



Proven Results
for Families and Communities



Multisystemic Therapy (MST)

Scientifically-proven to Transform the Lives of Youth and Families

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What is MST?

What is Multisystemic Therapy: Overview

MST is an evidence-based program that empowers at-risk youth and their families to function responsibly over the long term.

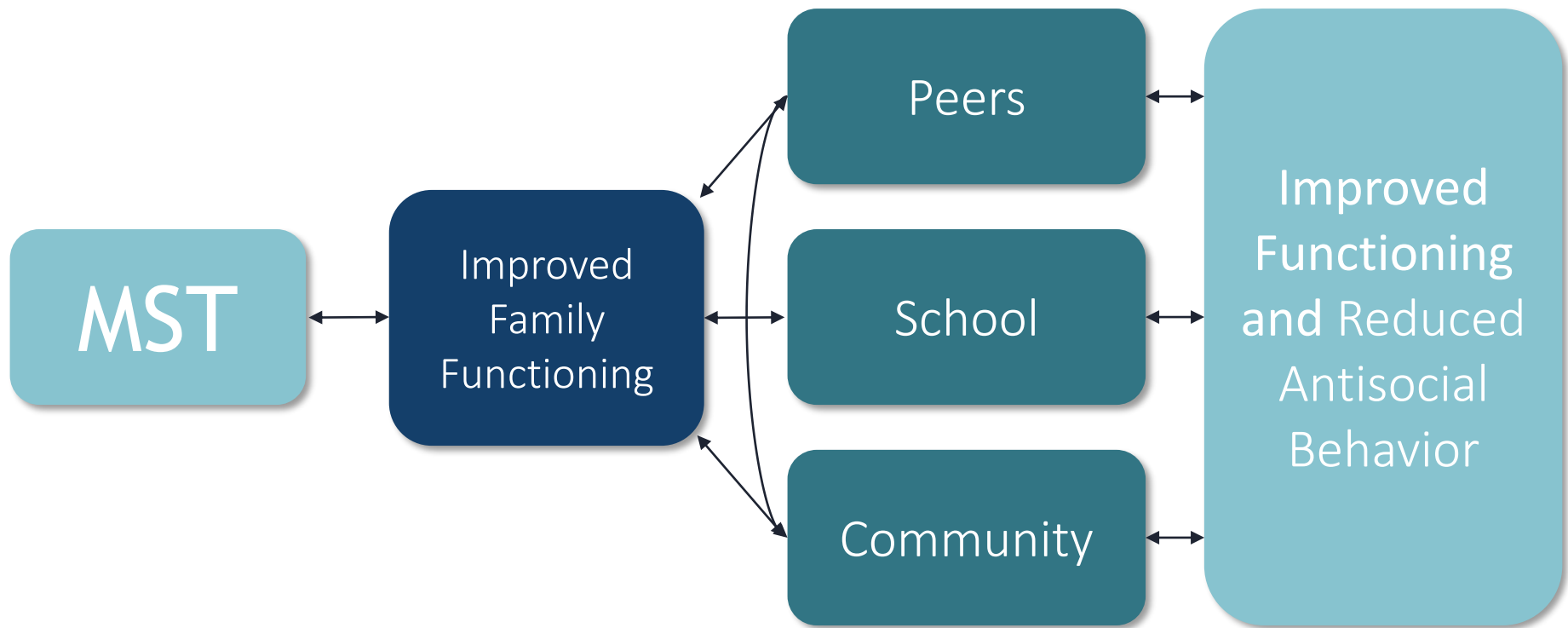
MST reduces delinquent and antisocial behavior, child maltreatment, and substance use by addressing the core causes of behavior, and views the client as a network of systems including:

- family
- peers
- school
- community

Ecological Model



Bronfenbrenner (1979)



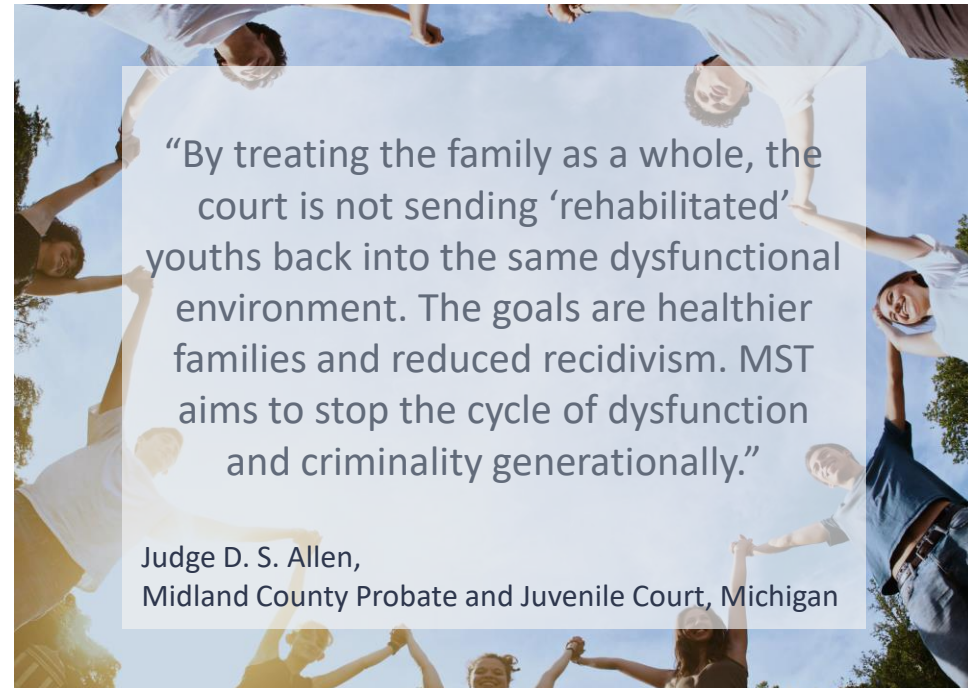
How MST Empowers Families



MST treatment is **specifically tailored** to the strengths & needs of each individual youth & family, with **family members playing an integral role** in helping plan & implement interventions.

MST interventions aim to:

- Improve how the caregiver disciplines
- Enhance family relations
- Decrease a youth's association with negative peers
- Increase a youth's association with pro-social peers
- Improve a youth's school or vocational performance
- Engage youth in positive recreational outlets
- Develop a natural support network of extended family, neighbors and friends to help caregivers achieve and maintain changes



Multisystemic Therapy (MST)

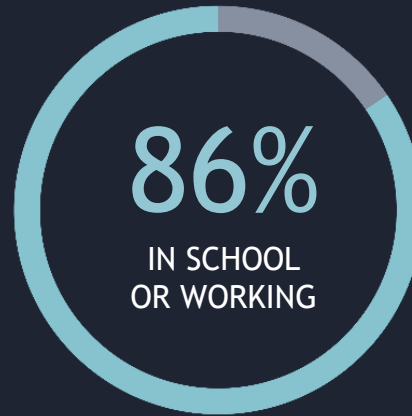
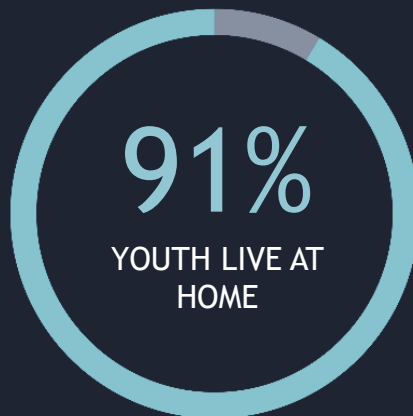
An Effective Alternative to Incarceration



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.

MST is the **only intervention for high risk youth** where results have been repeatedly replicated by independent research teams

At the close of treatment (data for over 13,800 youth served in 2018)...



MST's Global Reach and Body of Evidence



GLOBAL REACH



15
COUNTRIES



34
STATES



2,500+
CLINICIANS



200,000+
YOUTH

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



74
STUDIES



\$75m+
RESEARCH
FUNDING



140+
PEER-REVIEWED
JOURNAL ARTICLES



57,000+
FAMILIES INCLUDED
ACROSS ALL STUDIES

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Home + Community-based

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.

Intensive

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.

Staffing

MST teams are staffed by 2 to 4 full-time therapists and a supervisor, full-time is recommended but a 50% time supervisor assignment is allowed for a single team.

Quality Adherence

Therapists and provider agencies are provided intensive training and ongoing support to assist families in achieving change and positive outcomes. Adherence is tracked by our QA process.

Targeted Population

- 12-17 years old
- At risk of being removed from home due to delinquent and antisocial behavior
- Including VA Children's Services Act populations
 - Youth who are eligible for services through a Child in Need of Services (CHINS) Agreement.
 - Youth who have significant emotional or behavioral problems and may be at risk of residential placement.
- DJJ populations

How does MST align with the goals of the FFPSA?

The Family First Act's goals are to **keep families together, prevent abuse and neglect, and support cost-effective, research-supported services for families**. Multisystemic Therapy works towards these same goals with an **individualized treatment program for every family**.

A Venn diagram consisting of two overlapping circles. The left circle is dark blue and contains text about MST being a "well-supported" program. The right circle is a lighter teal color and contains text about MST being the only program approved for mental health and substance abuse treatment. The overlapping area is not explicitly labeled but represents the intersection of these two points.

MST is a **"well-supported"** program, the top rating. In addition, MST is **the only "well supported" program approved for substance abuse treatment**.

MST is the only program that has been approved for more than one area of treatment: **mental health treatment and substance abuse therapy**.

Average Length of Treatment and Goals

- 4 months on average, typical range is 3-5 months
- Referred Youth at home, in school, with no arrests

Therapist Caseload and MST Delivery

- Caseload of 5 cases/therapist average
(ranges from 4-6 cases/therapist targeting)
- Therapy delivered within the referred youth's ecology (home, school, community/neighborhood)

Requirements for Clinicians?

Education

- Supervisors are, at minimum, highly skilled master's-prepared clinicians with training in behavioral and cognitive behavioral therapies and pragmatic family therapies.
- Therapists are usually masters-level clinicians with degrees in counseling or social work.

Requirements for MST Clinicians: Time and Location Commitments



Time Commitment

- 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.
- Therapists are fulltime and are assigned to work on MST cases.

Location Commitment

- 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.

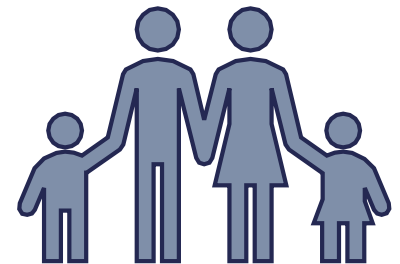
Training and Technical Assistance

- MST Program Development and Initial Staff Training
 - Therapist selection evaluation, funding verification and site assessment are key program development steps
- MST Initial Program Development, Training, Licensing and Program Support Fees covered by VDSS for 2020.
- Senior Leadership and Executive Level Support crucial
- Assigned MST Expert (MST trainer) will provide staff training as well as on-going support
 - Weekly consultations and quarterly on-site booster training
 - Responds to specific therapist challenges and helps team to develop tailored intervention plans each week
 - Conducts Program Implementation Reviews (PIRs) every six months
 - MST Expert and local MST Supervisor support on-going professional development planning for all MST staff

How are Teams Chosen?

How are Teams Chosen?

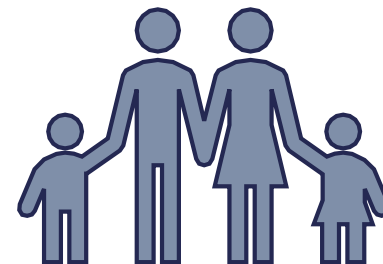
- MST in consultation with VDSS reviews applications
- Conversations with applicants and local stakeholders as needed to support sustainable program start-up and operations
- VDSS will have final decision
 - Sustainable Funding path identification
 - Seeking representation throughout Virginia



Next Steps

Next Steps

- Applications available November 7th
- Next informational Webinar for MST will be on November 19th
- Application deadline is December 20th
- MST Services staff are available for support and consultation about provider self-identification and the entire application process.
- Contact info@mstservices.com with questions, information needs or requests for assistance.



Proven Results

for Families and Communities

MST[®]
Services

ATLANTA

3490 Piedmont Rd NE
Suite 304
Atlanta, GA 30305

CHARLESTON

4 Carriage Lane
Suite 102
Charleston, SC 29407

SAN FRANCISCO

1100 Moraga Way,
Suite 202
Moraga, CA 94556

Keller Strother

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Tom Pietkiewicz

Director of Business Development
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www.mstservices.com



Appendix-Reference Information

MST Treatment Structure

Staffing:

2 to 4 full-time therapists and a full-time supervisor;
Masters-prepared staff (MSW or MA in clinical fields)

Treatment Length:

4 months on average, range 3-5 months;
All treatment provided in the home and community

Caseloads:

Each therapist has a caseload of 5 youth/families on average, and serves an average 15 families a year

Intensive and Ongoing Training:

- 5-day initial training
- Quarterly ongoing trainings
- Weekly supervisor calls and support

Juvenile 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

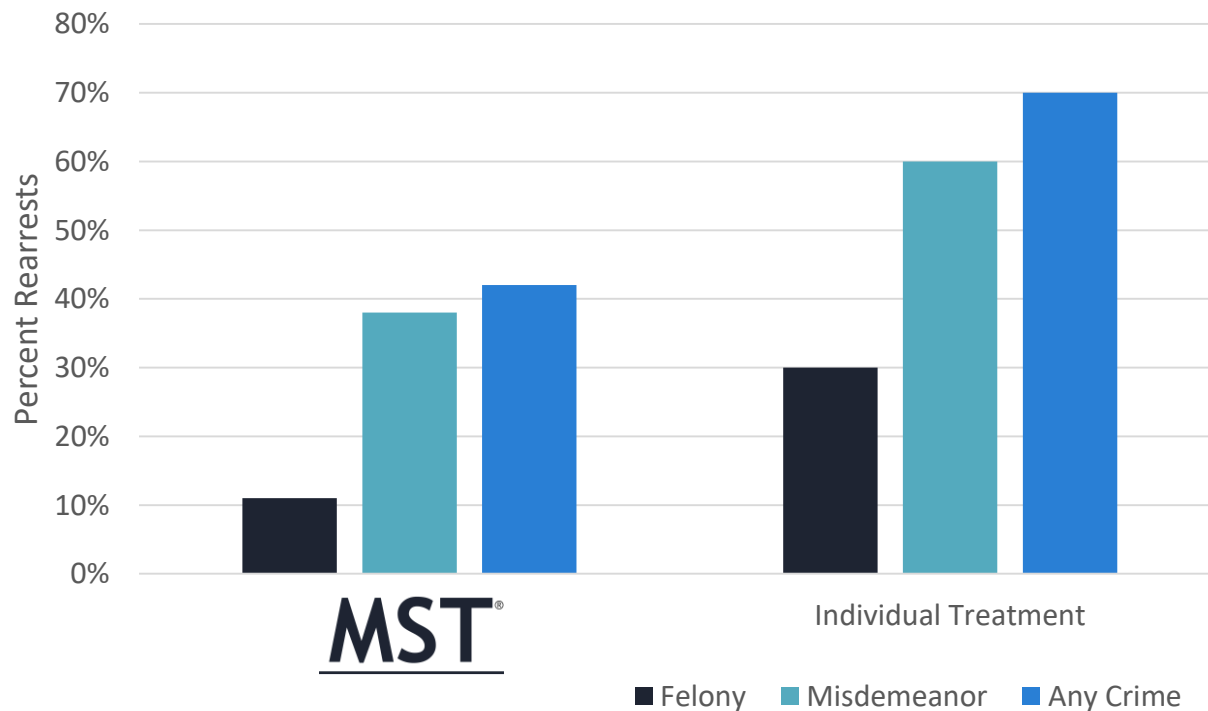
\$8 billion and \$21 billion

due to incarceration of youth

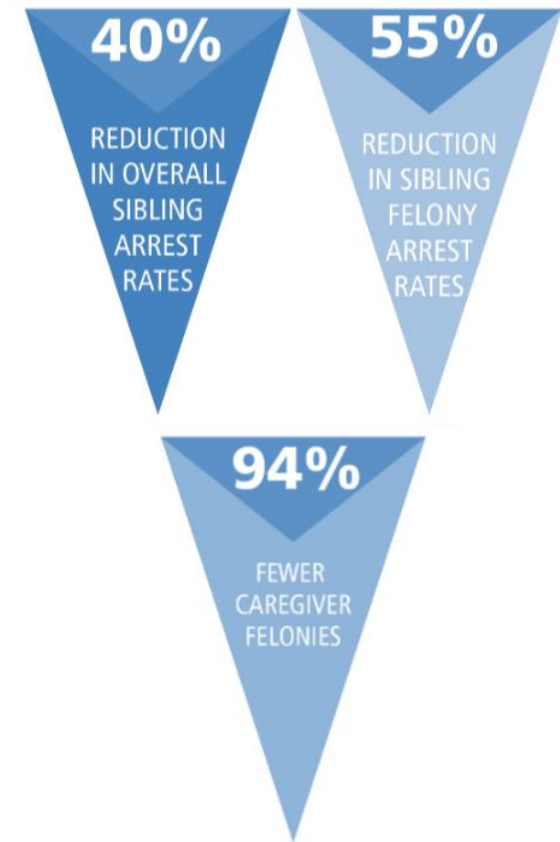
Justice Policy Institute

How MST Empowers Families

MST produces positive outcomes for the **entire family**.



Source: The Journal of Consulting and Clinical Psychology



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How to Implement MST in 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

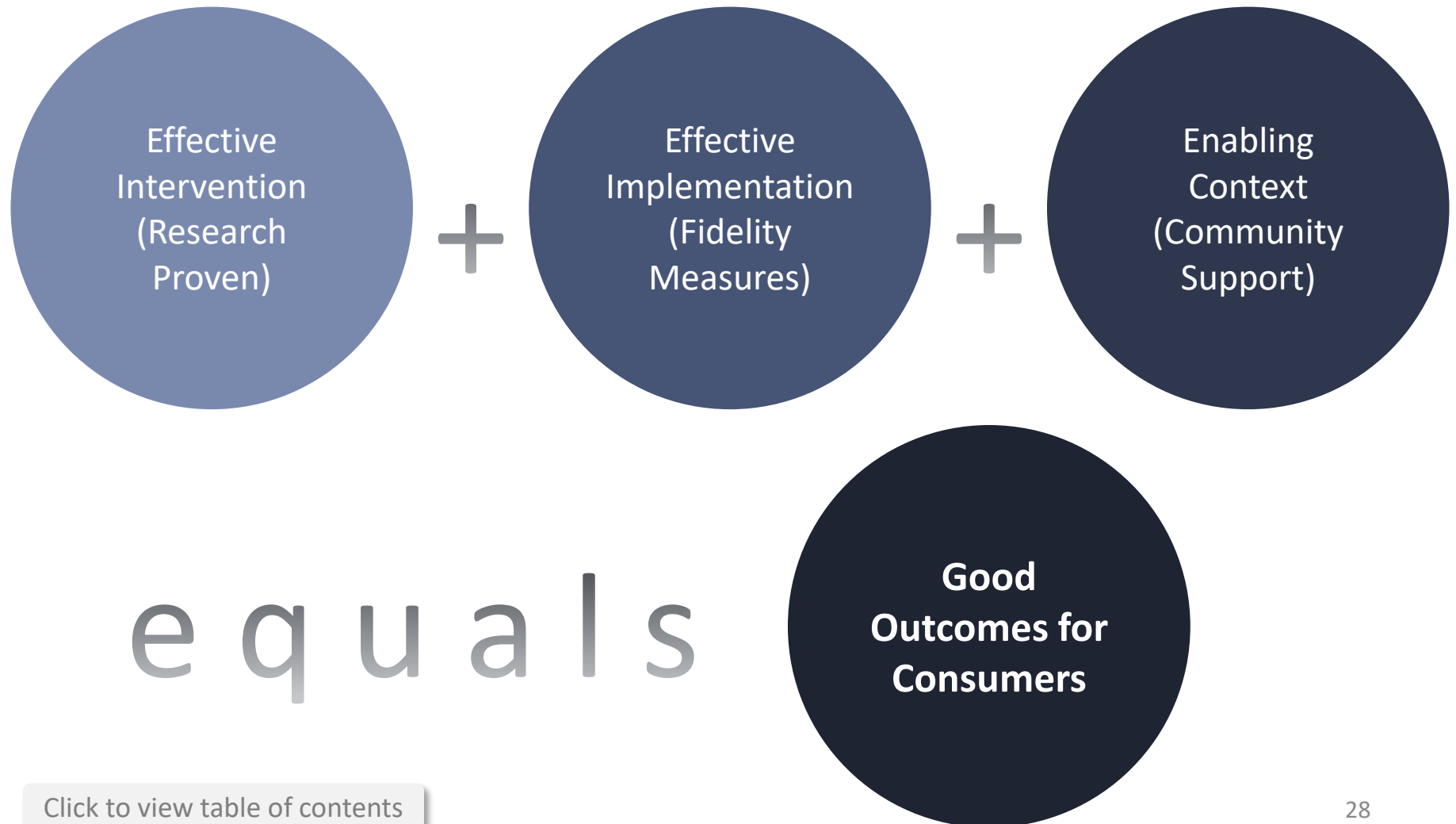
a provider organization

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

Infrastructure Required to Support MST in Virginia



VA Children's Services Act

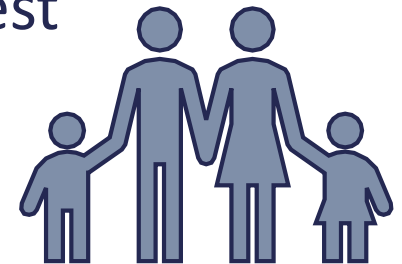


Services under the CSA may be available to a youth who meets at least one of the following descriptions:

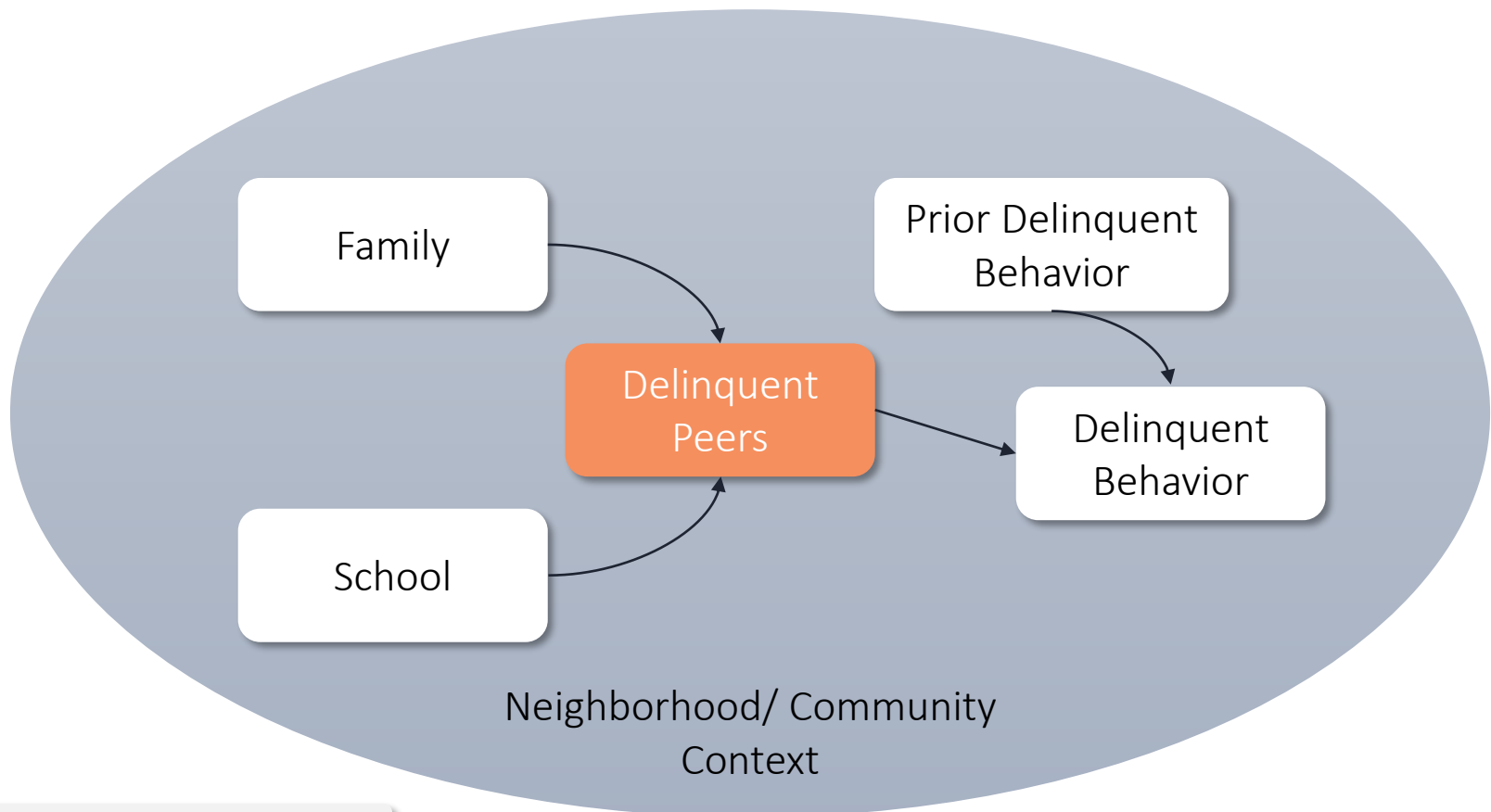
- Youth who require placement in a private school for special education, as determined by their Individual Education Plan (IEP).
- Youth who are in foster care or eligible for foster care services.
- Youth who are eligible for services through a Child in Need of Services (CHINS) Parental Agreement.
- Youth who have significant emotional or behavioral problems and may require services not available from a single agency, require services from multiple agencies, or may be at risk of residential placement.

FFPSA information

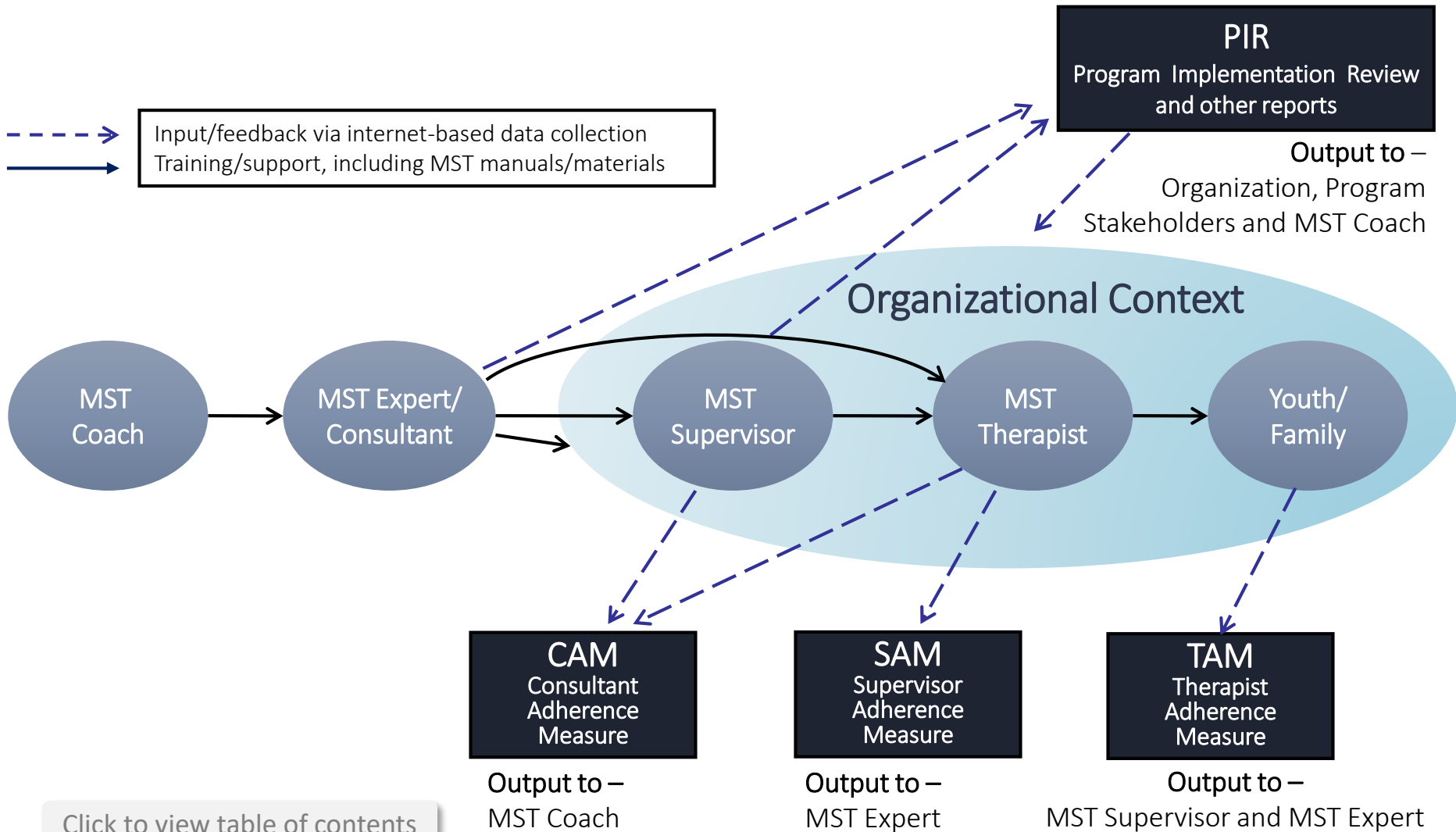
- The FFPSA bill aims to prevent children from entering foster care by allowing federal reimbursement for
 - mental health services,
 - substance use treatment, and
 - in-home parenting skill training.
- It also seeks to improve the well-being of children already in foster by incentivizing states to reduce placement of children in congregate care.
- Four Domains of Targeted Outcomes of Interest
 - Child Safety
 - Child Permanency
 - Child Well-Being
 - Adult Well-Being



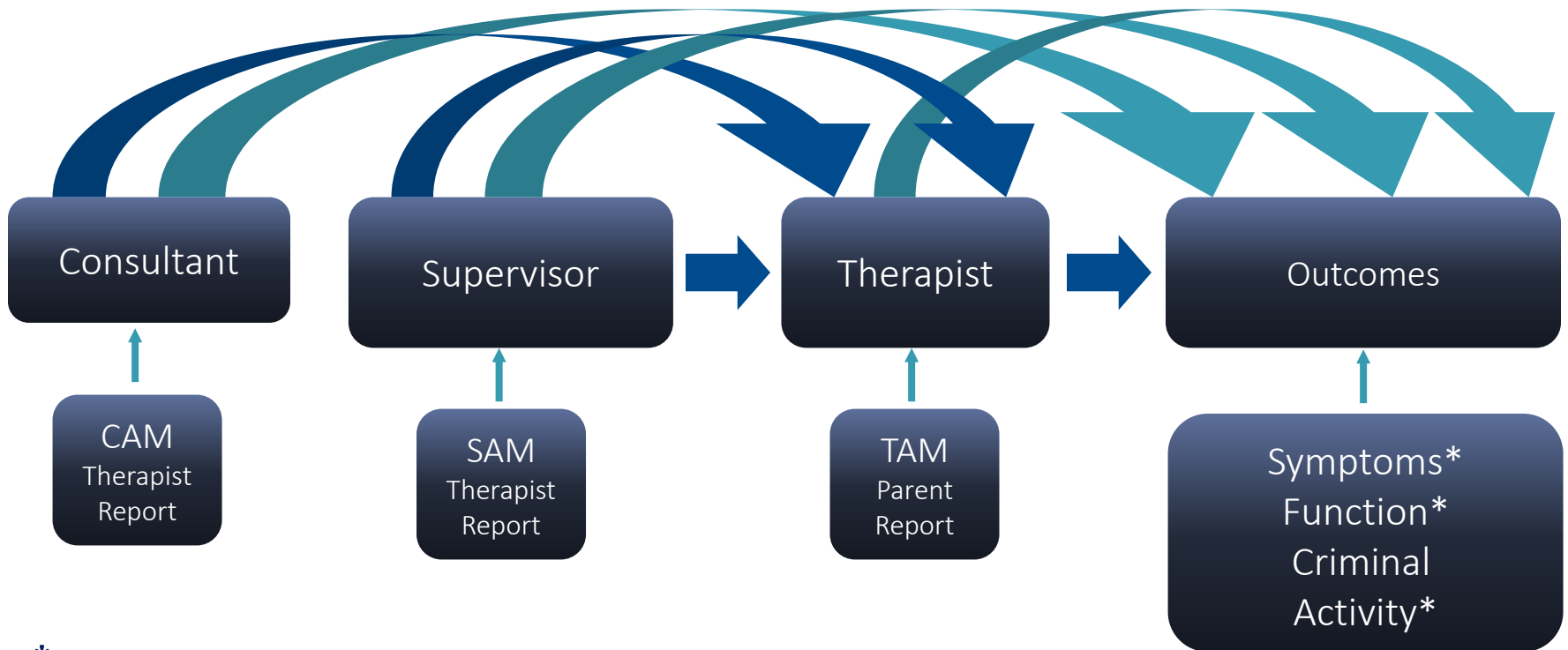
Common Findings of 50+ Years of Research



MST QA/QI Overview



Empirically-Tested Fidelity Links



* RCTs and Transportability Study