



Multisystemic Therapy (MST®)

What is MST®?

MST is an evidence-based program that empowers youth and their families to function responsibly over the long term. Therapists work in the home, school and community, and a team member is on call 24/7 to provide caregivers with the tools they need to transform the lives of troubled youth. Research demonstrates that MST reduces criminal activity and other undesirable behavior by addressing the core causes of such conduct. MST views the client as a network of systems including family, peers, school, and neighborhood.

MST® Highlights

- A short-term, intensive program lasting 3-5 months, with 24/7 support
- For youth 12-17 years old, and their families, with high risk, antisocial behavioral & emotional problems that are at-risk of out-of-home placement
- Multiple therapies approach as problems are generally due to multiple factors
- Accepting Molina, Select Health, and Humana insurance

**Up to \$23.59 ROI
on every \$1 spent**



MST® Outcomes

At close of treatment*



Long Term



*based on over 70 studies with 57,000 families

Over 14 years

Over 22 years

Median over all studies