

MULTISYSTEMIC THERAPY PROGRAM OUTCOMES

An evidence-based practice, MST has proven successful in working with the most challenging youth and the circumstances surrounding them.

MST blends the best-practices of various clinical treatments, from cognitive behavioral therapy and behavior management training to family therapies.

Evaluations of MST have demonstrated:

- Reduced long-term rates of criminal offending in serious juvenile offenders
- Reduced rates of out-of-home placements for serious juvenile offenders
- Extensive improvements in family functioning
- Decreased mental health problems for serious juvenile offenders
- Favorable outcomes at cost savings in comparison with usual mental health and juvenile justice services



CONTACT US

MST Manager

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Location

Metzenbaum Center
3343 Community College Ave
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@ccjuvenilecourt

CUYAHOGA COUNTY JUVENILE COURT

MULTISYSTEMIC THERAPY (MST)



MULTISYSTEMIC THERAPY EXPLAINED

MST is an evidence-based program that empowers youth (aged 12 –17) and their families to function responsibly over the long term.

MST reduces delinquent and antisocial behavior by addressing the core causes of such conduct – and views the client as a network of systems including family, peers, school, and neighborhood.

Therapists have small caseloads and provide services in the home at times convenient to the family. MST Therapists and provider agencies are held accountable for achieving change and positive outcomes with an average length of treatment between 3 and 5 months.

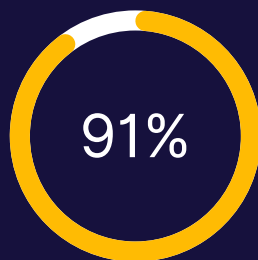


MULTISYSTEMIC THERAPY HOW IT WORKS

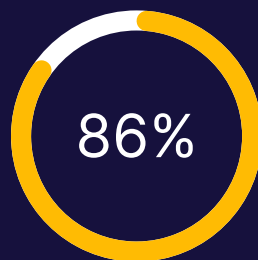
The therapist, within a supportive and skill-building framework, encourages responsible behavior from the adolescent and family.

Various intervention strategies, such as family therapy, behavioral training, and cognitive-behavioral approaches, are applied within a broader social and environmental context.

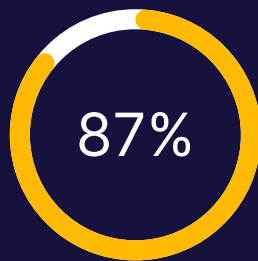
MULTISYSTEMIC THERAPY PROVEN RESULTS



of Youth Live
At Home



In School or
Working



No Juvenile
Arrests

**At the close
of treatment*

**From 70+
Published Studies*

MULTISYSTEMIC THERAPY THERAPISTS

The primary focus is on working with caregivers. We are available around the clock for crisis intervention, maintain flexible schedules to accommodate families, and operate in various settings, including homes, schools, and communities.

MULTISYSTEMIC THERAPY GOALS

- Reduce youth criminal activity and other undesirable behaviors
- Youth are enrolled in prosocial programming or employment
- Youth remain at home with their family/caregiver(s)
- Families improve their network of informal support
- Youth are successful in their educational environment
- Caregivers have the skills to handle future problems
- Youth reduce or eliminate any substance use
- Identifying goals, needs, and concerns.