Multisystemic Therapy (MST): A Brief Summary of the Intervention

Description of the Intervention:
- Intensive family and community-based treatment program (delivered in-home) that can be used as an alternative to out-of-home placement. Treatment focuses on parenting skills, supervision and monitoring, family communication, emotion regulation and anger management strategies, parent-teacher communication, and prosocial activities.
- MST therapists deliver all aspects of treatment. Typically, no services are referred outside of the MST team.
- Daily contact, face to face or by phone, with families, in addition to 24-hour access.
- Emphasis on preparing caregivers to maintain and generalize intervention components.
- Length of treatment is approximately 4 months.
- Cost per youth is approximately $10,000.

Target Population:
High risk youth ages 12-17 and their families, including:
- Juvenile offenders at imminent risk of or pending out-of-home placement/incarceration.
- Youth at imminent risk of out-of-home placement due to maltreatment.
- Youth returning home following out-of-home placement.

Primary Goals of the Intervention:
- Improve how youth function in their homes, schools, and neighborhoods to promote prosocial behavior.
- Improve youth’s relationships with parents and attachment to family.
- Increase effective parenting.
- Improve relationships with teachers and youth’s commitment to school.
- Promote involvement with positive peers and activities.
- Reduce antisocial behavior, including association with delinquent and/or aggressive peers and involvement in criminal activities, including violent acts, substance use, and/or drug dealing.

Research Highlights:
- MST has been shown to reduce delinquent behavior by improving family functioning, increasing parental monitoring and reducing association with deviant peers.
- MST has been shown to reduce delinquent behavior, criminal activity and association with deviant peers, incarceration, out-of-home placements, suicide attempts, and hospitalizations.
- MST has been shown to improve quality of family relationships, school attendance, and aspects of family interactions that are associated with maltreatment.

Maryland Implementation of MST (as of June 2009):

<table>
<thead>
<tr>
<th>Jurisdiction</th>
<th>Vendor</th>
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<tbody>
<tr>
<td>Baltimore County</td>
<td>Community Solutions, Inc</td>
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<tr>
<td>Frederick County</td>
<td>Way Station, Inc.</td>
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<tr>
<td>Prince George’s County</td>
<td>Community Counseling and Mentoring Services</td>
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<td>Baltimore City, Harford County, Carroll County, Howard County, and Baltimore County</td>
<td>North American Family Institute (NAFI)</td>
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For More Information:
- mstinstitute.org or mstservices.com

The Institute for Innovation and Implementation
University of Maryland, Baltimore, School of Social Work
Phone: (410) 706-8300; Email: institute@ssw.umaryland.edu