Proven Results
for Families and Communities

MST® Services
Introductions

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  • Clinical Director, Southeast Human Service Center

• Emily Althoff
  • MST Unit Supervisor, Southeast Human Service Center

• Logan Greenspan
  • Co-CEO, MST Services
North Dakota ranks #10 for youth incarceration at 239 per 100,000
What is Multisystemic Therapy?

- Community-based, family-driven treatment initially developed for antisocial/delinquent behavior in youth.
MST Assumptions

• Children’s behavior is strongly influenced by their families, friends, and communities.
• Caregivers/parents want the best for their children and want them to grow to become productive adults.
• Families can live successfully without formal, mandated services.
• Change can occur quickly!
How is MST Different?

• Uses a “one-stop-shop” approach
• Interventions are empirically supported
• Quality assurance process
Finding the Fit

• https://cdn2.hubspot.net/hubfs/295885/MST%20Redesign/Video/MST%20Explainer%20Video%202019.mp4?submissionGuid=e460df14-059e-49ce-9c26-838f9aab9e73
MST Addresses Root Causes of Negative Behavior

Entire Ecology
MST focuses on the entire ecology of youths’ lives, addressing multiple factors that contribute to antisocial behavior, including factors at the family, school and community levels.

Focus on Caregivers
MST empowers caregivers to be long-term change agents, creating more sustainable effects than treatment methods focused solely on youths.

Quality Assurance Yielding Consistent Results
MST Services provides comprehensive quality assurance services, ensuring that adherence to the MST model is maximized to deliver consistent, highest quality results.
Evaluation and Accountability

- Therapist accountable to family outcomes
- Supervisor accountable to therapist outcomes
- Consultant accountable to program outcomes
- Constant focus on what we can do better!
Generalization

• Thinking beyond MST and what is sustainable vs. what is the next service or “step-down”
• Helping families generalize acquired skills in several domains
  • Other behaviors
  • With siblings
  • In other relationships
Enduring Results for the Entire Family

LASTING RESULTS FOR YOUTH TREATED

- 54% FEWER REARRESTS Over 14 Years
- 75% FEWER VIOLENT FELONY ARRESTS Over 22 Years
- 54% FEWER OUT-OF-HOME PLACEMENTS Median Across All Studies

MST BENEFITS THE WHOLE FAMILY

- 94% FEWER CAREGIVER FELONIES
- 55% REDUCTION IN SIBLING FELONY ARREST RATES
- 40% REDUCTION IN OVERALL SIBLING ARREST RATES

Journal of Consulting and Clinical Psychology
• Adaptation of MST specifically designed to serve families with youth at risk of out-of-home placement due to serious psychiatric and behavioral problems, including substance use.

• Goal is to improve behavioral problems, mental health symptoms, suicidal behaviors and family relations while increasing the amount of time youth spend going to school and living in home-based placement.

• Team: Supervisor, Two Therapists, Psychiatrist, Crisis Case Worker
## Ultimate Outcomes in Fargo

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<tbody>
<tr>
<td><strong>1/1/19 - 12/31/19</strong></td>
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<tr>
<td>Total number cases with opportunity for full-course treatment</td>
<td>11</td>
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<tr>
<td>Average length of stay in days for youth for youth with opportunity for full-course treatment</td>
<td>138.09</td>
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<tr>
<td>Percent of youth living at home</td>
<td>100%</td>
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<tr>
<td>Percent of youth in school or working</td>
<td>90.9%</td>
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<tr>
<td>Percent of youth with no new arrests</td>
<td>72.72%</td>
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### Instrumental Outcomes in Fargo

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<tr>
<th>1/1/19 - 12/31/19</th>
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<tr>
<td>Percent with parenting skills necessary to handle future problems</td>
<td>100%</td>
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<tr>
<td>Percent with improved family relations</td>
<td>81.81%</td>
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<td>Percent with improved network of supports</td>
<td>100%</td>
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<tr>
<td>Percent with success in educational/vocational setting</td>
<td>81.81%</td>
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<td>Percent of youth involved with prosocial peers/activities</td>
<td>81.81%</td>
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<td>Percent of cases where changes have been sustained for at least four weeks</td>
<td>72.72%</td>
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For More Information

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- Or visit www.mstservices.com
Thank you!