Multi-Systemic Therapy

Kelly Pullen, LCSW
Executive Vice President, Clinical Operations
Proven Results
for Families and Communities
Incarceration: Ineffective and Costly

U.S. cost per youth incarcerated:
$115,000 per year

70-80% of juveniles sent to youth prisons are re-arrested within 2 years

Each year, the U.S. loses between $8 billion and $21 billion due to incarceration of youth
MST Addresses Root Causes of Negative Behavior

**Entire Ecology**

MST focuses on the entire ecology of youths’ lives, addressing multiple factors that contribute to antisocial behavior, including factors at the family, school and community levels.

**Focus on Caregivers**

MST empowers caregivers to be long-term change agents, creating more sustainable effects than treatment methods focused solely on youths.

**Quality Assurance Yielding Consistent Results**

MST Services provides comprehensive quality assurance services, ensuring that adherence to the MST model is maximized to deliver consistent, highest quality results.
Theoretical Underpinnings

Based on social ecological theory of Uri Bronfenbrenner

• Children and adolescents live in a social ecology of interconnected systems that impact their behaviors in direct and indirect ways

• These influences act in both directions (they are reciprocal and bi-directional)
Social Ecological Model
MST Theory of Change

MST

Improved Family Functioning

Peers

School

Community

Reduced Antisocial Behaviour and Improved Functioning
# MST Implementation Overview

## MST Traditional Model:
Adolescents with serious behaviour problems, at risk of out of home placement

<table>
<thead>
<tr>
<th>Population:</th>
<th>Treatment:</th>
<th>Evidence:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Adolescents 11-17</td>
<td>3+ sessions per week, lasting 3-5 months</td>
<td>60 studies</td>
</tr>
</tbody>
</table>

## Inclusionary Criteria:
- Young people at risk of out of home placement due to anti-social or offending behaviors, substance abuse
- YP involved with the youth justice system
- YP who have committed sexual offences in conjunction with other anti-social behavior

## Exclusionary Criteria:
- Young people living independently
- Sex offending in the absence of other anti social behavior
- Young people with severe Autistic Spectrum disorder
- Actively suicidal, homicidal or psychotic
- YP whose psychiatric problems are the primary reason leading to referral
How does MST work?

Staffing:
3-4 full time therapists
1 full time supervisor

Treatment Length:
3-5 months, provided in the home and community

Caseloads:
Therapists have caseloads of 4-6, and see on average 15 families a year

Training:
Therapists receive the standard 5-day MST Orientation and Training. Quarterly boosters follow cognitive behavioral models for adults and children, based on trauma focused cognitive behavioral therapy.

Approach:
MST provides a holistic approach to antisocial behavior by taking into account the wide range of possible risk factors and systems involved. MST focuses on families and communities as a whole, tailoring interventions to the social ecology surrounding the individual exhibiting behaviors.

Quality Assurance:
MST Services provides comprehensive quality assurance services, ensuring that adherence to the MST model is maximized to deliver consistent, highest quality results.
MST: Scientifically Proven to Transform Lives

MST Therapists work in the home, school and community and are on call 24/7 to provide caregivers with the tools they need to transform the lives of troubled youth.

PROVEN RESULTS
60+ PUBLISHED STUDIES

- 91% YOUTH LIVE AT HOME
- 86% IN SCHOOL OR WORKING
- 87% NO JUVENILE ARRESTS

* AT THE CLOSE OF TREATMENT *
LASTING RESULTS FOR YOUTH TREATED

- 54% FEWER REARRESTS Over 14 Years
- 75% FEWER VIOLENT FELONY ARRESTS Over 22 Years
- 54% FEWER OUT-OF-HOME PLACEMENTS Median Across All Studies

MST BENEFITS THE WHOLE FAMILY

- 94% FEWER CAREGIVER FELONIES
- 55% REDUCTION IN SIBLING FELONY ARREST RATES
- 40% REDUCTION IN OVERALL SIBLING ARREST RATES

Journal of Consulting and Clinical Psychology
MST FEATURES THE LARGEST BODY OF EVIDENCE, BY FAR, OF SUCCESSFUL INTERVENTIONS FOR HIGH RISK YOUTH

GLOBAL REACH

- 15 COUNTRIES
- 2,500+ CLINICIANS
- 34 STATES
- 200,000+ YOUTH

BODY OF EVIDENCE

- 60+ STUDIES
- 48,000+ FAMILIES INCLUDED ACROSS ALL STUDIES
- $75m+ RESEARCH FUNDING
- 130+ PEER-REVIEWED JOURNAL ARTICLES

MST IS THE ONLY INTERVENTION FOR HIGH RISK YOUTH WHERE RESULTS HAVE BEEN REPEATEDLY REPLICATED BY INDEPENDENT RESEARCH TEAMS
Dramatic Cost Savings for Communities

SUPERIOR CLINICAL & FINANCIAL RESULTS
RELATIVE TO INCARCERATION AND ALTERNATIVE TREATMENTS

UP TO $23.59 ROI FOR EVERY DOLLAR SPENT
UP TO $200K NET BENEFIT PER YOUTH

*Journal of Family Psychology

RECENT STATE COST SAVINGS REPORTS

$134M SAVINGS
New Mexico Children, Youth and Families Department

cyfd

$50M SAVINGS
Pennsylvania State University
Proven Results
for Families and Communities

Charleston
710 Johnnie Dodds Blvd, Ste 200
Mount Pleasant, SC 29464

Atlanta
3490 Piedmont Rd NE, Ste 1250
Atlanta, GA 30305

info@mstservices.com
www.mstservices.com
843.856.8226