

Multisystemic Therapy (MST): A Brief Summary of the Intervention

Description of the Intervention:

- ~ Intensive family and community-based treatment program (delivered in-home) that can be used as an alternative to out-of-home placement. Treatment focuses on parenting skills, supervision and monitoring, family communication, emotion regulation and anger management strategies, parent-teacher communication, and prosocial activities.
- ~ **MST therapists deliver all aspects of treatment. Typically, no services are referred outside of the MST team.**
- ~ **Daily contact, face to face or by phone, with families, in addition to 24-hour access.**
- ~ **Emphasis on preparing caregivers to maintain and generalize intervention components.**
- ~ Length of treatment is approximately 4 months.
- ~ **Cost per youth is approximately \$10,000.**

Target Population:

High risk youth ages 12-17 and their families, including:

- ~ Juvenile offenders at imminent risk of or pending out-of-home placement/incarceration.
- ~ Youth at imminent risk of out-of-home placement due to maltreatment.
- ~ Youth returning home following out-of-home placement.

Primary Goals of the Intervention:

- ~ Improve how youth function in their homes, schools, and neighborhoods to promote prosocial behavior.
- ~ Improve youth's relationships with parents and attachment to family.
- ~ Increase effective parenting.
- ~ Improve relationships with teachers and youth's commitment to school.
- ~ Promote involvement with positive peers and activities.
- ~ Reduce antisocial behavior, including association with delinquent and/or aggressive peers and involvement in criminal activities, including violent acts, substance use, and/or drug dealing.

Research Highlights:

- ~ MST has been shown to reduce delinquent behavior by improving family functioning, increasing parental monitoring and reducing association with deviant peers.
- ~ MST has been shown to reduce delinquent behavior, criminal activity and association with deviant peers, incarceration, out-of-home placements, suicide attempts, and hospitalizations.
- ~ MST has been shown to improve quality of family relationships, school attendance, and aspects of family interactions that are associated with maltreatment.

Maryland Implementation of MST (as of June 2009):

Jurisdiction	Vendor
Baltimore County	Community Solutions, Inc
Frederick County	Way Station, Inc.
Prince George's County	Community Counseling and Mentoring Services
Baltimore City, Harford County, Carroll County, Howard County, and Baltimore County	North American Family Institute (NAFI)

For More Information:

- ~ mstinstitute.org or mstservices.com