

Multisystemic Therapy Services

Multisystemic Therapy (MST) is an evidence-based and intensive family treatment service provided in the family's home or community. The major goal of the MST approach is to equip parents with the skills and resources needed to independently address the difficulties that arise in raising adolescents. This practice also empowers youth to cope with family, peers, school, and neighborhood issues. MST is a cost-effective and highly researched model that results in positive outcomes for youth and their families.

MST Services

Community Solutions, Inc. (CSI) became New England's first licensed provider of MST services in 1999. Now, a national leader in the field, our MST Therapists provide a range of goal-directed services for each family that may include, but not be limited to, the following:

- Improving parenting practices
- Improving family affection
- Decreasing negative peers
- Increasing school performance
- Engaging in positive recreational activities
- Improving family and community relations
- Improving family empowerment
- Family and marital interventions
- Individual interventions consistent with MST principles
- Aiding families in meeting concrete needs
- Teaching the family organizational skills
- Linking families with follow-up services

"My MST Therapist had a good vibe. I was able to be open and talk to hear and make a connection because she could relate to me. She would call me out when I was wrong, but also help me do better."

-Youth Client

MST focuses first on improving psychosocial functioning for youth and their families so that the need for out-of-home child placements is reduced or eliminated. To accomplish this task, MST addresses the known causes of delinquency on an individualized and comprehensive basis. MST interventions concentrate on the individual youth and his or her family, peer context, school/vocational performance, and neighborhood/community supports.

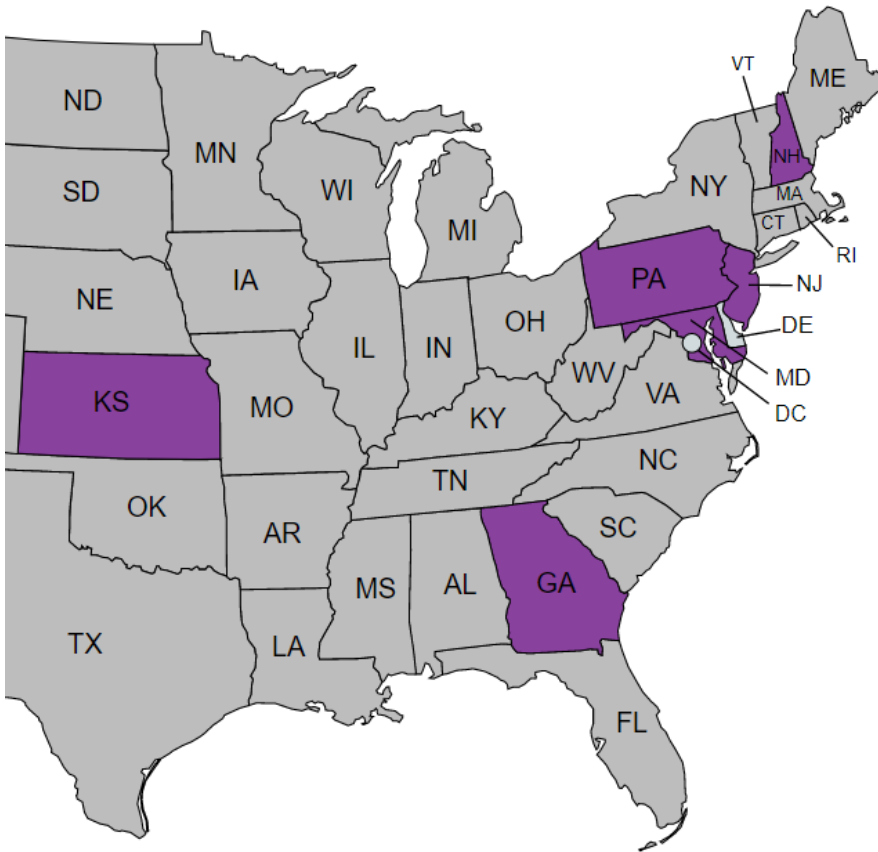


As illustrated in the diagram above, MST interventions may include family therapy, structural family therapy, behavioral parent training, and cognitive behavioral therapies.



Community Solutions, Inc. is a nonprofit organization that promotes self-reliance, responsibility and accountability for at-risk and disadvantaged youth and adults. Since 1962, CSI has delivered supervision, treatment, and comprehensive, individual services to help our clients interact more effectively in their communities and become productive citizens.

CSI's MST Outcomes Exceed Most National Averages



CSI proudly serves the states highlighted above.

As a Network Partner, CSI also provides MST System Supervision in PA, KS, NJ, RI, NH, GA, and Ontario, Canada.

2021 Outcomes

CSI's Home-Based Youth Services Division is widely acknowledged for its strict adherence to model fidelity and successful outcomes for youth and families.

In 2021, 668 youth and families were served in CSI's MST programs across the nation and achieved these outcomes at the time of discharge:

- 89% were living at home
- 88% were in school or an approved vocational program
- 90% had no new arrests

Communities saw a significant reduction in the following areas:

- Incarceration
- Mental Health Services
- Crime Rate

OUR MISSION: To positively impact the lives of our clients and their communities by providing services that facilitate skill development, enhance responsible citizenship, and increase overall well-being.

*Images on this brochure are from the MST Institute website www.mstservices.com



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