

## Working Together: MST and You

### Multisystemic Therapy

1. The goal of MST is to help you to **keep your child at home – out of further legal problems, residential placements, etc.** We recognize that you are the expert on your child, and we are committed to helping you, to help your child to succeed. We will work with all providers involved with your family (probation officer, counselor, jurist, etc.) to make sure that all parties are working towards this goal.
2. **MST is time-limited (3-5 months), so sessions are held at least twice per week, in your home.** Sessions can be more frequent in the beginning of treatment and in times of crisis. It is essential to meet with the MST therapist **at least twice per week.**
3. **Sessions will be primarily with caregivers and any other adults helping you to care for your child.** Individual sessions with your child will be minimal because MST is a family approach. While in MST you will be encouraged to utilize your existing supports (family, friends, neighbors, faith community, etc.) in addition to MST – and will be asked to include them in treatment.
4. MST requires **strong caregiver commitment** in order to gain successful outcomes for your child.
  - a. *Not outsourcing to police and the courts, meeting minimum 2x/week, implementing developed interventions, and having open communication.*
5. Parenting is a real challenge. It takes a lot of hard work, determination, and effort to parent effectively, and in the first few weeks of treatment, family conflict may increase while you are trying to make changes. **Know that your MST therapist is available to you 24 hours a day, 7 days a week for crisis intervention, after traditional work hours.** (You and your therapist will discuss what is considered a crisis)
  - a. **Your MST Therapist will be the first call when problems/conflict occur so we can help you.** Not the probation officer or police (unless life threatening). The MST supervisor should be your second call.
6. MST will work to help you be **empowered in your home** when setting rules, rewards, and consequences with your child. MST may teach you how to administer urinalysis to check for drug use and how to closely monitor your child's peer relationships.
7. Your therapist will encourage and help you to develop a strong link with your child's school. To keep close, regular contact to monitor your child's behavior, attendance, and grades. These interventions will help your child to succeed in school.
8. MST will conduct monthly surveys to get your feedback on how treatment is going. We also may audio record sessions or have observers attend sessions for assistance and to make sure we are delivering the best service.
9. As with any other helping agency, MST therapists are obligated by law to report any evidence of Child Abuse or Neglect.

#### By signing below:

I provide the identified MST Therapist with informed consent to Multisystemic Therapy as described above:

Caregiver Print: \_\_\_\_\_ Date: \_\_\_\_\_

Caregiver Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Caregiver 2 Print: \_\_\_\_\_ Date: \_\_\_\_\_

Caregiver 2 Signature: \_\_\_\_\_ Date: \_\_\_\_\_

#### ***For questions about MST:***

*Elizabeth Cipollone, LPCC-S*

*MST Manager*

*Cuyahoga County Juvenile Court*

*3343 Community College Ave.*

*Cleveland, OH 44115*

*(216) 443-3591 (office)*

*(216) 562-9305 (cell)*