Title page

Social work in mental health

Bridging diversity in family intervention strategies is an important for helping minority populations undergoing mental problems. The article highlights the integration of Flexible Family-Based Treatment for Adolescents. The treatment is effective for helping the teens of belonging to minority populations such as Africans and Hispanics. The therapy stresses on understanding the concerns of the minority population and respecting their feelings (Santisteban, Mena, & Abalo, 2012). It is most effective for the adolescents who are undergoing depression or addicted to drugs. This intervention requires that the therapist must acquire information about the cultural factors such as religion values, traditions and customers of these populations.

Structure Strategic Family Intervention Therapy is a practical tool for dealing with the families where members are undergoing mental problems. It focus on improving adolescent family functioning. The therapist aims at building interaction between parenting alliance and the troubled adolescent. The social worker has an important role as he explains the features of the therapy and also attempts to understand the problem. After determination of the relationship he takes the role of a counselor and give instructions to the family for helping the troubled person. Parental subsystem is reinforced where parents are given the duty of creating a positive environment.

Family psychotherapy is also used by social workers to improve the relationship of the parents with the children. The model suggests on building collaboration among family members and explains ways for improving relationship (Tuerk, McCart, & Henggeler, 2012). Troubled kids are encouraged through family support to change their thought patterns and focus on positive things. This is an effective intervention for dealing with the adolescents who are using drugs or have psychological problems such as depression or anxiety. Personalities can be improved with this intervention.

References

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