Multisystemic Therapy (MST)

Home Based Intervention
Training
Consulting
Support

Home Based Youth Services Division
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 program’s approach views an individual’s behavior as being influenced by their environment, as well as by the individual’s thoughts and feelings about those surroundings. MST interventions address the many factors that are known to contribute to delinquency.

- MST is a proven clinical home-based intervention that promotes behavior change in the youth’s natural environment
- Treatment is approximately four months
- MST targets chronic, violent or substance-abusing juvenile offenders at high risk of out-of-home placement
- MST saves an estimated $31,000 to $131,000 for each youth served compared to out-of-home placement
- Adolescents realize 25 to 70 percent decreases in substance use, psychiatric symptoms and long-term re-arrest
- There is a 47 to 67 percent reduction in long-term, out-of-home placement

**MST-EA (Emerging Adults)** - targets 17-26 year olds with criminal justice involvement and can also serve individuals with serious mental health conditions. These emerging adults are old enough to emancipate from their families and may be living independently or in foster care. There is additional focus in this adaptation on developing a social network, individual factors, mental health treatment, housing, vocational, and life skills.

Recent National MST Awards & Recognition

2019

**MST Whatever It Takes (WIT)**
CSI received the WIT nomination for all CSI’s MST programs. Pennsylvania's Sr. Administrative Assistant Kimberly Seda received a WIT nomination.

2018

**MST Whatever It Takes (WIT)**
Nick Angers was the National MST Expert WIT recipient. Susan Ofstein, MST Expert, received a WIT nomination.

**MST Sustained Excellence Award**
was given in recognition to CSI’s Valdosta, GA team.

2017

**MST Sustained Excellence Award**
The recognition committee at MST Services awarded CSI’s Dekalb, GA an MST Sustained Excellence award in the category of Team Adherence. The award was presented live at the 2017 MST International Conference.
CSI outcomes exceed most national averages.

In 2019 over 800 youth and families were served in CSI’s MST programs.

The percentage of youth living at home at time of discharge was 86 percent; youth in school or working at time of discharge was 83 percent; and youth with no new arrests during treatment was 86 percent.
Community Solutions Inc. currently provides clinical consultation as well as licensed MST teams in the following areas:

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Training and Consulting Services

New and existing licensed MST teams are offered the following types of services:

- Program development
- Five-day orientation training
- Weekly clinical consultation
- Quarterly booster training
- Stakeholder engagement

For upcoming trainings, please contact Community Solutions Inc. at 860.683.7100.

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

www.csi-online.org

CSI National Headquarters

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