

Multi-Systemic Therapy (MST)

OVERVIEW

Multi-Systemic Therapy (MST) is a goal-oriented, comprehensive treatment program designed to serve multi-problem youth in their community. MST is a home-based program that has been the focus of several major research studies and has demonstrated clinical and cost-effectiveness for youths with complex emotional, social, and academic needs.

Caseloads of the therapists are small (4-6 families per therapist) and treatment is intensive, often including multiple contacts with the family in the home every week. The average length of treatment is from 2-5 months.

Who could benefit from MST?

MST helps youths with chronic behaviors as truancy, serious disobedience, aggressive behavior, running away and substance abuse.

SERVICES

- ◆ Assesses the youth in the context of his family, school, and community
- ◆ Seeks to understand the youth's problems and the contributing factors
- ◆ Focuses on helping parents build supportive social networks
- ◆ Empowers parents to address the needs of the youth
- ◆ Emphasizes long-term change that families can maintain after the program
- ◆ Helps to reduce recidivism

REFERRALS

Who is eligible for MST?

Bergen County youths, from the ages of 13 to 17½, who are referred by the Juvenile Family Court, Juvenile/Family Crisis Intervention Unit, parents, schools or service agencies

WHAT CAN I EXPECT FROM MY MST THERAPIST?

Any combination of the following:

- ◆ Family therapy
- ◆ Individual sessions with parents
- ◆ Evaluation of the youth's peer network and development of alternative activities
- ◆ Consultation with schools
- ◆ Coordination of programs with the court and other agencies
- ◆ Consultation in parenting issues
- ◆ Chemical dependency assessment and treatment planning
- ◆ Assistance available 24 hours a day, 7 days a week



COUNTY OF BERGEN
Department of Human Services
Division of Family Guidance

MISSION STATEMENT

Bergen County's Division of Family Guidance provides clinical, residential, educational, correctional, case management and monitoring services to at-risk children, adolescents, and families, particularly those who are otherwise unable to receive needed services.

THE FAMILY GUIDANCE VISION:
The Division of Family Guidance is Bergen County's resource for youth and families in need.

Values:

- Collaborative, Creative, and Empirically Driven Programming
- Safe, Respectful, Dependable and Therapeutic Environments
- Developmentally Appropriate Expectations
- Empowerment through Opportunity
Community Safety

**MULTI-SYSTEMIC THERAPY
PROGRAM**

One Bergen County Plaza
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COUNTY OF BERGEN



James J. Tedesco III
County Executive

BOARD OF COUNTY COMMISSIONERS

DEPARTMENT OF HUMAN SERVICES

DIVISION OF FAMILY GUIDANCE

BERGEN
NEW JERSEY County
**Multi-Systemic
Therapy Program**



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www.co.bergen.nj.us/bcdhs/divisions/family.htm

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