

Where can I get MST services in my community?

Adelphoi USA provides or supports MST services in over 27 counties throughout Pennsylvania. Therapists are diverse in age, gender, and cultural background and are thoroughly trained and supported in the MST model.

What does MST cost?

The cost of MST is covered by Health Choices when eligibility is determined at the time of referral. Juvenile Court, Children & Youth Services and Mental Health Departments can make referrals.



Comments from parents and kids.....

- "I learned to discuss my problems and be more responsible."
- "The therapist didn't just want to know about my family that lives in my home but was concerned about everyone in my son's life."
- "I would strongly recommend your facility and programs to all; the staff treated us with respect in all ways; they helped me realize things so that I can help my daughter on her way to a more positive future."
- "The therapist gave a lot of advice on how to talk through problems instead of arguing. This was helpful to everyone. When the therapist was there, problems were handled without screaming and anger."
- "The therapist helped me and my parents talk about problems and gave us ways to work through problems. My parents and I are much closer today as a result."

FOR MORE INFORMATION CONTACT:

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Adelphoi USA benefits and services are available to all children without regard to race, color, sex, disability, age, or national origin.

MultisystemicTherapy

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***“New hope
to young people
with serious
behavioral disorders.”***

— U.S. Department
of Justice

Service Location:

What is Multisystemic Therapy?

Multisystemic Therapy (MST) is a unique, goal-oriented, comprehensive treatment program designed to serve multi-problem youth in their community. MST is the only family-focused and community-based treatment program that has:

- been the focus of more than 20 years of research studies, and
- demonstrated clinical-and cost-effectiveness for youth with complex emotional, social, and academic needs.

MST is a blueprint program that was developed at the Family Services Research Center at the Medical University of South Carolina, and uses only treatment strategies that are supported by research. Over 25,000 youth worldwide receive MST daily.

Who should receive MST?

MST is effective in helping youth, usually between the ages of 12-17, with chronic, violent delinquent behavior and youth demonstrating serious emotional problems, including:

- truancy and academic problems
- serious disrespect and disobedience
- aggressive behavior (fighting and property destruction)
- criminal behavior
- drug and alcohol problems
- running away

What makes MST work?

Research studies of youth who break the law, repeatedly refuse to follow their parents' guidance and/or abuse illegal substances are clearly at risk of out of home placement. The causes of juvenile offending are linked to the following:

- family relations
- school performance
- peer relations
- neighborhood and community factors

MST interventions focus on key aspects of these areas in each youth's life. All interventions are

designed in full collaboration with parents and family members and other key figures important in the life of the youth such as relatives, legal guardians, school teachers, principals, and friends.

What does MST do?

- A complete functional assessment of youth in the context of their family, school, and community
- Seeks to understand the "fit" between the child's problems and the factors which contribute to them
- Focuses on helping parents build supportive social networks
- Empowers parents to address the needs of the youth more effectively
- Emphasizes long term change that families can maintain after the program

How does MST use a "home-based" model?

- MST Therapists are available 24 hours a day, seven days a week
- Services are provided in the home, school, neighborhood and community
- Caseloads of therapists are small (4-6 families per therapist) and treatment is intensive, often including multiple contacts with family and other participants every week



- Length of treatment averages 4-6 months
- Therapists are fully trained in MST
- Each team has a supervisor and an expert consultant trained by Multisystemic Therapy Services, Inc, in Charleston, SC, who consults weekly on all cases.

What can I expect from my MST therapist?

Any combination of the following services could be provided to the youth and her/his family, as needed, within the MST program:

- total behavioral health care
- family therapy
- marital therapy
- individual sessions with youth
- individual sessions with parents
- chemical dependency assessment and treatment
- evaluation of the youth's peer network and arranging alternative activities
- consultation with schools
- coordinating activities with school systems, court, and/or other social service agencies
- arranging a psychiatric consultation

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