Referrals to Family Behavior Therapy can be made by:

- Crawford County Children & Youth (CYS)
- Crawford County Juvenile Probation (JPO)
- Erie County Children & Youth (OCY)
- Mercer County Children & Youth (CYS)

