

**WHAT
EXACTLY
IS**

MST?

Multi-Systemic Therapy

Multisystemic therapy (MST) is a community-based program treating at-risk youth utilizing the maturity, wisdom, and resources of the caregiver to minimize the youth's behaviors. For youths, it is easier to keep doing what they are doing if nothing around them changes. We help to change the systems (family, peers, school, community) around them to support the youth in changing behaviors. We teach families the MST model to help them to continue changing behaviors without having to re-enter formal services. Therapists work in the home, school, and community and are on call 24/7.

»»» Target population to receive MST services:

- Youth between 12-17 years of age
- At risk of severe system consequences such as:
 - Arrests
 - Probation
 - Juvenile Detention
 - Other probation or court sanctions
 - House arrest
 - Suspension or expulsion from school
- Externalizing, anti-social, and/or delinquent behaviors
 - Theft and other criminal behaviors
 - Gang related activity
 - Aggressive, violent, and assaultive behaviors
 - Leaves home without permission.
 - Substance use and/or selling substances
 - Chronic school truancy and/or problem behaviors at school
 - Sexual offensive in conjunction with other anti-social behavior
- Behaviors are presently happening (within the last 6 months)
- Youth might have diagnoses including but not limited to
 - Conduct Disorder
 - Oppositional Defiant Disorder
 - ADHD
- Youth may also present with other needs if the anti-social, delinquent behaviors are the primary reason for referral.





Population not appropriate to receive MST services:

- Youth who are under 11 years of age or 18 years of age or older
- Youth who have already received MST services.
- Youth whose internalizing symptoms are the primary reason for referral, such as:
 - Depression, anxiety, and trauma related symptoms without any externalizing behaviors.
- Youth whose sexually offending behaviors are the primary reason for referral.
- Youth who are not currently living at home and not expected to return within 30 days, such as being on runaway status or expected to be in detention for longer than 30 days. We can accept the referral once the youth is expected to return home within 30 days.
- Youth living independently.
- Youth whose primary caregiver is committed to placing youth in a longer-term treatment facility.
- Youth without a stable primary caregiver, such as youth moving from caregiver to caregiver or in temporary custody of the current caregiver.
- Youth who are actively suicidal, homicidal, or psychotic.
- Youth whose psychiatric problems are the primary reason for the referral, or who have severe and serious psychiatric problems.
- Youth with moderate to severe difficulties with social communication, social interaction, and repetitive behavior, which may be captured by a diagnosis of autism.
- Youth for whom an intellectual disability is a direct contributor to the reason for referral, which would include situations in which the youth is severely or profoundly intellectually impaired.



WHAT IS OUR GOAL?



Our goal is to safely keep the youth in the home and in school.



WHAT IS THE COMMITMENT?

Sessions are 3-5 times a week for 3-5 months.



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