

**Multi-Systemic Therapy (MST)** is a family-oriented, home-based program for children, adolescents and families affected by emotional and behavioral difficulties, working with each youth across their many settings (family, peer, school, neighborhood) and using the strengths of each system to encourage behavior change.

MST is currently being used in over 30 states in the U.S. Outside the USA, Norway, Denmark, Sweden, England, Northern Ireland, New Zealand, Canada, Australia and the Netherlands have MST sites.

**TCMHS Outcomes\* at discharge:**

- ❖ 92.55% of youth live at home
- ❖ 89.75% of youth in school/working
- ❖ 88.2% no new arrests during treatment

\*2008 review by MST Institute

**Other TCMHS services for Children & Families**

- Child Outpatient Treatment
- Integrated Care (Med Management) in collaboration with St. Mary's Hospital
- Adolescent Substance Abuse
- Dialectic/Cognitive Behavioral Therapy
- Trauma-Focused Cognitive Behavioral Therapy
- Child Case Management
- School-based Services
- Social Skills Groups



Maine's most comprehensive mental health center, serving the communities of Androscoggin, Franklin, Oxford, Cumberland Counties and beyond.

**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](http://www.tcmhs.org)

**TCMHS is an EOE and receives funding from:  
Department of Health & Human Services  
United Way**



**MST/PSB SERVICES**

**Multi-Systemic Therapy and MST for Problem Sexual Behaviors**

The #1 rated evidence-based practice in the nation for at-risk youth, now available for this special population

**Referral line for all locations**

**1-888-304-HOPE(4673)**

**Visit [www.tcmhs.org](http://www.tcmhs.org)**



## TCMHS OUTPERFORMS THE NATIONAL AVERAGE IN ALL 10 MEASURES FOR QUALITY ASSURANCE FOR MST

### Families & Communities

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 is the drive of each individual and the collective attitudes of their MST program that helps Tri-County stand out and surpass the national average. While it is an old therapy cliché that 'a client will not care how much you know, until they know how much you care', I do think this is an identifying trait of Tri-County's MST Program... they truly care about the families they work with, and that is what drives them to be as good as they are,"*

Dan Ensor, MST System Supervisor,  
Community Solutions

### How it works

MST/PSB are 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.

### Problem Sexual Behaviors

The MST program has been adapted to meet the unique needs of youth with Problem Sexual Behaviors and their families. MST/PSB includes intensive safety planning, strategic family therapy, social skills training, and a specialized approach.

### Parents & Community as Partners

MST/PSB 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.

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.]

### Contacts

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**To make a referral, call:**  
**Client Services**  
**1-888-304-HOPE (4673)**  
**Fax: 783-4660**

Visit us at [www.tcmhs.org](http://www.tcmhs.org)

### Fees:

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