

## News Release

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### **Tri-County Mental Health Services announces that Multisystemic Therapy Maria Duffy has been awarded the Whatever it Takes award for the second quarter of 2016 by the MST Institute, located in North Carolina.**

Multisystemic Therapy (MST) is an intensive family- and community-based treatment program that focuses on addressing all environmental systems that impact chronic and violent juvenile offenders -- their homes and families, schools and teachers, neighborhoods and friends. MST recognizes that each system plays a critical role in a youth's world and each system requires attention when effective change is needed to improve the quality of life for youth and their families.

MST clinicians go to where the child is and are on call 24 hours a day, seven days a week. They work intensively with parents and caregivers to keep the adolescent focused on school and gaining job skills

The therapist and caregivers may also introduce the youth to sports and recreational activities as an alternative to hanging out. During its more than 30 years of practice, MST has been proven to work and produce positive results with the most challenging cases. MST helps adolescents stay in their homes, reducing out-of-home placements up to 50 percent. Participants stay in school, experience reduced rates of arrest, improve family relationships, and exhibit decreased rates of drug and alcohol use.

In most organizations or community, there is someone who stands out and puts in extra effort. Recognizing that, MST began choosing **Whatever it Takes** winners quarterly to recognize those in the MST community who "have demonstrated outstanding and meritorious service." Among hundreds nominated, the winners stand out among the 'best of the best' to receive additional praise for their hard work and dedication to improving the lives of families they serve.

Tri-County Mental Health Services is one of only four providers in Maine licensed to provide MST services. Ms. Duffy and her team serve the Greater Lewiston-Auburn area. Tri-County MST teams also serve Oxford and Cumberland counties.

Tri-County Mental Health Services, headquartered in Lewiston, Maine, is Maine's most comprehensive agency dealing with the psychological and social well-being of children, adults, and elders, serving nearly 10,000 people each year. For more than 60 years, the agency has provided innovative programs and services addressing mental health, substance use disorders, intellectual disabilities, and more. Its philosophy of building toward recovery and sensitivity to traumatic experiences of consumers gives hope to individuals, families, and communities in Androscoggin, Northern Cumberland, Franklin, Oxford and York counties.

Please join us in congratulating Maria Duffy and recognizing her extraordinary dedication to her work and the families that participate in MST.

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