

Multisystemic Therapy

Proven Results

for Families and Communities

A message for:
Families

Who Am I?

"My family and I no longer know what to do. Our child, despite everything we have tried, keeps getting into deeper trouble. Truancy, drugs, vandalism, shoplifting, physical abuse. The list goes on. We are at the point for the child's sake-and ours-that they be sent away. We don't want that, but we are desperate."

What Is MST?

MST[®] has worked with many families who felt your desperation and hopelessness. You are at a very difficult place, but we can help, as we have helped so many others. Our approach is different. We work within the child's ecology-school, peers, community. We put you front and center in the therapy. We work hand in hand with the entire family. Should a crisis arise an MST clinician will be there, any day, any time.

PROVEN RESULTS
60+ PUBLISHED STUDIES



Multisystemic Therapy - Family FAQs

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What is MST?

MST is a family- and home-based treatment that strives to change how youth function in their natural settings—home, school, and neighborhood—in ways that promote positive social behavior while decreasing anti-social behavior.

What are the primary goals of MST?

The primary goals of MST are to: (a) keep youth safely at home; (b) keep youth in school and/or working; (c) prevent youth from becoming involved with the law and reduce their criminal and/or antisocial behaviors; and (d) achieve these goals at a cost savings.

How are services delivered?

MST typically uses a home-based model of service delivery, in which therapists have small caseloads: five to six families each, on average.

What is the availability of the therapists?

Your family will have access to your therapist, or another clinician within your therapist's MST team, 24 hours a day, seven days a week. Members of an MST team collaborate to provide services in the home at times convenient to the family.

What is the average length of treatment?

The average length of treatment is 4 months.

What age group does MST serve?

MST treats adolescents between the ages of 12 to 17 (and their families, caregivers, etc.)

What is expected of the guardian or parent?

Together, you and your MST therapist will develop an understanding of current behaviors and concerns within the home, school, and community. This understanding will help you and your therapist build intervention strategies that are tailored to your unique situation.

MST therapists focus on collaborating with and empowering you as the parent/caregiver by using identified strengths to develop a natural support system (e.g. extended family, neighbors, friends, and church members).