

## What is MST?

Therapists work in the home, school and community and are on call 24/7 to provide caregivers with the tools they need to transform the lives of troubled youth.

Research demonstrates that MST reduces criminal activity and other undesirable behavior.

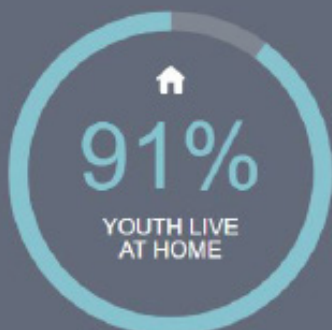
### Ecological Model



## MST Works for Families and Communities

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. The average length of treatment is between 3 and 5 months, and therapists and provider agencies are held accountable for achieving change and positive outcomes.

### PROVEN RESULTS 60+ PUBLISHED STUDIES



\* AT THE CLOSE OF TREATMENT \*

# Rigorous Clinical Trials Demonstrate Effectiveness

MST FEATURES THE LARGEST BODY OF EVIDENCE, BY FAR, OF  
SUCCESSFUL INTERVENTIONS FOR HIGH RISK YOUTH



**60+**  
STUDIES



**\$75m+**  
RESEARCH FUNDING



**130+**  
PEER-REVIEWED  
JOURNAL ARTICLES



**48,000+**  
FAMILIES INCLUDED  
ACROSS ALL STUDIES

MST IS THE ONLY INTERVENTION FOR HIGH RISK YOUTH WHERE RESULTS  
HAVE BEEN REPEATEDLY REPLICATED BY INDEPENDENT RESEARCH TEAMS

## Enduring Results for Families and Communities

**54%**

FEWER  
REARRESTS

Over 14 Years

**75%**

FEWER VIOLENT  
FELONY ARRESTS

Over 22 Years

**54%**

FEWER  
OUT-OF-HOME  
PLACEMENTS

Median Across All Studies

MST DELIVERS

**SUPERIOR CLINICAL  
& FINANCIAL RESULTS**

RELATIVE TO INCARCERATION AND  
ALTERNATIVE TREATMENTS

UP TO  
**\$23.59**  
ROI FOR EVERY  
DOLLAR SPENT

UP TO  
**\$200K**  
NET BENEFIT  
PER YOUTH

*\*Journal of Family Psychology*

To learn more, visit us at [www.mstservices.com](http://www.mstservices.com)

## Multisystemic Therapy

MST is an intensive family and community-based treatment for youth with complex clinical, social and educational challenges who have been court-involved, have a history of out-of-home placements, and/or exhibit high-risk behavior.

Therapists work with parents / caregivers to impact and provide support in school, youth, peer and community settings for 3-5 months. Contact is daily at the outset, and therapists are available around the clock for emergencies and support.

Family interventions promote positive family relationships and development of skills to impact adolescents' risky and acting-out behaviors. Family interventions enhance the parents' capacity to monitor and discipline the adolescent.

## Families' comments on their experience with MST

- ☆ Having a child with mental health and substance abuse difficulties was a phenomenal hardship on all the members of our family. Having the MST therapist working with us made it tolerable and eventually workable and finally functional. She was our partner, coach, teacher and guide. I will be forever grateful for the consistency and commitment she exhibited with our family. We are a much healthier, happier family thanks to her intervention and our participation with the MST program.—JS
- ☆ A mother contacted (CSI) after MST completed treatment with the mother and her daughter. The mother wanted to thank us for all of the support and skill building that her therapist gave her. When MST became involved with the family, the mother wanted the child removed from the home because she was so stressed and frustrated. MST was able to work through her frustration and support Mom in making changes to her own behavior and impacting her daughter's. This child remains in the community and continues to go to school.
- ☆ An MST mother has also reported to (CSI) that she loved her therapist and her strength focus approach. She reported that she was able to try new skills and plans to have an impact on both of her daughters' behaviors. She now sees herself as the positive change agent for her child.

## Keys to Successful Home-Based Youth and Family Services

- 🔑 Family sessions are strength-focused and solution oriented.
- 🔑 Goals are set primarily by family.
- 🔑 Therapists set clearly defined, achievable short-term tasks.
- 🔑 Parents will learn and practice interventions to support their skills and authority, by the therapist's meeting primarily with the caregiver.
- 🔑 Family will participate in identifying community and a broader social support network.
- 🔑 All work is done in the family's home and/or in other community resources.
- 🔑 Therapists are available 24/7 to support the family and provide resources.
- 🔑 Program maintains strong adherence to a research-validated model consisting of TAMS (Therapist Adherence Measures), therapist supervision, a team approach, audio taping and review for optimum treatment success and support.



## Community Solutions Home-Based Services



### our name is our mission

Community Solutions, Inc. is a non-profit human service agency that promotes self-reliance, responsibility and accountability for at-risk adolescents and young adults. Since 1962, CSI has offered behavioral health, juvenile justice, child welfare, education and community corrections services to clients with legal, family, substance abuse or academic difficulties.

CSI began home-based family therapy in 1999, as the first licensed provider of Multisystemic Therapy in New England. Currently more than 125 CSI clinicians work in homes and communities, achieving excellent outcomes and receiving consistently high ratings from outside evaluators. Outcomes showed 85% of families completed treatment and 78% of youths were not re-arrested.

### National Endorsements for Community Models

Researchers find that these evidence-based models reduce recidivism, out of home placement, substance use and school failure.

- ♦ National Institute of Health panel finds MST and FFT most effective in reducing aggression, delinquency, substance abuse.
- ♦ SAMHSA names BSFT, MST and FFT as model programs.
- ♦ National Institute on Drug Abuse assesses BSFT, MST and FFT as highly effective.

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### Emergency Numbers

For immediate crisis call: .....911

To report abuse or neglect of a child:  
Childline .....1-800-922-5330

Emergency Mobile Crisis:  
Hotline for suicide prevention,  
and other services .....1-800-273-8255

Therapist \_\_\_\_\_

Cell # \_\_\_\_\_

## Community Solutions Home-Based Services

*Intensive community services  
for adolescents and young  
adults in the juvenile justice,  
child welfare, and mental  
health systems.*



**Multisystemic Therapy  
is operated in cooperation with  
MST Institute.**