

Who is eligible for MST?

The target population of MST Services is youth ages 12 to 17 years old who are at risk of out of home placement due to antisocial or delinquent behaviors and/or are involved with the juvenile justice system. Youth must meet Wayne County CMH eligibility requirements for SED and in-home services.

Youth are not eligible if they are:

- 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.
- 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.
- Sexual offending in the absence of other delinquent or antisocial behaviors
- Youth with moderate to severe difficulties with social communication, social interaction, and repetitive behaviors, which may be captured by a diagnosis of autism spectrum disorder (ASD)



Watch Multisystemic Therapy in action!

Scan the QR code with your phone!

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Multisystemic Therapy



What is Multisystemic Therapy (MST)?

Multisystemic Therapy (MST) is an evidence-based, in-home, family- and community-based treatment that addresses the core causes of juvenile delinquency and antisocial behaviors in youth ages 12-17. Central to the MST treatment approach is the view that the MST client includes not only the youth, but also the multiple systems within which the youth is embedded: immediate and extended family, peers, school, neighborhood, providers, and other key participants.

MST views the youth as embedded within multiple interconnected systems



Source: MST Services

How Does MST Work?

MST treatment is specifically tailored to the strengths and needs of each individual youth and family, with family members playing an integral role in helping plan & implement interventions that are tailored to their unique situation. MST therapists focus on collaborating with and empowering caregivers by using identified strengths to help develop the skills, resources, tools and natural support system necessary to break the cycle of negative behavior, work to promote positive changes, and keep youth at home, in school, and out of trouble long term. MST treatment typically takes place over a 3-to-5-month period with at least 3 in-home sessions each week. MST therapists are on-call and available to youth and their families, 24 hours per day, seven days a week to provide crisis and/or in-the-moment behavioral support.

MST interventions aim to:

- Improve how the caregiver disciplines
- Enhance family relations
- Decrease a youth's association with negative peers
- Increase a youth's association with pro-social peers and engage youth in positive recreational outlets
- Improve a youth's school and/or vocational performance
- Divert youth from the legal system and help resolve existing legal issues
- Develop a natural support network of extended family, neighbors and friends to help caregivers achieve and maintain changes

