

**MULTISYSTEMIC  
THERAPY**



**Adelphoi** 

[www.adelphoi.org](http://www.adelphoi.org)

# MULTISYSTEMIC THERAPY



MST is the world's leading evidence-based program for at-risk youth and families. Backed by more research than any other community-based program, and more than 500 teams around the globe, MST consistently provides positive results with youth and families. Adelphoi is the leading provider of MST services in the state of Pennsylvania, serving youth and families since 1999 in over 20 counties.

MST receives referrals of youth, between the ages of 12 and 17, who display serious antisocial behaviors and are at-risk of placement out of the home due to their behaviors: disrespect, disobedience, drug/alcohol problems, school truancy and behavior problems, running away, criminal activity, and aggression.

MST treatment is intended to stabilize the living arrangement, promote reunification, or prevent and reduce the utilization of out-of-home therapeutic resources. The multisystemic approach addresses the many factors that are known to contribute to behavior problems across key settings, or systems, including the youth's home, school, neighborhood, and peer group; decreasing targeted risk factors and enhancing protective factors. The typical duration of treatment is 4-6 months.

## EXCLUSIONARY CRITERIA

Determination of whether a youth is appropriate for MST requires a review of the relevant factors by the MST Supervisor, often in collaboration with their MST Consultant. Contact can be made to MST Supervisor prior to consideration or recommendation.

- Youth living independently, or youth for whom a primary caregiver cannot be identified despite extensive efforts to locate all extended family, adult friends and other potential surrogate caregivers.
- Youth referred primarily due to concerns related to suicidal, homicidal, or psychotic behaviors.
- Youths whose psychiatric problems are the primary reason leading to referral, or who have severe and serious psychiatric problems.
- Juvenile sex offenders (sex offending in the absence of other delinquent or antisocial behavior).
- Youth with significant cognitive impairment.





## PROGRAM SPECIFICS

### Preventative or post placement care

This service option provides treatment using individual family counseling sessions and mentorship as the primary delivery methods. The therapist/caseworker visit the client and family for face to face sessions weekly.

Competency areas addressed are based on assessed need however may include: Independent Living Skills, Daily Living Skills, Job/Employment skills, Academic Support, Completion of GED, Family Counseling, Transition Support, Anger Management, Self-Esteem, Personal Appearance/Hygiene, Obtaining Driver's Permit/License, Creating Recreation/Leisure time within the family system.

For clients transitioning from a placement setting, the primary role of the counselor will be to support, execute and update the established aftercare plan as necessary.

### Preventative or post placement care for youth with sexual issues

Clients appropriate for this service option have committed a sexual offence or have demonstrated at risk sexual behavior. The program offers individual specialized counseling and education each week. Youth will also be educated on appropriate sexual boundaries, behavior and laws. Family counseling is also an integral part of the program. The assigned therapist/caseworker will also engage the caretaker in family counseling.

## BENEFITS

On-call services are provided to the family by the primary therapist through the week and by the MST team on weekends. MST therapists only work with five to six families at a time. Adelphoi's MST Program features elements of successful trials of MST that have been demonstrated to transport to diverse communities:

- A clearly defined and scientifically grounded treatment theory.
- High level of supervision, training, and clinical consultation, all conducted in accordance with MST specifications.
- Thorough, on-going assessment of each family's strengths, needs, and barriers to progress.
- Individually designed treatment plans to address specific drivers of antisocial behavior.
- Monitoring of adherence through implementation of MST's Quality Assurance protocols and focus on provider accountability.

MST reduces long-term rate of crime, repeat negative behavior, rates of out-of-home placements, and improves overall family functioning.

The average cost of MST treatment for a youth is thousands less than traditional hospital-based treatment or other out-of-home placements. Savings result not only from less expensive services, but from reduced future costs to the community due to successful treatment outcomes.





## ABOUT ADELPHOI

Adelphi is a non-profit organization dedicated to providing a continuum of quality services to children, youth, and families. Headquartered in Latrobe, PA, Adelphi has programs in 30 counties, serving nearly 1,000 youth and families on a daily basis and over 2,500 children annually. Adelphi's vast continuum of care includes group homes, a Charter School, foster and adoption services, education programs, mental health services, after-school programs, in-home services, shelter care, multisystemic therapy, and secure care.

Adelphi has over 700 employees and assists persons and communities in need from over 60 counties throughout the Commonwealth, as well as from Ohio and Delaware. Adelphi's mission: Offering outcome-based solutions for abused, neglected, delinquent and other at-risk children and their families through a continuum of treatment and education services that provide a foundation of hope for the future.



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