

# **Multi-Systemic Therapy (MST)**



This evidence-based therapy is based upon the fact that a child's severe behavioral problems are often due to multiple factors, and multiple therapies and approaches are used simultaneously to resolve them.

## PROGRAM CRITERIA

- Youth ages 12-17 years old, and their families, with high risk, antisocial behavioral and emotional problems that are at-risk of out-of-home placement
- Court involved youth
- Short-term, intensive program typically lasting 3-5 months, with 24/7 support

#### PROGRAM FEATURES

- Counselors typically work closely with the youth, their family, teachers, neighbors, extended family, even members of the child's peer group
- Therapy focuses on helping youth, and their families, find their personal strengths, work to facilitate change, stay at home, in school, and out of trouble

# OUTCOMES AT THE CLOSE OF TREATMENT\*



86% In School or Working 87% NO JUVENILE ARRESTS

## **LONG TERM**



FELONY ARRESTS

5 4 %
FEWER OUT-OF-HOME
PLACEMENTS

Over 14 years

Over 22 years

**FEWER VIOLENT** 

Median over all studies





\*based on over 70 studies

