



Proven Results
for Families and Communities

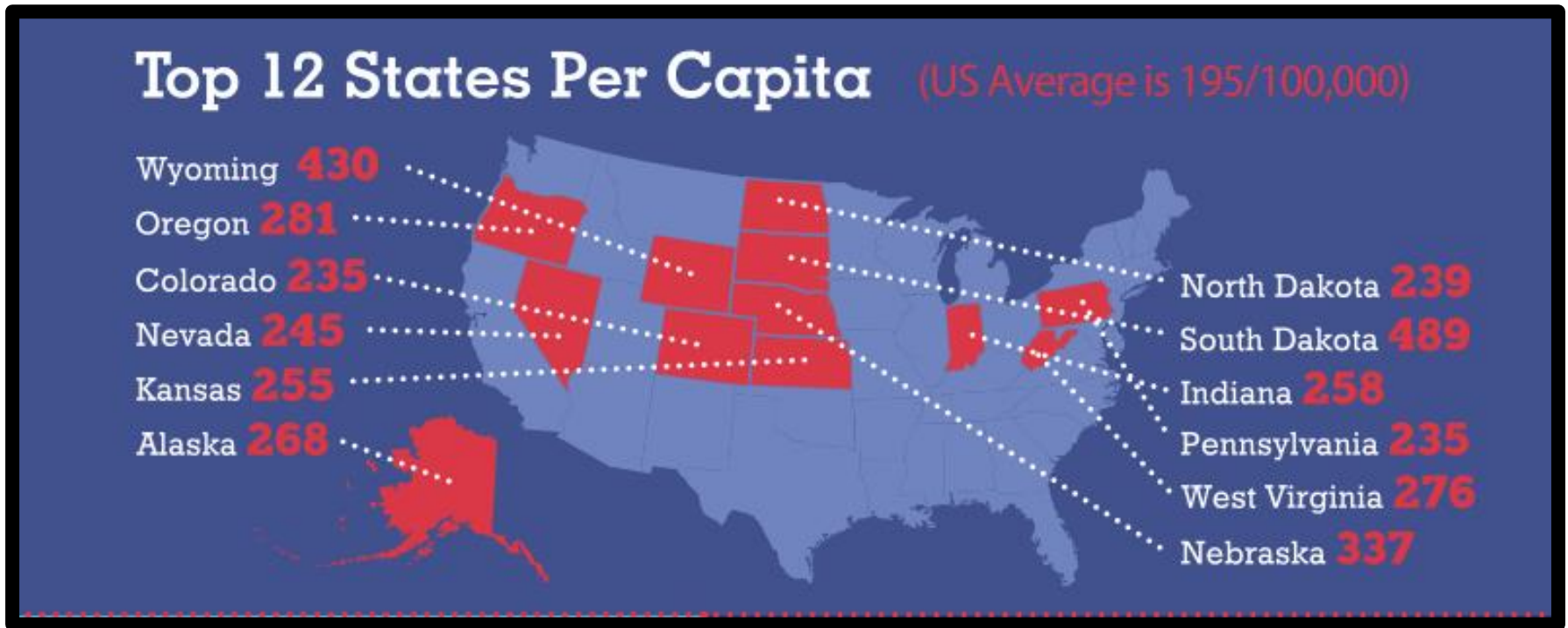


Introductions

- **Dr. Shauna Eberhardt**
 - Clinical Director, Southeast Human Service Center
- **Emily Althoff**
 - MST Unit Supervisor, Southeast Human Service Center
- **Logan Greenspan**
 - Co-CEO, MST Services

Your Mission is Important

North Dakota ranks #10 for youth incarceration at 239 per 100,000



What is Multisystemic Therapy?

- Community-based, family-driven treatment initially developed for antisocial/delinquent behavior in youth.

MST Assumptions

- Children's behavior is strongly influenced by their families, friends, and communities.
- Caregivers/parents want the best for their children and want them to grow to become productive adults.
- Families can live successfully without formal, mandated services.
- Change can occur quickly!

How is MST Different?

- Uses a “one-stop-shop” approach
- Interventions are empirically supported
- Quality assurance process

- <https://cdn2.hubspot.net/hubfs/295885/MST%20Redesign/Video/MST%20Explainer%20Video%202019.mp4?submissionGuid=e460df14-059e-49ce-9c26-838f9aab9e73>

MST Addresses Root Causes of Negative Behavior

Entire Ecology

MST focuses on the entire ecology of youths' lives, addressing multiple factors that contribute to antisocial behavior, including factors at the family, school and community levels

Focus on Caregivers

MST empowers caregivers to be long-term change agents, creating more sustainable effects than treatment methods focused solely on youths

Quality Assurance Yielding Consistent Results

MST Services provides comprehensive quality assurance services, ensuring that adherence to the MST model is maximized to deliver consistent, highest quality results

Evaluation and Accountability

- Therapist accountable to family outcomes
- Supervisor accountable to therapist outcomes
- Consultant accountable to program outcomes

- Constant focus on what we can do better!

Generalization

- Thinking beyond MST and what is sustainable vs. what is the next service or “step-down”
- Helping families generalize acquired skills in several domains
 - Other behaviors
 - With siblings
 - In other relationships

Enduring Results for the Entire Family

LASTING RESULTS FOR YOUTH TREATED

54%

FEWER REARRESTS

Over 14 Years

75%

FEWER VIOLENT FELONY ARRESTS

Over 22 Years

54%

FEWER OUT-OF-HOME PLACEMENTS

Median Across All Studies

MST BENEFITS THE WHOLE FAMILY

40%

REDUCTION IN OVERALL SIBLING ARREST RATES

55%

REDUCTION IN SIBLING FELONY ARREST RATES

94%

FEWER CAREGIVER FELONIES



UP TO
\$8000
SAVINGS PER FAMILY MEMBER

Journal of Consulting and Clinical Psychology

- Adaptation of MST specifically designed to serve families with youth at risk of out-of-home placement due to serious psychiatric and behavioral problems, including substance use.
- Goal is to improve behavioral problems, mental health symptoms, suicidal behaviors and family relations while increasing the amount of time youth spend going to school and living in home-based placement.
- Team: Supervisor, Two Therapists, **Psychiatrist, Crisis Case Worker**

Ultimate Outcomes in Fargo

1/1/19 - 12/31/19	
Total number cases with opportunity for full-course treatment	11
Average length of stay in days for youth for youth with opportunity for full-course treatment	138.09
Percent of youth living at home	100%
Percent of youth in school or working	90.9%
Percent of youth with no new arrests	72.72%

Instrumental Outcomes in Fargo

1/1/19 - 12/31/19	
Percent with parenting skills necessary to handle future problems	100%
Percent with improved family relations	81.81%
Percent with improved network of supports	100%
Percent with success in educational/vocational setting	81.81%
Percent of youth involved with prosocial peers/activities	81.81%
Percent of cases where changes have been sustained for at least four weeks	72.72%

For More Information

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Thank you!