



# Multisystemic Therapy can help you get your family back

"I no longer know what to do. My child has not only gotten into trouble numerous times in school, but also with the police. Nothing I do as a parent seems to work. I do not want to send my child away, but I am worried that in-home services will be too invasive, or make me feel like I am the reason for my child's troublesome behavior."

If this sounds like  
your situation....  
**MST can help.**

## What is MST?

Multisystemic Therapy (MST) is an evidence-based program designed to work with your troubled youth, you, and the rest of the family. Treatment is done in your home, your child's school, and in the community, and an MST team member is on-call 24/7 to meet you and your child when and where help is needed. MST is different because it is strength-focused, non-blaming, and views caregivers as a critical part of the solutions to a youth's problem behaviors. Multisystemic Therapy will empower you to solve current and future problems, and give you the tools you need to strengthen your family.

Since North Carolina started tracking statewide results of MST in 2013, it found that approximately:

**88%**

of youth  
were not  
re-arrested

**90%**

of youth were  
attending  
school

**90%**

of youth were  
living at  
home

# Multisystemic Therapy

## Frequently Asked Questions



### What is MST?

MST is a family- and home-based treatment that works to change how youth behave in their home, school, and neighborhood, in ways that promote their positive social behavior while decreasing their negative behavior.

### What are the primary goals of MST?

The primary goals of MST are to: (a) keep youth safely at home; (b) keep youth in school and/or working; (c) prevent youth from getting arrested and reduce their criminal and other problem behaviors.

### How is MST different from other services?

Instead of sending your child out of the community, your MST therapist works within your home, addressing the root causes of your child's behaviors. The treatment itself is not cookie cutter—it is specifically tailored to the strengths and needs of you and your family. Your MST team is dedicated to doing whatever it takes to inspire positive changes for your youth and family. MST's positive results are scientifically proven to be long-lasting.

### What is the availability of the therapists?

Your family will have access to your therapist, or another clinician within your therapist's MST team, 24 hours a day, seven days a week. Your therapist will plan sessions in the home at times convenient to your family.

### What is the average length of treatment?

The length of treatment is 3-5 months (4 months on average).

### What age group does MST serve?

MST treats adolescents ages 12 to 17 (and their families, caregivers, etc.)

### What is expected of the guardian or parent?

Together, you, your child, and your MST therapist will develop a shared understanding of your child's current behaviors and concerns within the home, school, and community. This understanding will help you and your family work with your therapist to build strategies that are tailored to your unique situation. MST therapists focus on collaborating with and empowering you as the parent/caregiver by using your family's identified strengths and support system (e.g. extended family, neighbors, friends, and church members, etc.).

Interested in positively transforming your child's life through Multisystemic Therapy? Contact your local MST provider today.

To locate a provider near you, contact your nearest LME/MCO or visit:

[www.mstservices.com/licensed-organizations](http://www.mstservices.com/licensed-organizations)