

## Multisystemic Therapy (MST)



# Title IV-E Clearinghouse

**Program Type:** 

**Mental Health** 

Substance Use Prevention and Treatment

Rating: Well-Supported

For additional information related to the

Title IV-E Clearinghouse please visit:

https://prevention-services.

### **Family First Prevention Services Act**

FFPSA will provide federal funding for prevention services to families of children who are at imminent risk of entering foster care. It underscores the importance of children growing up in families and seeks to avoid the traumatic experience of children being separated from their families when entering foster care.

Specifically, federal reimbursement will be available for trauma-informed and evidence based mental health services, substance use disorder treatment and in-home parenting skill-based training to safely maintain children in their homes. Eligible services must be included in South Carolina's approved Title IV-E Prevention Plan and be rendered by a qualified provider who is participating in the Department's qualified provider listing and provided to eligible populations (i.e. defined candidates for care).

The Department plans to implement its prevention program in October of 2021 and will begin partnering with our provider partners early in 2021 to assist in capacity building for select interventions and network development.

For updates on FFPSA implementation please visit: <a href="https://dss.sc.gov/family-first-prevention-services-act/">https://dss.sc.gov/family-first-prevention-services-act/</a>

### **Service Description**

Multisystemic Therapy (MST) is an intensive treatment for troubled youth delivered in multiple settings. This program aims to promote pro-social behavior and reduce criminal activity, mental health symptomology, out-of-home placements, and illicit substance use in 12- to 17-year-old youth.

MST program addresses the core causes of delinquent and antisocial conduct by identifying key drivers of the behaviors through an ecological assessment of the youth, his or her family, and school and community. The intervention strategies are personalized to address the identified drivers.

#### **Proximal Outcomes**

- Eliminate or reduce the frequency and severity of the youth's referral behavior(s)
- Empower parents with skills and resources to independently address difficulties associated with the identified behavior(s)

The program is delivered for an average of three to five months, and services are available 24/7, which enables timely crisis management and allows families to choose which times will work best for them. Master's level therapists from licensed MST providers take on only a small caseload at any given time so that they can be available to meet their clients' needs.

#### **Targeted Populations**

Youth 12 to 17 with possible substance use issues who are at risk of out-of-home placement due to antisocial or delinquent behaviors and/or youth involved with juvenile justice systems.



**QUESTIONS?** Email us at: **FamilyFirstPSAinfo@dss.sc.gov** or call The Office of Child Health and Well-Being at **(803) 898-7788**. We are here to help.