
CHAPTER 42: MULTI-SYSTEMIC THERAPY

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OVERVIEW

Multi-Systemic Therapy (MST) is an intensive home/family and community-based treatment for youth who are at risk of out-of-home placement or who are returning home from placement because of problems related to an emotional/behavioral disorder.

The model is based on empirical data and evidence-based interventions that target specific behaviors with individualized behavioral interventions. Specialized therapeutic and rehabilitative interventions are available to address specific areas of need such as substance abuse, delinquency, violent behavior, etc.

Services include an initial assessment to identify the focus of the MST interventions to be used with the individual and family. Services are provided through a team approach to individuals and their families. MST strives to change how youth function in their natural setting (i.e. home, school, and neighborhood). Thus, services are primarily provided in the home, but workers also intervene at school and in other community settings.

The primary goals of MST are to reduce youth criminal activity, reduce antisocial behavior, and achieve these outcomes at a cost savings by decreasing rates of incarcerations and out of home placements.