



ADMINISTRATIVE OFFICE OF THE COURTS & PROBATION

Service Interpretive Guidelines **Multi-Systemic Therapy**

SERVICE DEFINITION:

Multi-Systemic Therapy (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.

TARGET POPULATION:

This service would typically assist in addressing youth with high risk and/or need in Family Circumstances/Parenting, Attitudes/Orientation, Education/Employment, Peer Relations, Substance Use, Leisure/Recreation and/or, Personality/Behavior.

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:

- 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:

- 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

PROBATION/PROBLEM SOLVING COURT OFFICER (OFFICER) RESPONSIBILITIES:

- Officer will communicate with the MST therapist to assist in developing an individualized treatment plan for the youth.
- Officer shall communicate weekly, at a minimum for updates on the treatment plan, goals and the youth and family's engagement in services.
- Officer will complete engagements outlining admission, treatment and discharge.
- Officer will assist in maintaining family engagement and facilitate family team meetings to encourage communication and progress.

- Officer will verify with the MST therapist if progress is being made. If progress is not indicated, the MST therapist shall provide a rationale as to what changes will be made to initiate a plan to increase progress.
- Officer will work with the provider to develop a written discharge plan that includes:
 - Next appropriate community services
 - Follow-up appointments scheduled in conjunction with family
 - Community supports and resources for the youth/family
 - Consultation with community agencies on behalf of or in conjunction with the youth/family
- Upload all documents to the information management system.