

MULTISYSTEMIC

THERAPY



Adelphoi

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 600 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 25 counties. Adelphoi also serves as a Network Partner for MST, supporting other agencies providing MST through admin and clinical support in an additional 25+ counties.

Adelphoi MST receives referrals of youth, between the ages of 10 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, academic struggles, behavior problems, running away, criminal activity, and aggression.

MST is a treatment service designed to help youth become more successful in their homes, school, jobs, friendships and communities. Treatment interventions target risk factors and enhance protective factors. The goal of MST is to keep teens and families safe and to help them work through challenges together, achieving the goals they set.

MST therapists meet with the teen and family weekly, at times convenient for them. MST also provides telehealth services, if warranted. The typical duration of treatment is 4-6 months.

Referrals can be made by parents, caregivers, schools, probation officers, caseworkers and providers. MST is managed care and county funded.

MST can begin services up to 30 days prior to a youth's release from out-of-home placement to assist with the transition back home.

EXCLUSIONARY CRITERIA

- 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

MST's systemic approach follows an evidence-based model, supporting the youth and families in many areas;

Youth

- Social skills & problem-solving training
- Skill building in coping strategies
- Managing mental health symptoms
- Substance use systemic interventions
- Cognitive-behavioral therapy
- Strategies for trauma-related symptoms
- Social supports

Family

- Family and marital therapy
- Skill building for parent/caregiver
- Improving parenting practices
- Managing caregiver mental health
- Training for household & financial management
- Strategies for trauma related symptoms
- Social supports

Peers

- Strategies for assessing peer relations
- Decreasing negative peer associations
- Helping youth develop positive peer relationships
- Pro-social activities
- Supports for youth

School

- Assessing school related problems
- School collaboration
- Assisting with educational & vocational success
- Preventing youth dropout

Community

- Identifying social support resources
- Strengthening skills to use resources
- Sustaining social supports

BENEFITS

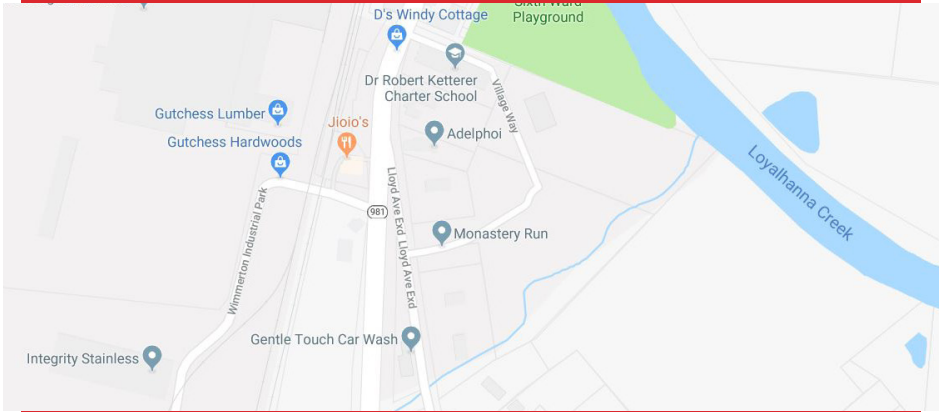
On-call services are provided to the family by the primary therapist through the week and by the MST team on weekends. MST therapists work with five to six families at a time to provide more focus and quick response time. Adelphoi's MST Program features elements of successful trials of MST that have 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

Adelphoi is a non-profit organization dedicated to providing a continuum of quality services to children, youth, and families. Headquartered in Latrobe, PA, Adelphoi has programs in 30 counties, serving nearly 1,000 youth and families on a daily basis and over 2,500 children annually. Adelphoi'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.

Adelphoi has over 650 employees and assists persons and communities in need from over 60 counties throughout the Commonwealth, as well as from Ohio and Delaware. Adelphoi'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.

For more information, please contact:

Beth Kuhns
MST Network Director
724-322-7700
beth.kuhns@adelphoi.org



1119 Village Way, Latrobe, PA 15650

www.adelphoi.org

