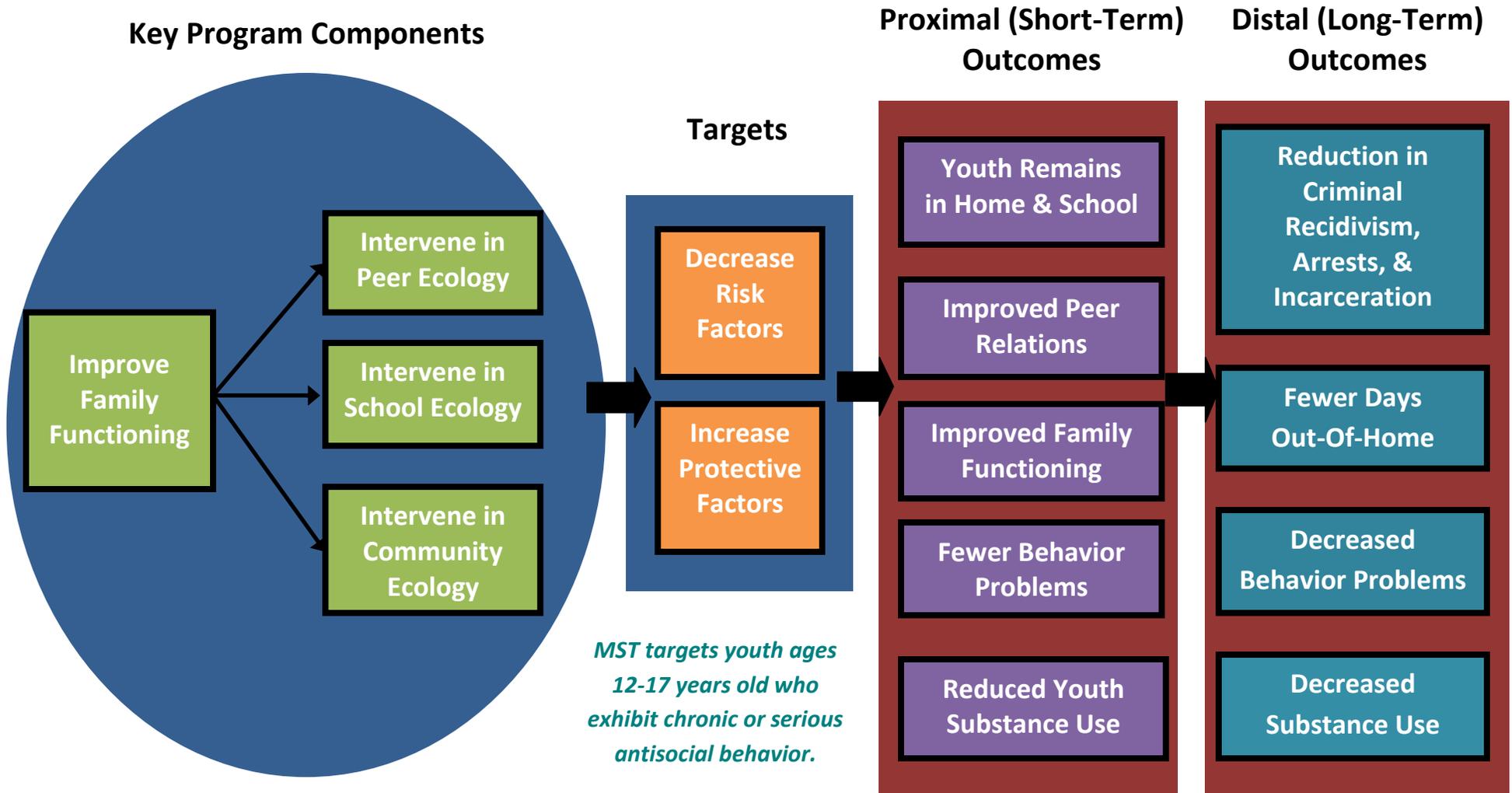


Multisystemic Therapy (MST)

Multisystemic Therapy for Antisocial Behavior in Children and Adolescents (2009) Henggeler, Schoenwald, Borduin, Rowland, & Cunningham

Logic Model created by the Evidence-based Prevention and Intervention Support Center (EPISCenter) at Penn State University



Developed in collaboration with MST Services, January 2011

Program Components

MST is delivered over 3-5 months. An MST Therapist meets with the caregiver, family, and/or youth, as well as others in the youth's ecology, as frequently as needed to achieve treatment goals. Services are delivered in the home, school, and community, at times convenient for the family.

Interventions

Specific strategies and techniques are selected and tailored after careful assessment of the "fit" of factors driving the problem behavior. Interventions are closely monitored for effectiveness and modified as needed. Listed below are a sample of possible strategies.

Targeted Risk & Protective Factors

Risk factors, which increase the likelihood of negative outcomes (e.g., drug use, delinquency, school dropout, violent behavior, incarceration) are targeted for a decrease. Protective factors, which exert a positive influence and buffer against negative outcomes, are targeted for an increase.

Proximal Outcomes

Outcomes impacted by the program *immediately following* program completion that have been demonstrated through research. Studies compared MST to "usual services" and individual therapy.

Distal Outcomes

Outcomes impacted by the program *from months to years following* program completion that have been demonstrated through research. Studies compared youth receiving MST to "usual services" and individual therapy. Significant findings are highlighted below.

Family Interventions

Goals: Improve family functioning; empower caregivers to address youth problems across ecologies

- Structural and strategic family therapy techniques
- Behavioral parent training
- Increase parent supervision & monitoring of youth's whereabouts

Intervene in Peer Ecology

Goals: Decrease association with negative peers; increase association with prosocial peers and involvement in prosocial activities

- Social skill building
- Reinforce association with prosocial peers; Sanctions for association with problem peers

Intervene in School Ecology

Goals: Improve school behavior, attendance, and performance

- Build collaborative home-school relationship
- Reinforce/sanction school-related behaviors

Intervene in Community Ecology

Goal: Improve family connections with informal supports, community resources, & formal systems; address community risk factors

- Build social supports & resources

Individual Interventions

Goals: Increase prosocial attitudes & skills; reduce other individually-based problems for parents & youth

- Cognitive-behavioral therapy techniques
- Referral for psychiatric evaluation

Risk Factors:

Peer

- Association with antisocial peers
- Peer rejection / poor peer relationships

Family

- Poor affective relations between youth and family members
- Harsh, inconsistent, or lax discipline
- Lack of supervision
- Parent psychopathology
- Low social support for family

School

- Low family-school bonding
- Academic problems
- Behavior problems at school
- School does not flex to student needs

Community

- Neighborhood transience
- Availability of weapons and drugs
- High community stress/ violence

Individual

- Antisocial attitudes
- Impulsivity
- Negative affect

Protective Factors:

- Association with prosocial peers
- Engagement in prosocial activities
- Positive relations with caregivers
- Supportive family environment
- Marital harmony
- Natural support network
- Commitment to schooling
- Conventional attitudes
- Problem-solving skills

Youth Remains In Home and School

- Decreased out-of-home placement
- Improved school attendance
- Improved school performance

Improved Peer Relations

- Decreased association with deviant peers
- Decreased aggression with peers
- Improved social competence

Improved Family Functioning

- Increased family cohesion and adaptability
- Increased supportiveness
- Decreased conflict-hostility
- Reduced *parent* psychiatric symptoms

Fewer Behavior Problems

- Significant improvement in both internalizing and externalizing problems

Reduced Substance Use

- Decreased alcohol use
- Decreased marijuana use
- Decreased hard drug use

Reductions in Criminal Recidivism, Arrests, & Incarceration

- Less self-reported criminal activity at 1- and 2-year follow-up
- Arrested for less serious offenses and less likely to be arrested for violent crimes
- Substantially fewer arrests at 1 to 14 years post-discharge
- 57% fewer days incarcerated at 14-year follow-up
- 43% fewer days on adult probation at 14-year follow-up

Fewer Days Out-Of-Home

- 47 – 64% reduction in days spent in out-of-home placement for 6 to 12 months post-discharge

Decreased Behavior Problems

- Fewer internalizing and externalizing problems at 2-year follow-up

Decreased Substance Use

- Decreased alcohol and marijuana use at 3-year follow-up
- 75% fewer substance-related arrests at 4-year follow-up