

Referral line for all locations
1-888-304-HOPE (4673)

Multisystemic Therapy (MST) is an intensive family and community-based treatment that addresses the externalizing behaviors of youth displaying emotional and behavioral disturbances through antisocial behavior. Our program is licensed by Multisystemic Services and staff receives ongoing training to meet a high standard of fidelity to the treatment model.

Mailing address:

PO Box 2008
Lewiston, ME 04241-2008
1-800-787-1155
1-207-783-9141
Fax: 1-207-783-4660

**Other TCMHS services for
Children & Families**

Child Psychiatric Services (Med Mgmt)
Adolescent Substance Abuse
Adolescent Drug Court
Family Drug Court
Dialectic/Cognitive Behavioral Therapy
Trauma-Focused Cognitive Behavioral Therapy
Infant Mental Health
Child Case Management
School-based Services

**24-hour Emergency
Services:**
1-888-568-1112
(toll free & TTY)



Maine's first comprehensive
mental health center serving the
communities of Oxford, Franklin,
Androscoggin and Western
Cumberland Counties

Our Mission

TCMHS is committed to providing the people of Maine with excellence in mental health, substance abuse, habilitation and life skills services, respecting consumer rights, personal dignity and maintaining agency financial stability.

Tri-County Mental Health Services endorses Recovery Based Trauma Informed services, which recognizes two common themes for consumers of this agency: that violence and the resulting trauma are pervasive and should be acknowledged; and there is hope in Recovery.

www.tcmhs.org

TCMHS is an EOE and receives funding from:
Department of Health & Human Services.



MST SERVICES

Multi Systemic Home Based Therapy Program

*Keeping families
and communities
together.*

INDIVIDUAL**FAMILY****PEER****SCHOOL****NEIGHBORHOOD****COMMUNITY****Families & Communities Together**

We believe the most effective and ethical route to help youth is through helping their families. Parents and guardians are essential resources and their involvement is needed along with a network of community systems including schools, juvenile justice, neighborhoods and peers to positively impact a youth's life.

It can be estimated that by preventing a high-risk youth from embarking on a criminal life path, a savings of \$1.7 to \$2.3 million can be generated.
[Cohen, 1998.]

How it works

MST is provided in the client's natural environment of home, school and community to improve access to treatment. Intervention strategies include family counseling and cognitive behavior therapies that aim to develop youth competence by improving the relationships, interactions, and skills of those who surround the youth, especially family members.

Counselors have small caseloads and are on call for their families 7 days per week around the clock to provide first response in crisis situations. Treatment involves an average of three hours per week for 3-5 months.

Parents & Community as Partners

MST providers work to empower parents and improve their effectiveness by identifying strengths, developing natural support systems, and addressing and removing barriers to success. Parents learn skills that assist them with meeting current and future challenges.

Contacts

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plough@tcmhs.org

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Client Services
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Fax: 783-4660**

Visit us at www.tcmhs.org

Fees:

MST is MaineCare reimbursed and DOC/DHHS funds may be available to those who qualify.