MULTISYSTEMIC THERAPY

Do you know a teen that frequently gets into trouble? Do you know caregivers that are not sure how to help? Do you know a teen that is facing legal charges? MST may be the right program.

MST focuses on empowering caregivers to increase their effectiveness in making and sustaining changes in the systems that impact the youth. The MST model is empirically based and has been shown to be effective through randomized, controlled clinical trials.

Multisystemic Therapy Team:

Veronica Keys, MST Therapist (Midland)
Toni Zaborowski, MST Therapist (Midland)
Rebecca Casper, MST Therapist (Isabella)
Melissa Shannon, MST Therapist (Isabella)
Ashley Thering, MST Supervisor

For more information: athering@cmhcm.org

OFFERING A FULL CONTINUUM OF SERVICES FOR CHILDREN, ADOLESCENTS, AND FAMILIES

- Outpatient Individual, Family, and Group Therapy
- Intensive Outpatient Mental Health & Substance Use Services
- Special Education and Evaluation
- In-home and Community-Based Services
- Crisis Intervention and Stabilization
- Specialized Foster Care Programs
- Home-like Residential Care
- Community Justice and Court Diversion Education Programs
- Supported Employment Programs

Locations:

**Midland County**
218 Fast Ice Drive
Midland, MI 48642
989-631-2320
Michigan Relay 7-1-1

**Isabella County**
301 S. Crapo St.
Mt. Pleasant, MI 48858
989-772-5938
Michigan Relay 7-1-1

MST views the youth as embedded within multiple interconnected systems.

Community/Culture
Neighborhood
School
Peers
Family
Child

CMHCM receives financial support from the Michigan Department of Health and Human Services.
<table>
<thead>
<tr>
<th>WHO IS ELIGIBLE FOR MST, MST-PSB, MST-PSB FOR RSB?</th>
<th>WHO IS NOT ELIGIBLE FOR MST OR MST-PSB?</th>
<th>WHAT CAN I EXPECT FROM MY MST THERAPIST?</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Multi-systemic Therapy (MST)</strong> <em>(Ages 12-17)</em></td>
<td><strong>Exclusionary Criteria:</strong></td>
<td><strong>Any combination of the following:</strong></td>
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<td>• Youth at risk of out-of-home placement due to anti-social or delinquent behaviors, including substance abuse</td>
<td>• Youth 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.</td>
<td>• Family therapy</td>
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<td>• May have co-morbid psychiatric illness, but behavioral issues must be the primary reason for referral (runaway, truancy, aggression, illegal activity, substance use, oppositional behavior)</td>
<td>• There is not a caregiver that recognizes the possibility that the youth committed the sexual offense for which they were adjudicated for legally.</td>
<td>• Individual sessions with parents</td>
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<td>• Involvement with juvenile justice system</td>
<td>• Youth who are actively suicidal, homicidal, or psychotic.</td>
<td>• Evaluation of the youth’s peer network and development of alternative activities</td>
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<tr>
<td>• Youth who have committed sexual offenses in conjunction with other anti-social behavior</td>
<td>• Youth whose psychiatric problems are the primary reason leading to referral, or who have severe and serious psychiatric problems.</td>
<td>• Consultation with schools</td>
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<td>• Length of treatment, 3 - 5 months</td>
<td>• Youth with moderate to severe difficulties with social communication, social interaction, and repetitive behaviors. These difficulties may be diagnosed as Autism Spectrum Disorder (ASD).</td>
<td>• Consultation in parenting issues</td>
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<tr>
<td><strong>Multi-systemic Therapy for Problem Sexual Behaviors (MST-PSB) (Ages 10-17)</strong></td>
<td><strong>WHERE CAN I GET MST/MST-PSB IN MY COMMUNITY?</strong></td>
<td><strong>On-call assistance available 24 hours a day, 7 days a week</strong></td>
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<td>• Children or youth who engage, or have engaged, in sexual behaviors that are illegal, regardless of whether or not they have been adjudicated for such illegal acts.</td>
<td><strong>Referrals are accepted for review from mental health agencies, juvenile probation, prosecution, victim advocates, child advocacy centers, DHHS/CPS and schools.</strong></td>
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<tr>
<td>• Length of treatment, 5 - 7 months</td>
<td><strong>WHERE CAN I GET MST/MST-PSB IN MY COMMUNITY?</strong></td>
<td></td>
</tr>
<tr>
<td><strong>MST-PSB for Risky Sexual Behaviors (Ages 10-17)</strong></td>
<td><strong>WHERE CAN I GET MST/MST-PSB IN MY COMMUNITY?</strong></td>
<td></td>
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<td>• Focuses on addressing youths’ efforts to continually seek sexual activity with peers and/or adults in a number or intensity which exceeds family/parent/cultural norms and values.</td>
<td><strong>WHERE CAN I GET MST/MST-PSB IN MY COMMUNITY?</strong></td>
<td></td>
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<td>• RSB targets sexual behaviors which violate the law and/or potentially increase the risk of out of home placement.</td>
<td><strong>WHERE CAN I GET MST/MST-PSB IN MY COMMUNITY?</strong></td>
<td></td>
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<td>• Length of treatment, 5 - 7 months</td>
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