Proven Results for Families and Communities

Multisystemic Therapy (MST)

Scientifically-proven to Transform the Lives of Youth and Families
I. Our Priorities
   I. Introductions from MST Staff
      I. Tom Pietkiewicz (Director of Business Development)
      II. Dr. Melanie Duncan (Program Development Leader for MST Services TSS Division)
   II. Answer the following questions:
      I. Provide an overview of Multisystemic Therapy.
      II. Explain the framework for the MST model.
      III. Review outcomes and core components of an MST Program.

II. Question and Answer session
I. What is MST?
II. Requirements for Clinicians
III. Considerations for Provider Agency
IV. MST Program Development Method
V. Appendix-Reference Information
What is MST?
MST is an evidence-based program that empowers at-risk youth and their families to function responsibly over the long term.

MST reduces delinquent and antisocial behavior, child maltreatment, and substance use by addressing the core causes of behavior, and views the client as a network of systems including:

- family
- peers
- school
- community
MST interventions aim to:

• Improve how the caregiver disciplines
• Enhance family relations
• Decrease a youth’s association with negative peers
• Increase a youth’s association with pro-social peers
• Improve a youth’s school or vocational performance
• Engage youth in positive recreational outlets
• Develop a natural support network of extended family, neighbors and friends to help caregivers achieve and maintain changes

How MST Empowers Families

MST treatment is specifically tailored to the strengths & needs of each individual youth & family, with family members playing an integral role in helping plan & implement interventions.

“By treating the family as a whole, the court is not sending ‘rehabilitated’ youths back into the same dysfunctional environment. The goals are healthier families and reduced recidivism. MST aims to stop the cycle of dysfunction and criminality generationally.”

Judge D. S. Allen, Midland County Probate and Juvenile Court, Michigan
MST Therapists work in the home, school and community and are on-call 24/7 to provide caregivers with the tools they need to transform the lives of troubled youth.

MST is the only intervention for high risk youth where results have been repeatedly replicated by independent research teams.

At the close of treatment (data for over 13,800 youth served in 2018)...

- 91% YOUTH LIVE AT HOME
- 86% IN SCHOOL OR WORKING
- 87% NO JUVENILE ARRESTS
MST’s Global Reach and Body of Evidence

GLOBAL REACH

- 15 COUNTRIES
- 34 STATES
- 2,500+ CLINICIANS
- 200,000+ YOUTH

MST FEATURES THE LARGEST BODY OF EVIDENCE, BY FAR, OF SUCCESSFUL INTERVENTIONS FOR HIGH RISK YOUTH

- 74 STUDIES
- $75m+ RESEARCH FUNDING
- 140+ PEER-REVIEWED JOURNAL ARTICLES
- 57,000+ FAMILIES INCLUDED ACROSS ALL STUDIES
What is MST: Key Elements

Targeted Population

- 12-17 years old
- At risk of being removed from home due to delinquent and antisocial behavior
- DJJ populations

Exclusionary Criteria

- Sex offending in the absence of other anti social behavior
- Youth with moderate to severe autism (difficulties with social communication, social interaction, and repetitive behaviors)
- Actively homicidal, suicidal or psychotic
- Youth whose psychiatric problems are primary reason leading to referral, or have severe and serious psychiatric problems
MST Treatment Structure

**Staffing:**
2 to 4 full-time therapists and a full-time supervisor; Masters-prepared staff (MSW or MA in clinical fields)

**Treatment Length:**
4 months on average, range 3-5 months; All treatment provided in the home and community

**Caseloads:**
Each therapist has a caseload of 5 youth/families on average, and serves an average 15 families a year

**MST Delivery:**
- Therapy delivered within the referred youth’s ecology (home, school, community, and neighborhood)
- Team on call 24/7

**Intensive and Ongoing Training:**
- 5-day initial training
- Quarterly ongoing trainings
- Weekly case review and consultation with MSTS Expert
But, none of this happens without adherence to MST
These results are based on a comprehensive review of the 13,866 cases* (83.8%) of the 16,544 cases referred for treatment) that were closed for clinical reasons (i.e., completed treatment, low engagement, or placed).

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Requirements for Clinicians?
Requirements for MST Clinicians: Education

Education

- Supervisors are, at minimum, highly skilled master's-prepared clinicians with training in behavioral and cognitive behavioral therapies and pragmatic family therapies.
- Therapists are usually masters-level clinicians with degrees in counseling or social work.
Requirements for MST Clinicians: Time and Location Commitments

Time Commitment

• Therapists have small caseloads and provide services in the home at times convenient to the family. The average length of treatment is between 3 and 5 months.
• Therapists are fulltime and are assigned to work on MST cases.

Location Commitment

• MST Therapists work in the home, school and community and are on call 24/7 to provide caregivers with the tools they need to transform the lives of troubled youth.
Considerations for Provider Agency
Considerations for Provider Agency

• Assess population of MST and your service focus
  • 12 to 17 year olds at risk of out of home placement due to anti-social or delinquent behavior.

• Identify whether your target community has adequate referrals
  • Service area should be within a 90-minute drive time of service office.
  • Assess your network of referral sources.
  • Develop a strategy to promote your MST Program.

• Program Staffing and Capacity
  • Can you support team of 2-4 therapists and a supervisor.
  • MST Staff need to be dedicated to only MST cases in order to deliver the program with fidelity.
Stages of Program Development
Stages of Program Development

- **Timing**
  - Normally a 4-6 month process
  - Can be completed in as little as 2 months

- **Stage A**
  - Initial information collection (Happening now)

- **Stage B**
  - MST needs assessment

- **Stage C**
  - MST Critical Issues Session

- **Stage D**
  - Site Readiness Review Meeting (on-site)

- **Stage E**
  - Staff Recruitment and Orientation Training
  - Complete MST 5-Day Orientation for all program staff
Stages of Program Development

• Stage F
  • On-going Program Implementation Support
    • Commence referral process and client treatment
    • Initiate data collection at MSTI website
    • Commence weekly team consultation on all open cases
    • Commence quarterly team booster training
    • Conduct periodic program review of process and outcome goals
MST QA/QI Overview

MST Coach → MST Expert/Consultant → MST Supervisor → MST Therapist → Youth/Family

Input/feedback via internet-based data collection
Training/support, including MST manuals/materials

PIR
Program Implementation Review and other reports

Output to – Organization, Program Stakeholders and MST Coach

CAM
Consultant Adherence Measure
Output to – MST Coach

SAM
Supervisor Adherence Measure
Output to – MST Expert

TAM
Therapist Adherence Measure
Output to – MST Supervisor and MST Expert

Organizational Context
Questions? (Question and Answer forum)
How MST Empowers Families

MST produces positive outcomes for the entire family.

Source: The Journal of Consulting and Clinical Psychology

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CONVENE
stakeholders to ensure collaboration and engagement in starting a successful MST program

ASSESS
level of service needed in your community to determine the number of teams to start

IDENTIFY
a provider organization

SECURE
sustainable funding sources and develop a comprehensive budget for your program

Our Program Development staff will walk you through all aspects of team start-up, from estimating costs, to assessing site readiness, to hiring and training quality team members
Causal Models of Delinquency & Drug Use

Common Findings of 50+ Years of Research

- Family
- School
- Prior Delinquent Behavior
- Delinquent Peers
- Delinquent Behavior

Neighborhood/ Community Context
Proven Results
for Families and Communities

ATLANTA
3490 Piedmont Rd NE
Suite 304
Atlanta, GA 30305

CHARLESTON
4 Carriage Lane
Suite 102
Charleston, SC 29407

SAN FRANCISCO
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