

Multisystemic Therapy (MST)

Kylie Williams & William Wainwright

OzChild



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Multisystemic Therapy (MST)

What is MST?





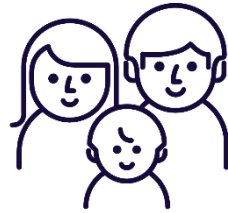
I respectfully acknowledge the Traditional Custodians of the land we are meeting on today.

I would also like to pay my respects to their Elders past and present and may our children of today lead us to a better tomorrow.

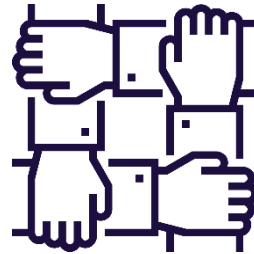
We are OzChild



Established in
Melbourne in 1851



Caring for around
400 children on any
given night



Over 700 staff,
carers & volunteers
in VIC, NSW, QLD &
the ACT



Supporting over
10,000 children,
young people &
family members
each year



Delivering approx.
26 programs &
services



All children and young people are safe, respected, nurtured and reach their full potential



OzChild's Suite of EBMs



Multisystemic Therapy for
Child Abuse and Neglect (MST-CAN)

Functional Family Therapy (FFT)

Multisystemic Therapy (MST)



Functional Family Therapy
- Child Welfare (FFT-CW)

Treatment Foster Care Oregon (TFCO)

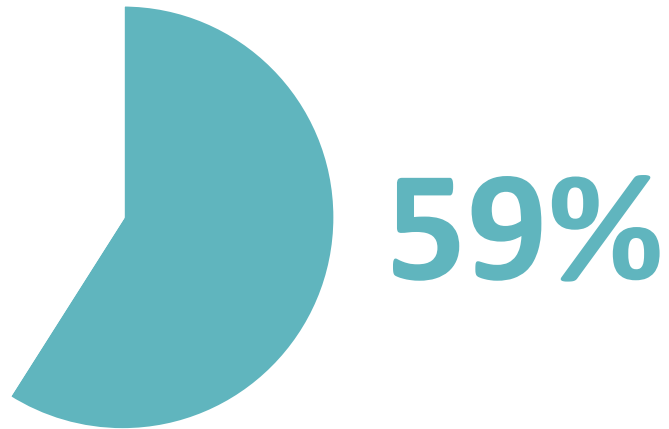
KEEP

SafeCare®

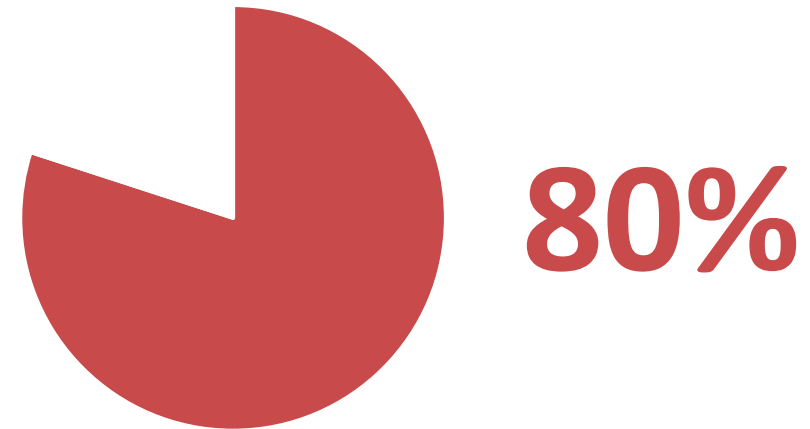


Current Key Findings

In 2016-17, for young people aged 10-16 that were released from a supervised detention sentence



**returned within 6
months**



**returned within 12
months**

History of MST

- MST is a scientifically **proven intervention** for at risk youth.



Available in 15 countries



Available in 34 states



200,000+ youth participation

- MST is a features the largest body of evidence, by far, of successful interventions for high risk youth.



74 studies



140 peer reviewed journal articles



57,000 families included

What is MST and who do we work with?



Works with **caregivers of a young person** (aged between 12-17) involved in the youth justice system



Allocated MST clinician works with the family over a **3 to 5 month** period



Minimum twice a week **home visits** and access to **out of hours support**



An on-call roster so families can **access** an **MST clinician at any time**



Referrals come via a **Youth Justice case manager** for young people on a youth justice order of 5 months or more

How does MST work?

- MST is a community based family driven treatment for youth exhibiting challenging antisocial behaviour.
- The MST 'client' is the entire ecology of the youth:

Family



Peers



School

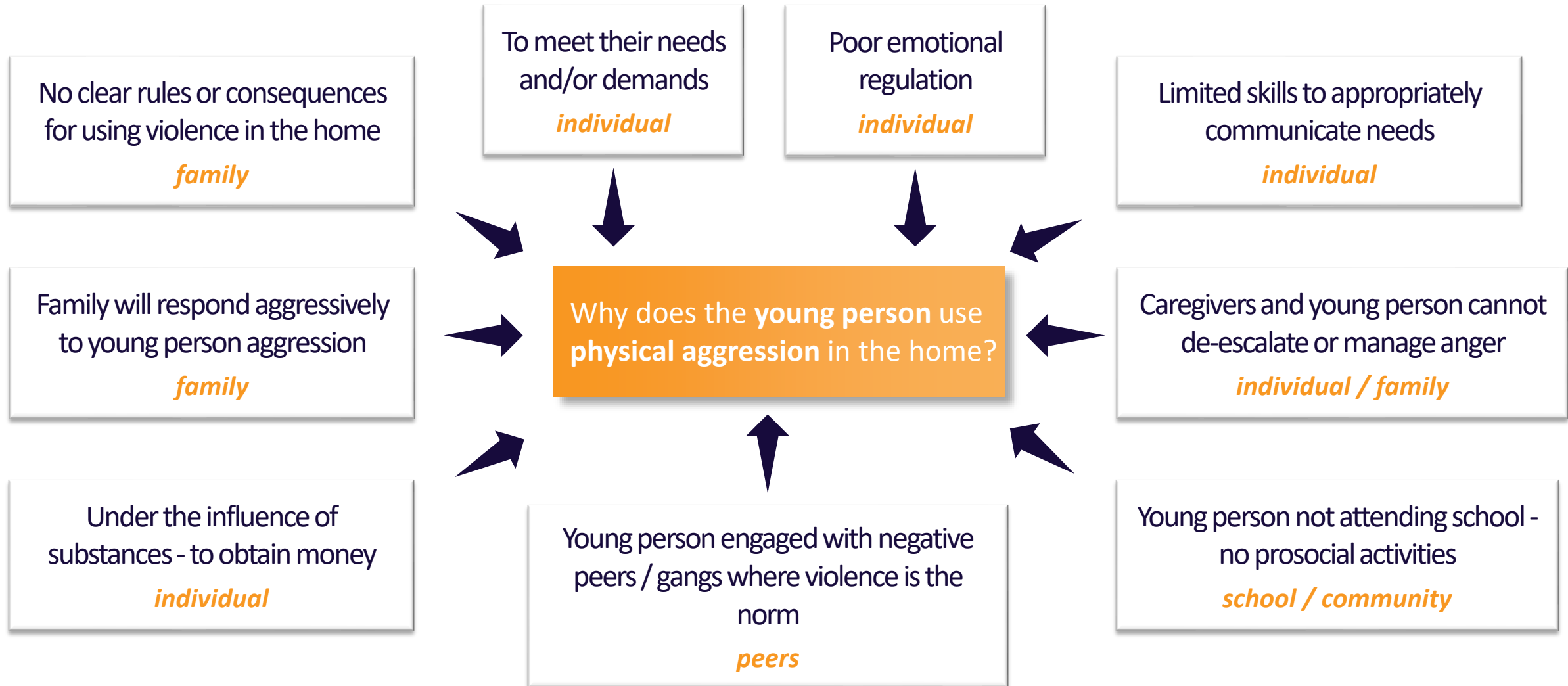


Neighbourhood



- MST empowers caregivers to be long term change agents, creating more sustainable effects than treatment methods focused solely on the individual.
- MST involves a highly structured clinical supervision process and a comprehensive quality assurance process to ensure that adherence to the MST model is maximised to deliver consistent, highest quality results.

How does MST address this?



How does MST address this?

- ➔ Identify main driver(s) for the behaviour
- ➔ Prioritise drivers to address in collaboration with family and other key stakeholders
- ➔ Formulate and implement appropriate interventions that address key behaviours
- ➔ Address the individual, family, school and peer drivers that can also influence other referral behaviours
- ➔ Continually address advances and barriers to intervention effectiveness
- ➔ Promote treatment generalisation by empowering caregivers to address the systemic needs of the YP

Case Study

On Referral to MST

- 15 year old female living with mother and 2 siblings
- **High level of offending**
- Daily physical aggression, absconding (5-7 nights per week)
- Engaging in **high risk behaviours** (drag racing, subject to sexual exploitation)
- Chronic substance abuse
- **Not engaging** in **education**, training or work

20 Weeks After MST

- Significant **improvement** on **multiple domains**
- Over the past 4 weeks there has been **no offending**, no methamphetamine use, **no physical aggression**, no absconding, **substantial reduction** in **high risk behaviour**
- Now enrolled to commence a training course after a significant absence from schooling

Service Delivery

- The family had **45** home visits and over **100** service hours

What Mum Says

What did you find helpful?

“Just knowing that we are ok and there is help and we aren’t the only ones going through hard times”

“I don’t feel alone”

“Now we don’t upset each other and communicate better as a family”





| [ozchild.org.au](https://www.ozchild.org.au)

