



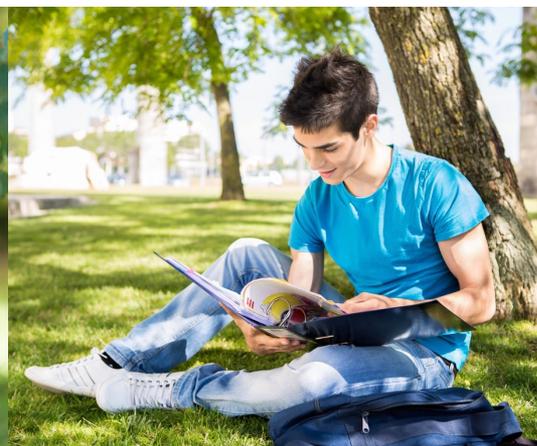
Multi-Systemic Therapy

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Proven Results
for Families and Communities



Incarceration: Ineffective and Costly

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

Justice Policy Institute

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

Annie E. Casey Foundation

Each year, the U.S. loses between
\$8 billion and \$21 billion
due to incarceration of youth

Justice Policy Institute

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

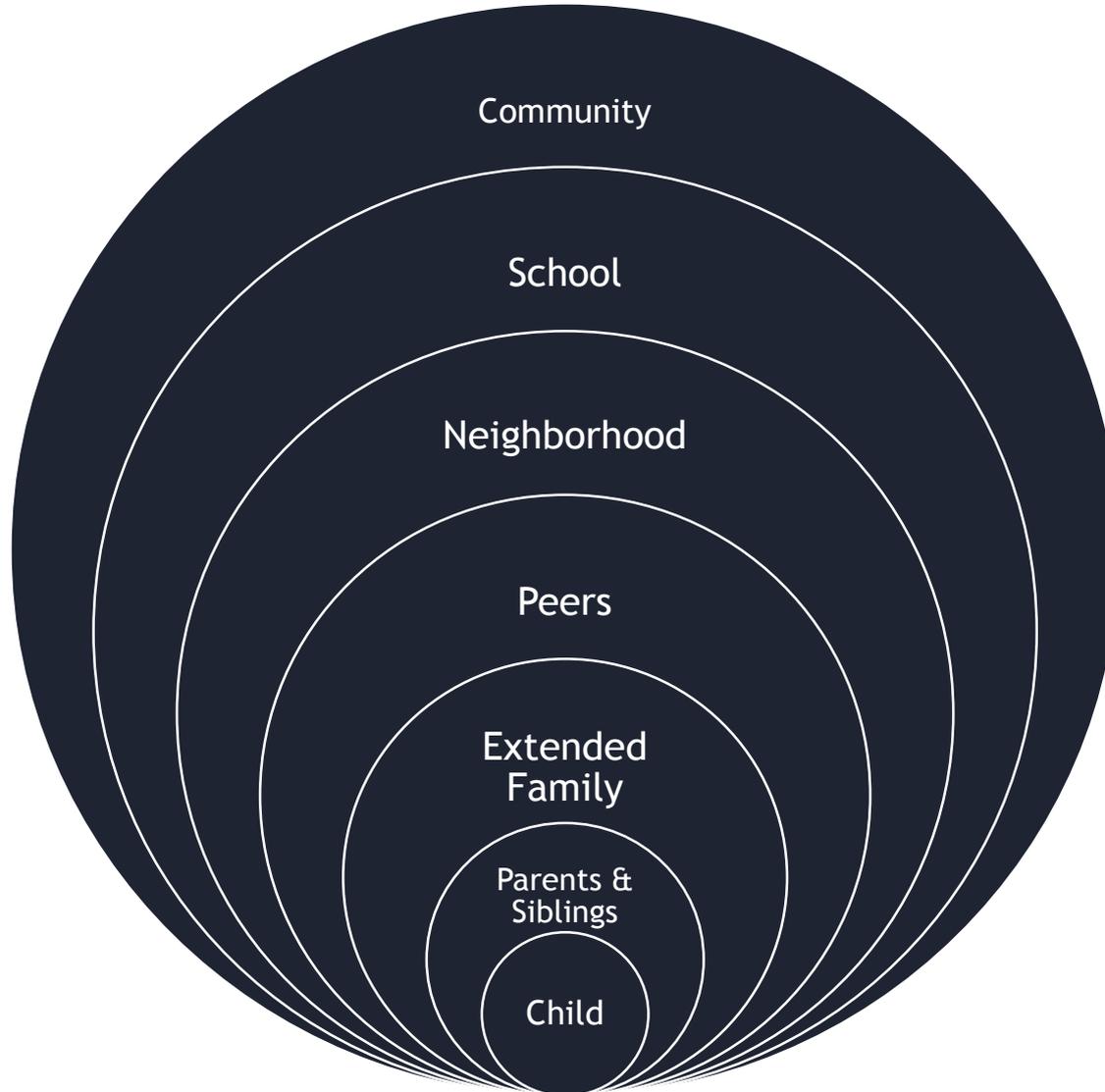
Quality Assurance Yielding Consistent Results

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

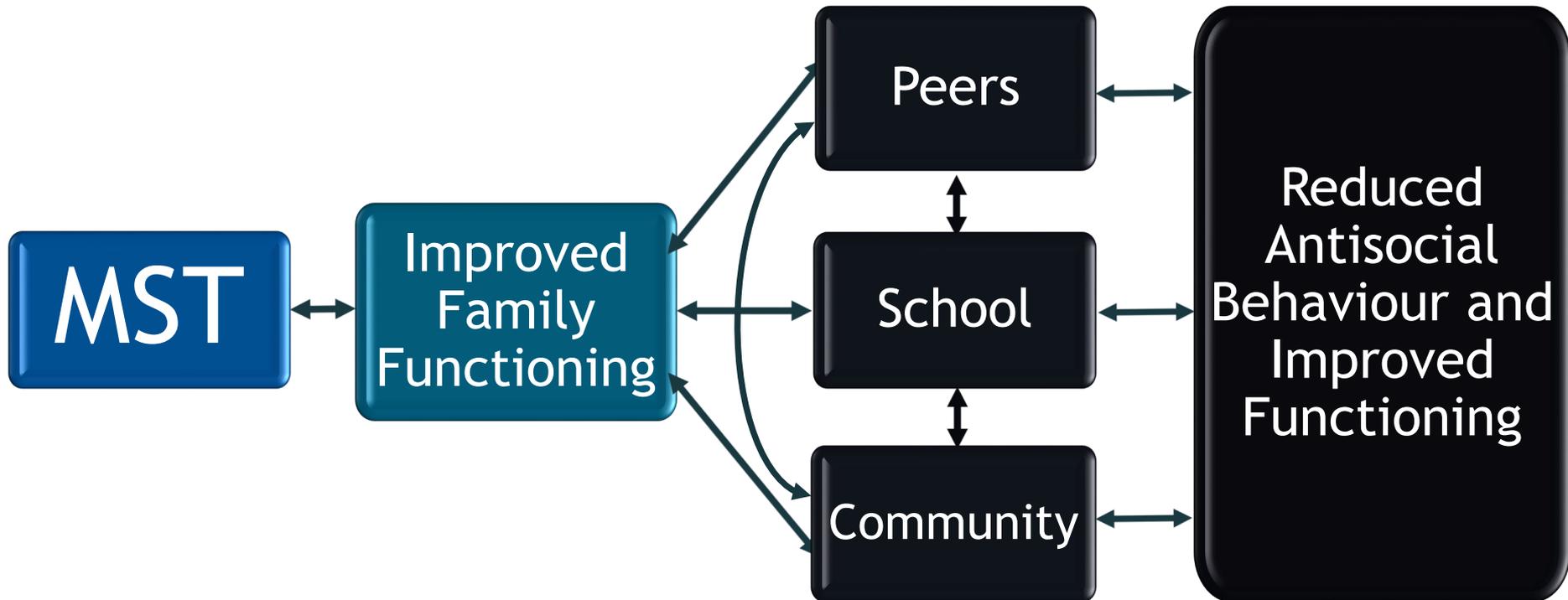
Based on social ecological theory of Uri Bronfenbrenner

- 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 Implementation Overview

MST Traditional Model: Adolescents with serious behaviour problems, at risk of out of home placement		
Population: Adolescents 11-17	Treatment: 3+ sessions per week, lasting 3-5 months	Evidence: 60 studies
Inclusionary Criteria: <ul style="list-style-type: none">• 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: <ul style="list-style-type: none">• 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.

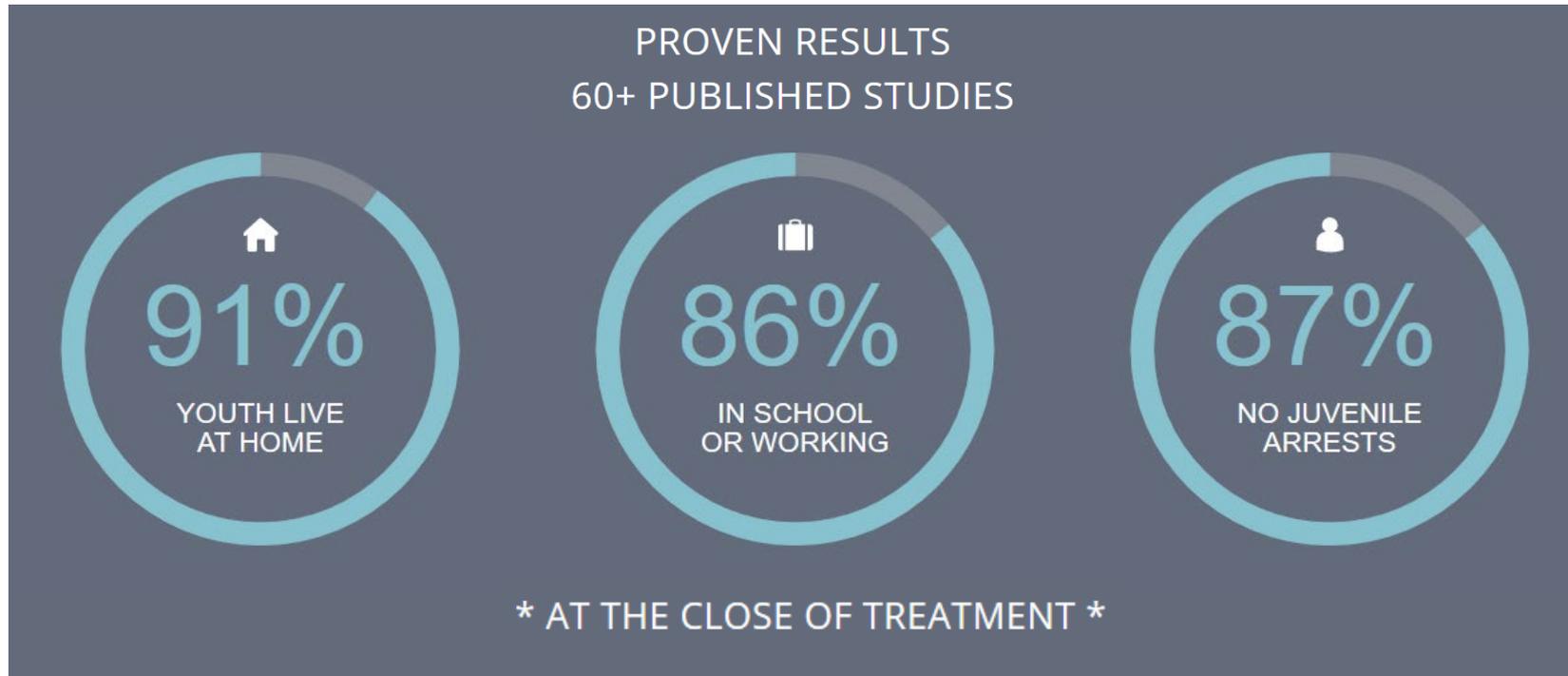
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MST: Scientifically Proven to Transform Lives



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.



Enduring Results for the Entire Family

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

40%

REDUCTION IN OVERALL SIBLING ARREST RATES

55%

REDUCTION IN SIBLING FELONY ARREST RATES

94%

FEWER CAREGIVER FELONIES



UP TO
\$8000
SAVINGS PER FAMILY MEMBER

Journal of Consulting and Clinical Psychology

Proven Results & Low Investment Risk

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



MST[®] Proven Results

for Families and Communities

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