

### Q. What is MST?

A. Multisystemic Therapy (MST) is an intensive family-and community-based treatment program intended to identify the practical issues that impact a youth's serious antisocial behavior within his or her environment.

A. Therapists have small caseloads and work as a team; are available 24 hours a day, 7 days a week, and provide services to families at times convenient for them.

A. MST clinicians go where the child lives, socializes, and attends school. They work intensively with parents and caregivers to keep the youth focused on school and gaining job skills, while avoiding antisocial activities.

A. MST views the youth as embedded within multiple, interconnected systems: family, peers, school, neighborhood, and community/culture.

### Q. What is the main goal of MST?

A. The overarching goal of MST is to keep youth who present with serious clinical problems (drug use, violence, severe criminal behavior) at home, in school, and out of trouble.

### Q. Is MST evidence-based?

A. Crime Solutions reports it as "Effective," which means it has strong evidence to indicate the program achieved its intended outcomes when implemented with fidelity.

A. MST's website reports over 30 years of research, including 18 studies, have been conducted on the model.

A. MST Services provides a strong fidelity system which includes clinical and ongoing programmatic support to ensure adherence.

### Q. How effective is MST?

A. MST reports a reduction in out-of-home placements up to 50%, reductions in recidivism of up to 7%, and improvements in family relations.

A. Additionally, MST has been shown to lead to increased attendance in school, and decreases in adolescent drug and alcohol use.

Click [here](#) for additional information on research related to the effectiveness of MST.

### Q. How long is the MST program?

A. The average treatment time is four months, although there is no designated length of time.

## Multisystemic Therapy, FAQ

A. Therapist/child/family contact can be every day, to several times a week, to one a week, depending on the needs of the family.

### Q. What is the target population for MST?

A. Youth aged 12 to 17 with serious antisocial and problem behavior with serious criminal offenses.

A. MST is for appropriate for both males and females.

### Q. What is the implementation process for MST?

A. All MST programs must be licensed by MST services.

A. Each MST treatment team consists of three to four therapists, with each therapist carrying a caseload of four to six families.

A. MST Services created the MST Program Development Model™ (PDM) to include information on implementation, however, given the variation in organizations, it is recognized that PDM is applied differently across locations. Autonomy is given to the local program's developer to implement MST relative to the needs of the community.

A. The core of MST services provided consists of an initial 5-day training, ongoing MST clinical support, quarterly booster training, ongoing organization assistance and quality assurance support through the monitoring of treatment fidelity/adherence.

[Download](#) a detailed description of the MST program design and implementation.

### Q. How many counties are using MST in Georgia?

A. Through the Juvenile Justice Incentive Grant, 6 counties are currently providing MST.