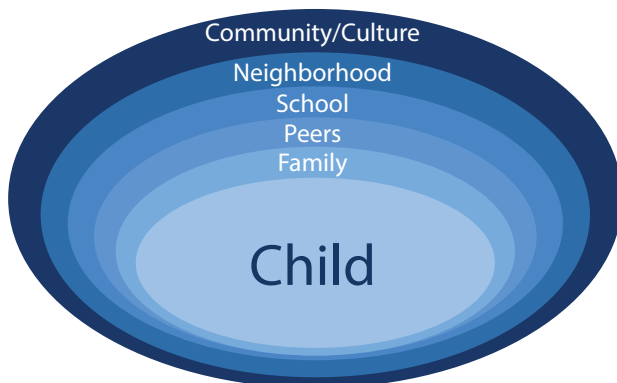


OFFERING A FULL CONTINUUM OF SERVICES FOR CHILDREN, ADOLESCENTS, AND FAMILIES

- 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

MST views the youth as embedded within multiple interconnected systems.



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

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

Accredited by:



Joint Commission
On Accreditation of Healthcare Organizations

CMHCM receives financial support from the Michigan Department of Health and Human Services.



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.



**Community
Mental Health**
FOR CENTRAL MICHIGAN

WHO IS ELIGIBLE FOR MST , MST-PSB, MST-PSB FOR RSB?

Multi-systemic Therapy (MST) (Ages 12-17)

- Youth at risk of out-of-home placement due to anti-social or delinquent behaviors, including substance abuse
- 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)
- Involvement with juvenile justice system
- Youth who have committed sexual offenses in conjunction with other anti-social behavior
- Length of treatment, 3 - 5 months

Multi-systemic Therapy for Problem Sexual Behaviors (MST-PSB) (Ages 10-17)

- 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.
- Length of treatment, 5 - 7 months

MST-PSB for Risky Sexual Behaviors (Ages 10-17)

- 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.
- RSB targets sexual behaviors which violate the law and/or potentially increase the risk of out of home placement.
- Length of treatment, 5 - 7 months

WHO IS NOT ELIGIBLE FOR MST OR MST-PSB?

Exclusionary Criteria:

- 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.
- There is not a caregiver that recognizes the possibility that the youth committed the sexual offense for which they were adjudicated for legally.
- Youth who are actively suicidal, homicidal, or psychotic.
- Youth whose psychiatric problems are the primary reason leading to referral, or who have severe and serious psychiatric problems.
- Youth with moderate to severe difficulties with social communication, social interaction, and repetitive behaviors. These difficulties may be diagnosed as Autism Spectrum Disorder (ASD).

WHAT CAN I EXPECT FROM MY MST THERAPIST?

Any combination of the following:

- Family therapy
- Individual sessions with parents
- Evaluation of the youth's peer network and development of alternative activities
- Consultation with schools
- Coordination of programs with the court and other agencies
- Consultation in parenting issues
- On-call assistance available 24 hours a day, 7 days a week

WHERE CAN I GET MST/MST- PSB IN MY COMMUNITY?

Referrals are accepted for review from mental health agencies, juvenile probation, prosecution, victim advocates, child advocacy centers, DHHS/CPS and schools.

MST Theory of Change

MST
Multisystemic Therapy

