

Multisystemic Therapy (MST)

What is MST?

Multisystemic Therapy (MST) is a unique, goal-oriented and comprehensive treatment program designed to serve **11- to 17-year-old** multi-problem youth in their community at risk of escalating to a higher level of care due to disruptive behaviors and/or substance use. MST focuses on “empowering” caregivers (parents/guardians) to solve problems while emphasizing long-term change that families can maintain after the program.



National Counseling Group
An ncgCARE Partner

Who is MST right for?

MST is designed for children ages 11 to 17 who display or are reported to engage in negative behaviors. Our program can help with:

- Substance (drug/alcohol) use
- Truancy and academic problems
- Criminal behavior
- Serious disrespect and disobedience
- Aggressive behavior (fighting, property destruction, etc.)
- Runaways

Sessions are typically conducted multiple times per week and usually last 60 to 90 minutes. Length of treatment averages 3-5 months.

What makes MST work?

MST includes an emphasis on engagement with the youth's family, caregivers, and natural supports and is delivered in the recovery environment.

- MST seeks to understand the "fit" between the child's problems and the factors which contribute to them.
- Youth are observed within their network of systems including: family, peers, school and community.
- MST helps parents build supportive social networks and empowers parents to address the needs of the youth more effectively.
- MST is a rehabilitative intervention that can be used to divert higher levels of care and can also be used as a step-down.

Advantages of MST

MST is a home-based model, meaning:

- MST therapists are available 24 hours a day, 7 days a week and are dedicated solely to MST
- Services are provided in the home, school, and community
- Therapists have small caseloads, allowing for focused, intensive treatment and weekly contact

We're here when you need us, with offices across the state.

www.ncgcommunity.com

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