



Probation Service Definition

ADMINISTRATIVE OFFICE OF THE COURTS & PROBATION

SERVICE NAME	Multi-Systemic Therapy (MST) <input type="checkbox"/> Adult <input checked="" type="checkbox"/> Juvenile
Category	Treatment
Setting	Community-based services are provided primarily in the youth’s natural environment and/or other appropriate location(s); may include other community locations where the parent or caregiver is present, school or other locations conducive for the delivery of multi-systemic therapy (MST) services.
Facility License	The agency providing Multi-Systemic Therapy (MST) services must be consistent with licensing standards as required by the Department of Health & Human Services (DHHS)-Division of Public Health. Agency must be certified as an MST certified treatment provider. Certification signifies that the organization has complied with MST standards and has met the required criteria in the following areas: quality assurance, data collection, program monitoring, contract status and payment status.
Service Description	<ul style="list-style-type: none"> • MST is a service that targets youth age 12-18 and their families who have antisocial, aggressive or violent behaviors and meet one or more of the following criteria: <ul style="list-style-type: none"> ○ are at risk of out-of-home placement due to delinquency ○ adjudicated and returning from out-of-home placement ○ chronic or violent criminal activity ○ serious emotional disturbances ○ substance use disorder • If the youth is 18 years old, they must also meet the following criteria listed below: <ul style="list-style-type: none"> ○ all MST inclusionary and exclusionary criteria are met including that the youth is living with an identified caregiver ○ caregivers must have legal responsibility for the youth • MST is a community-based, family-driven intensive model of treatment based on evidence-based interventions that target high-risk behavior in youth and increase protective factors. The purpose of MST is to keep youth in the home by delivering an intensive therapy to the family within their home. MST therapist meets with youth, family, caregiver as well as others in the youth’s ecology to achieve treatment goals. • The following is an overview of the MST services. These are not comprehensive nor should they take the place of the MST model and the fidelity to the MST model. Fidelity to the MST model is essential to the success of the youth and family.

	<ul style="list-style-type: none"> • MST is built on the principle that a seriously troubled youth's behavioral problems are multi-dimensional and must be confronted using multiple strategies. The serious behavior problems of a youth typically stem from a combination of influences, family factors, deviant peer groups, problems in school/community, and individual characteristics. This approach best serves youth whose delinquent behavior can be linked to more than one of these systems. MST recognizes that each system plays a critical role in a youth's world and each system requires attention when effective change is needed to improve the quality of life for youth and their families.
Service Expectations	<ul style="list-style-type: none"> • MST services include an initial and ongoing assessment to identify the focus ((fit) - factors driving the problem behavior) of the MST intervention. Once the fit is identified the therapist will develop interventions focusing on the following areas: individual therapeutic interventions with the youth\their family, peer interventions, case management and stabilization • If clinically necessary, the therapist upon permission from the legal guardian shall communicate with current/former providers as appropriate to coordinate services. • Specialized therapeutic and rehabilitative interventions are available to address substance use disorder, sexual abuse, sex offending, and domestic violence. MST involves families and other systems such as the school, probation/problem solving court staff, extended families, and community connections • Each youth referred to the service is assigned an MST therapist who designs individualized interventions in accordance with the MST treatment principles, thereby addressing specific needs of the youth and his or her specific environment. Developmentally appropriate interventions are appropriate to the youth's age and developmental needs • After the initial sessions, family members who attend family sessions with the therapist will vary depending on the nature of the particular problem being discussed. For example, youth are not included in sessions addressing intimate marital issues between parents or dealing with poor parental discipline, so as not to undermine parental authority. As part of the process, the counselor works closely with teachers, neighbors, extended family, members of the youth's peer group and parents • The primary goals of MST are to: <ul style="list-style-type: none"> • Develop in parents or guardians, the capacity to manage future difficulties • Reduce youth criminal activity and reduce antisocial behaviors such as drug abuse • Achieve outcomes of decreasing rates of incarceration and other out-of-home placements • Service staff creates strong working relationships with referral sources such as youth, justice and the family court. They work closely with probation/problem solving court officers, social welfare workers, teachers, and guidance counselors to obtain the perspectives of multiple systems that have the common goal of improving youth and family treatment goals

	<ul style="list-style-type: none"> • MST components such as availability of the MST staff, flexible scheduling, and delivery of services in the home all provide safety for the family, prevent violence, develop a joint working relationship between therapist and family, provide the family with easier access to needed services, increase the likelihood that the family will stay in treatment, and help the family maintain changes in behaviors • The therapist and parents/guardians introduce the youth to positive peer recreational leisure activities to reduce criminal risk • Therapists assist parents/guardians in improving parenting skills and family relations: • Involve the youth with friends who do not participate in criminal behavior • Help him or her get better grades or start to develop a vocation • Help the youth participate in positive activities, such as sports or school clubs • Create a support network of extended family, neighbors and friends to help the parents/guardians maintain the changes • Build on strengths • Develop treatment plan together • Families have less contact with the therapist as they get closer to being discharged from treatment. • Develop and implement a crisis plan for the youth and family. The youth and family will demonstrate how to implement the crisis plan. • Officer will verify with staff to determine if progress is being made. If progress is not indicated, the staff shall provide a rationale as to what changes will be made to initiate a plan to increase progress.
Service Frequency	MST services last up to five months. Number of sessions shall be based on the youth's/family's needs. Services will be individualized and based on clinical needs. The hours per week will taper to a prescribed schedule as the youth's functioning improves.
Length of Stay	Up to five months, length of treatment is individualized based on progress of the youth and family. The duration of MST services shall vary based on the youth's ability to benefit from the individual's needs and their response to the day-to-day treatment intervention
Staffing	<ul style="list-style-type: none"> • An MST therapist consists of a minimum LMHP (Licensed Mental Health Practitioner) or PLMHP (Provisional Licensed Mental Health Practitioner, MST-trained and certified • MST Therapist = master's degree in social work, counseling, education or other relevant human service profession, with two years of experience in children and family services. Licensed in the state of Nebraska and must practice within scope • Therapists must complete the MST five-day orientation training and participate in ongoing MST training.

	<ul style="list-style-type: none"> • MST therapists must also participate in a weekly consultation with a master’s level MST consultant to maintain fidelity to the MST model • Agency must be licensed as an MST agency • Active MST team requires MST certification of a clinical supervisor and at least 2-4 MST certified treatment providers
Staff to Client Ratio	1 MST therapist to 6 youth/families 1 MST supervisor to 2-4 MST therapists – 1 MST supervisor can supervise up to 2 teams at a maximum of 8 therapists
Hours of Operation	Services occur during day, evening or weekend when the youth\amilies can attend sessions. MST services are available 24 hours/day, 7 days/week
Service Desired Outcomes	<ul style="list-style-type: none"> • Youth remains in home and school <ul style="list-style-type: none"> ▪ Improve school attendance and performance • Improve relations with peers and adults <ul style="list-style-type: none"> ▪ Decrease association with deviant peers, increase association with positive peers • Improve family functionality <ul style="list-style-type: none"> ▪ Improve parenting practices ▪ Decrease in conflict and hostility ▪ Increase family cohesion, adaptability and supportiveness • Fewer behavior problems <ul style="list-style-type: none"> ▪ Significant improvements in internalizing and externalizing problems • Reduce Substance Use • Reduction in criminal recidivism, arrest and incarceration <ul style="list-style-type: none"> ▪ Less criminal activity ▪ Arrested for less serious offenses • Fewer days out of home • Decrease problem behaviors <ul style="list-style-type: none"> ▪ Fewer internalizing and externalizing behaviors
Unit and Rate	Per unit; see rate sheet

[Click here to view
Service Interpretive Guideline]