



Proven Results

for Families and Communities



What is “MST”?

- Community-based, family-driven treatment for antisocial/delinquent behavior in youth
- Focus is on “Empowering” caregivers (parents) to solve current and future problems
- MST “client” is the entire ecology of the youth - family, peers, school, neighborhood
- Highly structured clinical supervision and quality assurance processes

How is MST Implemented?

- Single therapist working intensively with 4 to 6 families at a time
- Team of 2 to 4 therapists plus a supervisor
- 24 hr/ 7 day/ week team availability: on call system
- 3 to 5 months is the typical treatment time (4 months on average across cases)
- Work is done in the community, home, school, neighborhood: removes barriers to service access

Multisystemic Therapy Research at a Glance 2018 Update

2018 Multisystemic Therapy Research Update

- 67 separate studies yielding >130 published, peer-reviewed journal articles
- 69% of the studies by independent investigators
- More than 55,000 families included

2018 Multisystemic Therapy Research Update (continued)

- Outcome studies with youth presenting serious antisocial behavior (N = 32)
- Outcome studies with juvenile sexual offenders
- Outcome studies in the areas of child maltreatment, adolescent substance abuse, and youths with serious emotional and behavioral problems
- Implementation research (N = 17)
- Cost-related studies (N = 11)
- Treatment process research (theory of change)

Multisystemic Therapy Research

Selected 2018 Additions (continued)

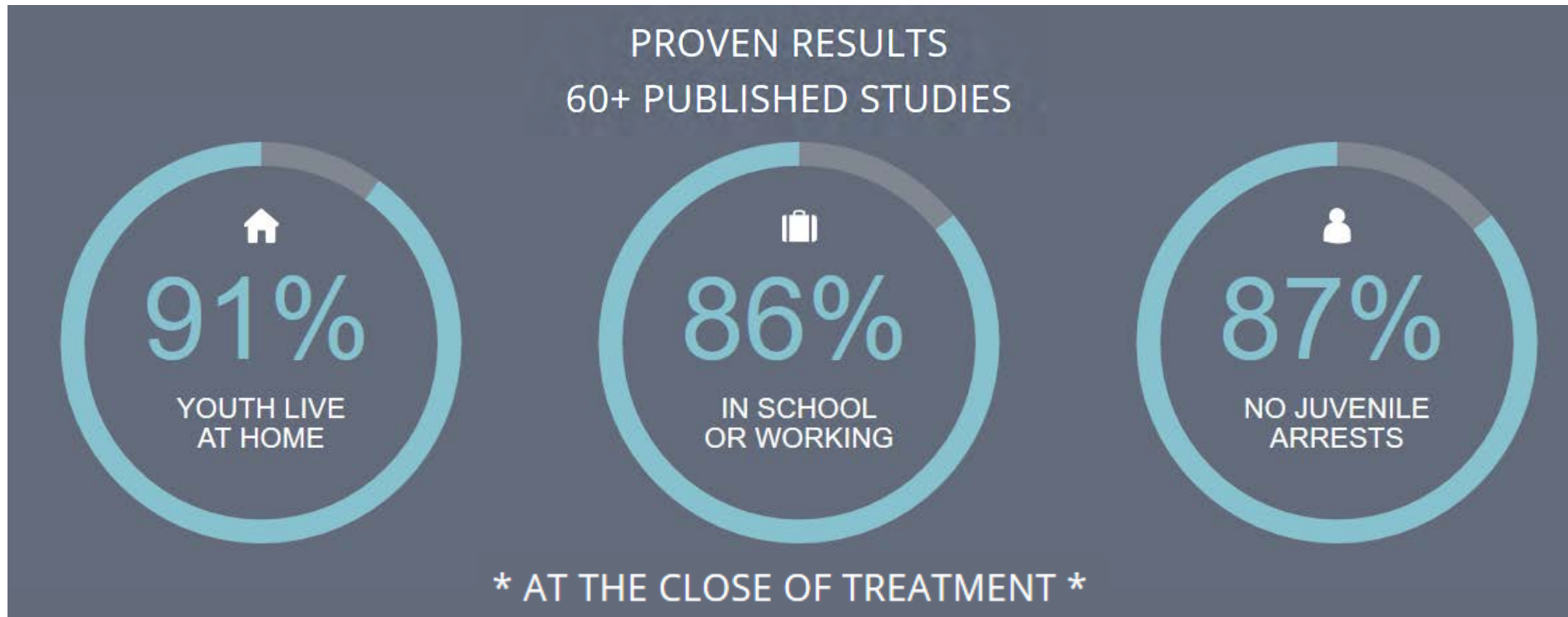
- Therapist acting as cultural mediator facilitated favorable change (Fox et al., 2017) *MSTS Pub #1559*
- Overall costs from societal perspective were about 50% less for MST (Vermeulen et al., 2017) *MSTS Pub #1572*
- Treatment adherence and youth outcomes improve with increased therapist and country-wide experience (Lange et al., 2017) *MSTS Pub #1566*
- Decreased arrests and placements statewide 6 years post recruitment (Vidal et al., 2017) *MSTS Pub #1573*
- Cost benefit of \$34,326 per youth in statewide implementation (Dopp et al., 2018) *MSTS Pub #1558*

2018 Multisystemic Therapy Research Update (continued)

- The research community greatly appreciates the support and collaboration of MST Network Partners in conducting MST-related research.
- Without similar support in the 1970s, 80s, and 90s, MST never would have achieved its status as a leading evidence-based treatment of behavioral and emotional difficulties in youth.

MST: Scientifically Proven to Transform Lives

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.



Dramatic Cost Savings for Communities

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

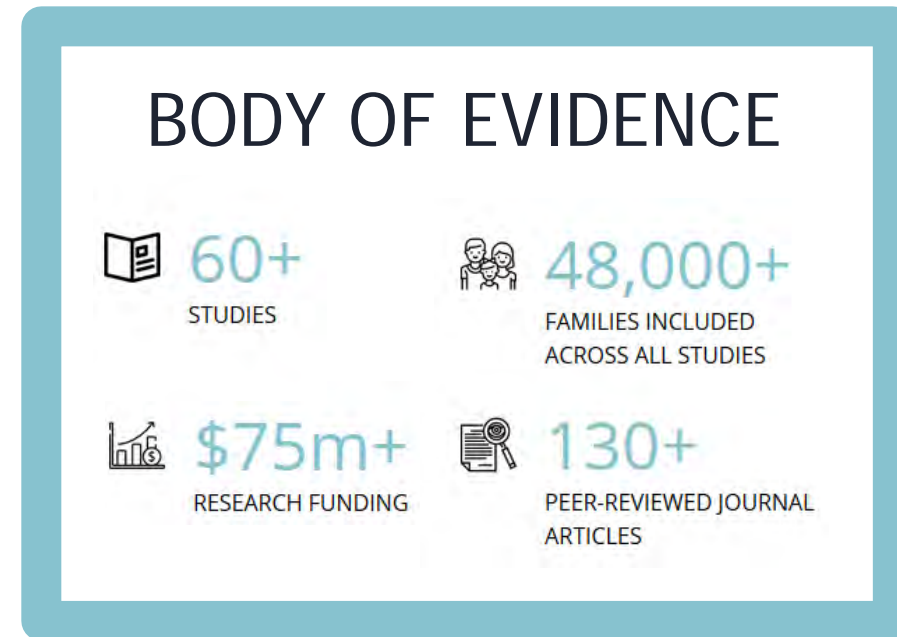
**Journal of Family Psychology*

RECENT STATE COST SAVINGS REPORTS



Proven Results & Low Investment Risk

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



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

MST Addresses Root Causes of Negative Behavior

Entire Ecology

MST focuses on the entire ecology of youths' lives, addressing multiple factors that contribute to antisocial behavior, including factors at the family, school and community levels

Focus on Caregivers

MST empowers caregivers to be long-term change agents, creating more sustainable effects than treatment methods focused solely on youths

Quality Assurance Yielding Consistent Results

MST Services provides comprehensive quality assurance services, ensuring that adherence to the MST model is maximized to deliver consistent, highest quality results

Endorsements and Testimonials



BLUEPRINTS FOR HEALTHY YOUTH DEVELOPMENT

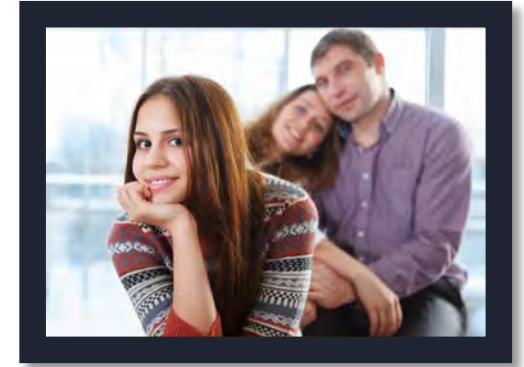
University of Colorado Behavioral Science has reviewed more than 1,400 youth programs, and has ranked MST on of only two programs as a model plus (top rating)



U.S. DEPARTMENT OF JUSTICE
Office of Justice Programs

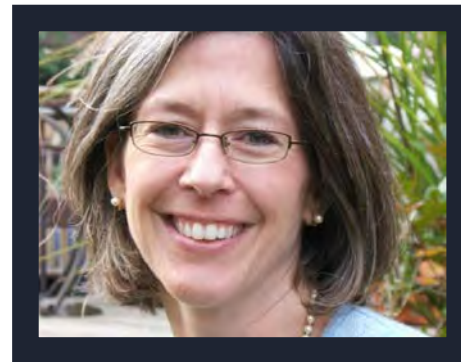
"My daughter will always come back to MST and say that's the best thing to happen to us - and that's the truth"

MST Mother



"It was easy to champion MST. It's what I'd want if my daughter were to find herself in the spot that so many do."

*Julie Revaz, Connecticut
Judicial Branch*



Enduring Results for the Entire Family

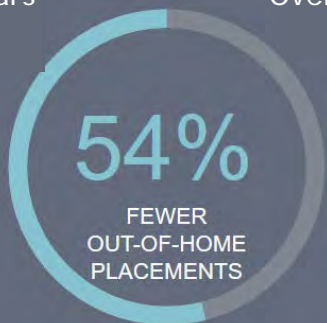
LASTING RESULTS FOR YOUTH TREATED



Over 14 Years



Over 22 Years



Median Across All Studies

Missouri Delinquency Project

MST BENEFITS THE WHOLE FAMILY



UP TO
\$8000
SAVINGS PER FAMILY MEMBER

Journal of Consulting and Clinical Psychology

Bring MST to your community

CONVENE

stakeholders to ensure collaboration and engagement in starting a successful MST program

ASSESS

level of service needed in your community to determine the number of teams to start

IDENTIFY

A provider organization

SECURE

sustainable funding sources and develop a comprehensive budget for your program

Our Program Development staff will walk you through all aspects of team start-up, from estimating costs, to assessing site readiness, to hiring and training quality team members

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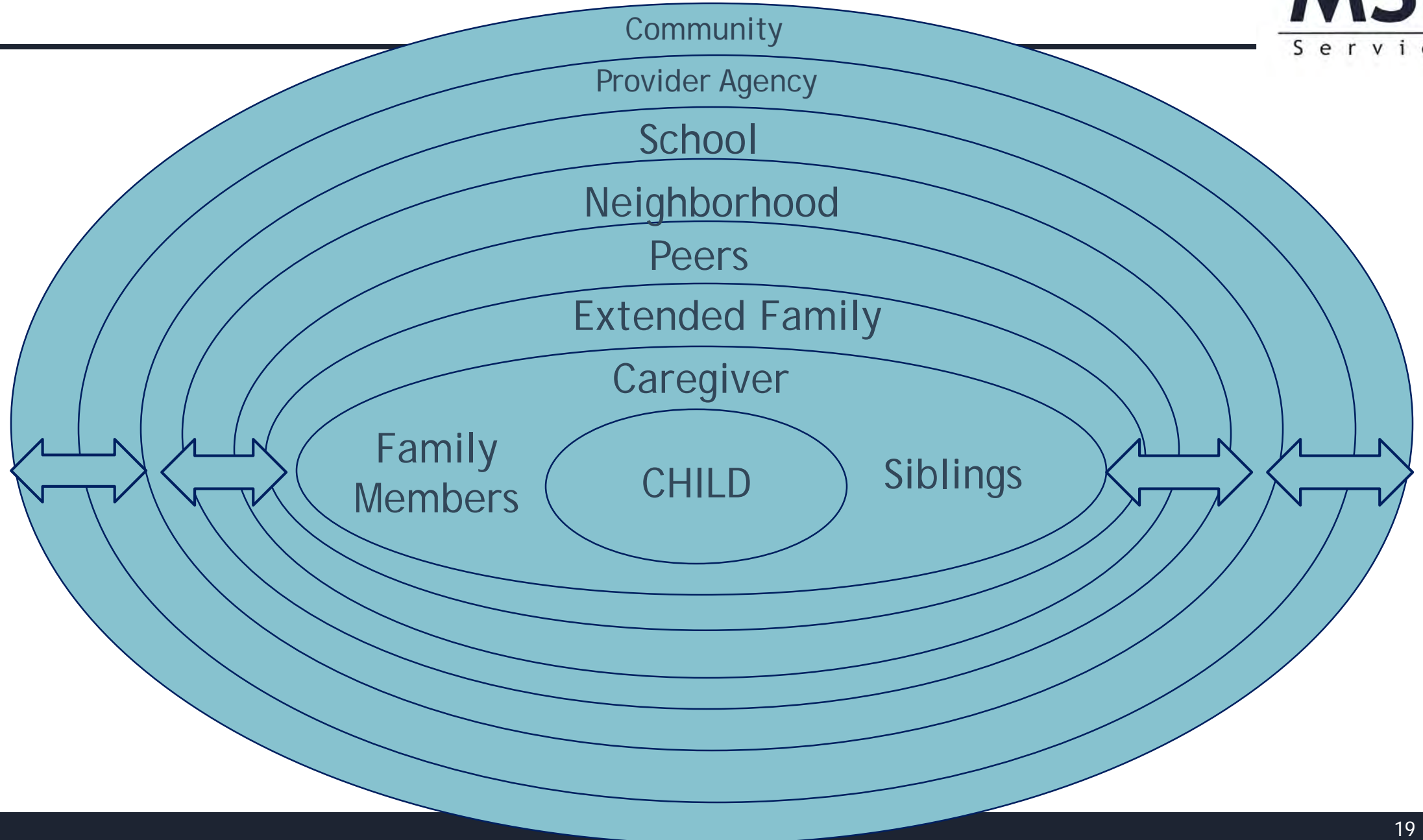
Families as the Solution

- MST focuses on families as the solution
- Families are full collaborators in treatment planning and delivery with a focus on family members as the long-term change agents
- Giving up on families, or labeling them as “resistant” or “unmotivated” is not an option
- MST has a strong track record of client engagement, retention, and satisfaction

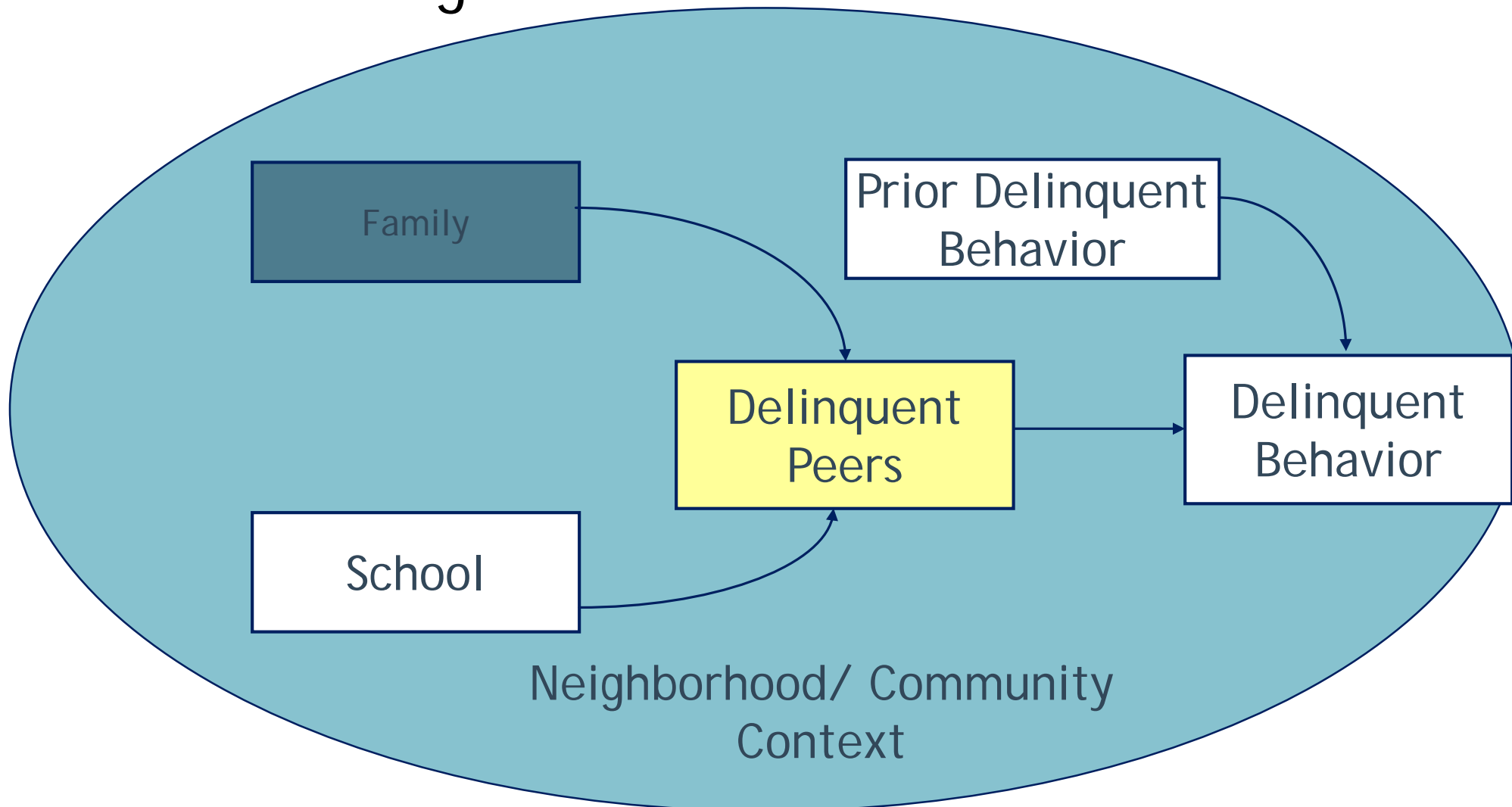
Why is MST Successful?

- Treatment targets known causes of delinquency: family relations, peer relations, school performance, community factors
- Treatment is family-driven and occurs in each youth's natural environment
- Significant energies are devoted to developing positive interagency relations
- MST personnel are well trained and supported
- Providers are accountable for outcomes
- Continuous quality improvement occurs at all levels

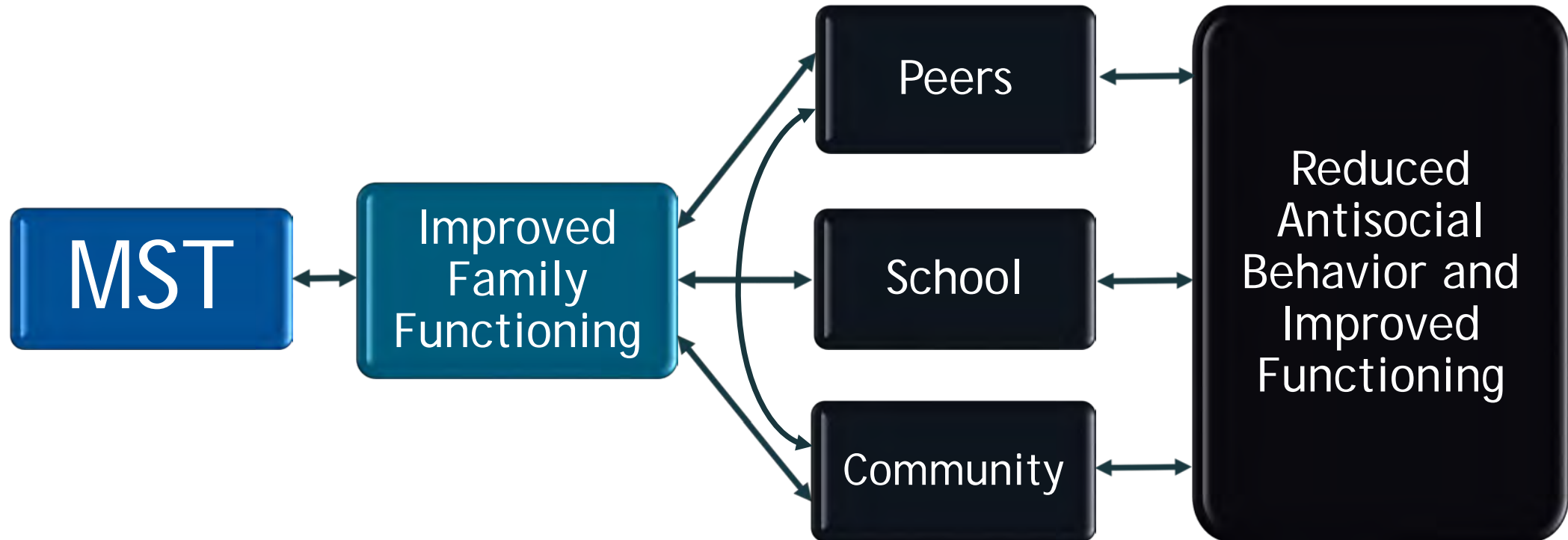
Social Ecological Model



Causal Models of Delinquency and Drug Use: Common Findings of 50+ Years of Research



MST Theory of Change



MST Assumptions

- Children's behavior is strongly influenced by their families, friends and communities (and vice versa)
- Families and communities are central and essential partners and collaborators in MST treatment
- Caregivers/parents want the best for their children and want them to grow to become productive adults

MST Assumptions (Cont.)

- Families can live successfully without formal, mandated services
- Change can occur quickly
- Professional treatment providers should be accountable for achieving outcomes
- Science/research provides valuable guidance

How is MST Implemented?

Intervention strategies: MST draws from research-based treatment techniques

- Behavior therapy
- Parent management training
- Cognitive behavior therapy
- Pragmatic family therapies
 - Structural Family Therapy
 - Strategic Family Therapy
- Pharmacological interventions (e.g., for ADHD)

How is MST Implemented? (Cont.)

- MST staff deliver all treatment - typically no or few services are brokered/referred outside the MST team
- Never-ending focus on engagement and alignment with primary caregiver and other key stakeholders (e.g. probation, courts, children and family services, etc.)
- MST has strong track record of client retention and satisfaction with MST
- MST staff must be able to have a “lead” clinical role, ensuring services are individualized to strengths and needs of each youth/family

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Incarceration: Ineffective and Costly

U.S. cost per youth incarcerated:

\$115,000

per year

Justice Policy Institute

70-80%

of juveniles sent to youth prisons are
re-arrested within 2 years

Annie E. Casey Foundation

Each year, the U.S. loses between

\$8 billion and \$21 billion

due to incarceration of youth

Justice Policy Institute



Proven Results

for Families and Communities

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