



## Multisystemic Therapy (MST)

MST is an intensive family- and community-based treatment service that addresses multiple aspects of serious anti-social behavior in adolescents. The multisystemic approach views an individual's behavior as being influenced by the systems around them—family, peers, school, neighborhood—as well as by the individual's thoughts and feelings about those systems. MST interventions address the many factors that are known to contribute to delinquency where the youth lives, works and plays.

- Proven clinical home-based intervention that promotes behavior change in the youth's natural environment

- Treatment is approximately four months

- Targets chronic, violent, or substance-abusing juvenile offenders at high risk of out-of-home placement

- Estimated savings is from \$31,000 to \$131,000 for each youth served compared to out-of-home placement\*

- 25 to 70 percent decrease in adolescent substance use, adolescent psychiatric symptoms, and long-term rearrest rates

- 47 to 67 percent reduction in long-term, out-of-home placement

\* Source: Washington State Institute for Public Policy

*"I wanted to take time out to say thank you for your support of my family. Your therapist, Kasey, really made a great impact on our lives. She gets it; not all families are the same and not all families require the same assistance. Before meeting with Kasey, I was a do-it-all mother, I never reached out for help from anyone. I knew Kasey sincerely wanted to help out our situation. She deserves five stars."*

- Mother of Community Solutions MST Youth

## MST at Community Solutions Inc.

Community Solutions Inc.'s Home-Based Youth Services Division is widely acknowledged for its strict adherence to model fidelity and successful outcomes for youth and families.

## Community Solutions Sweeps the MST "Whatever It Takes" Awards

At the 2009 International MST Conference held in Charleston, SC, Community Solutions staff was awarded three of the five categories for the "Whatever It Takes" (WIT) award presented by MST Services each year. The Multisystemic Therapy (MST) "Whatever It Takes" award is presented for outstanding and meritorious services, including the ability and willingness to go beyond duty requirements.

### WIT Categories awarded to CSI:

Therapist • Program Director • MST Expert (*System Supervisor*)

## World's Largest MST Provider

In 2008, Penn State Evidence Based Prevention and Intervention Support Center cited Community Solutions Inc. as the "World's Largest MST Provider" of direct service teams.

## Community-Based Program of the Year Award

In November 2008, Community-Based Program of the Year Award was presented to the Lycoming County MST program by the Pennsylvania Juvenile Court Judges Commission.

## CSI receives first SAMHSA "Science to Service" Award

In September 2007, the Substance Abuse and Mental Health Services Administration (SAMHSA) recognized Community Solutions MST for exemplary implementation of evidence-based interventions to prevent and treat mental illness and substance abuse.

# Home-Based Youth Services

*Intensive community services for youth in the juvenile justice and child welfare systems*

# Community Solutions Inc. Outcomes Data

The following is a review of the performance of Community Solutions Inc., MST programs. The data below provides the national average of MST providers across the U.S. from 3/1/05 through 11/01/07. This data is then compared to the average for Community Solutions from a time period of 1/1/09 to 12/31/09.



Community Solutions Inc. provides services in the following states: California, Connecticut, Florida, Georgia, Louisiana, Maine, Maryland, New Jersey, Pennsylvania and Rhode Island.

Ultimate Outcomes Review	Target Threshold*	National Average*	CSI Average
Percent of youth living at home at discharge	90%	84.1%	<b>87.4%</b>
Percent of youth in school/working at discharge	90%	83.0%	<b>89.9%</b>
Percent of youth with no new arrests during treatment	90%	79.7%	<b>86.6%</b>
Therapist Adherence Data			
Overall average adherence score	0.61	0.634	<b>0.70</b>
Percent clients reporting adherence above threshold of 0.61	80%	58.9%	<b>67.1%</b>
Case Closure Data			
Percent of cases completing treatment	85%	78.8%	<b>84.9%</b>
Percent of cases discharged due to lack of engagement	<5%	8.4%	<b>3.0%</b>
Percent of youth placed	<10%	12.8%	<b>9.2%</b>
Average length of stay in days for youth receiving MST	120 Average Range 90-150 Days	129.53	<b>124.4*</b>

\* MST Services 2009 Published Data

## Community Solutions MST Training and Consultation Services

As an approved MST network partner, we offer new and existing licensed MST teams the following training and consultative services:

- Program development
- Five-day orientation training
- Weekly clinical consultation
- Quarterly booster training
- Stakeholder engagement
- Quality assurance services
- Public speaking for both local and national conferences



**For upcoming training, please contact Community Solutions at (860) 683-7100.**

Five-day orientation trainings are also listed on the MST Web site located at [www.mstservices.com](http://www.mstservices.com).

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