

# MST-FIT

MULTISYSTEMIC THERAPY-  
FAMILY INTEGRATED TRANSITIONS

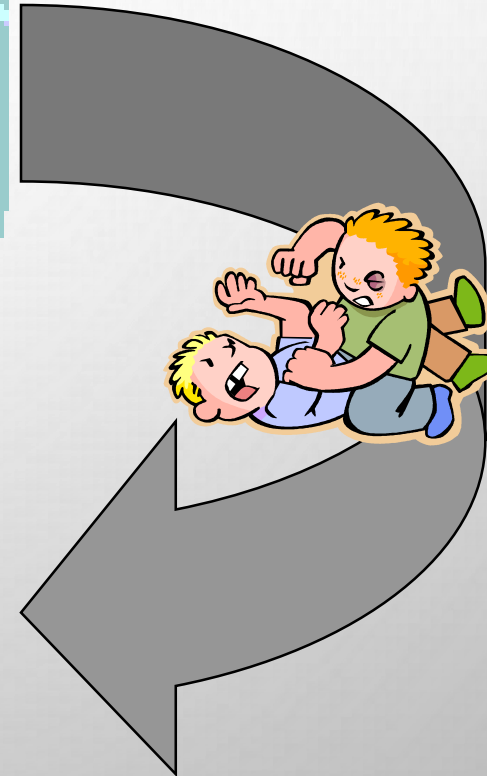
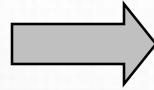
JOSHUA LEBLANG  
NICOLE McMANUS  
ELISSA RUSSELL  
JAKE TOWLE

**MST**<sup>®</sup>

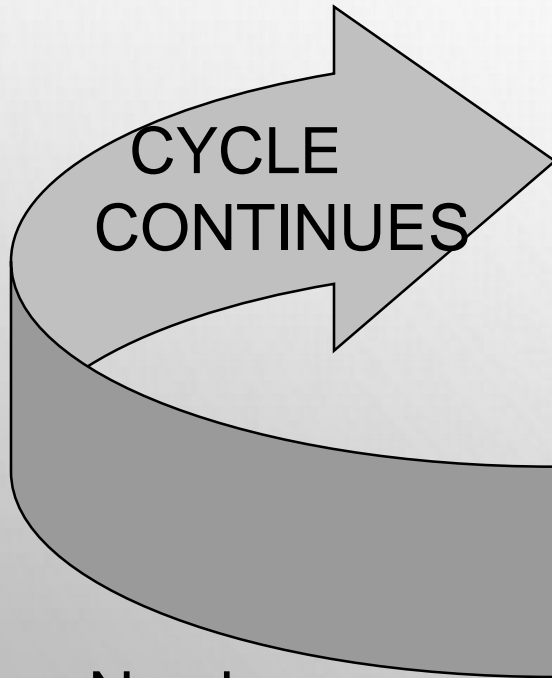
Family Integrated Transitions

# WHAT USUALLY HAPPENS TO YOUTH?

YOUTH GETS IN TROUBLE  
SENT TO TREATMENT



Meets  
other  
anti-  
social  
peers



CYCLE  
CONTINUES

No changes  
at home



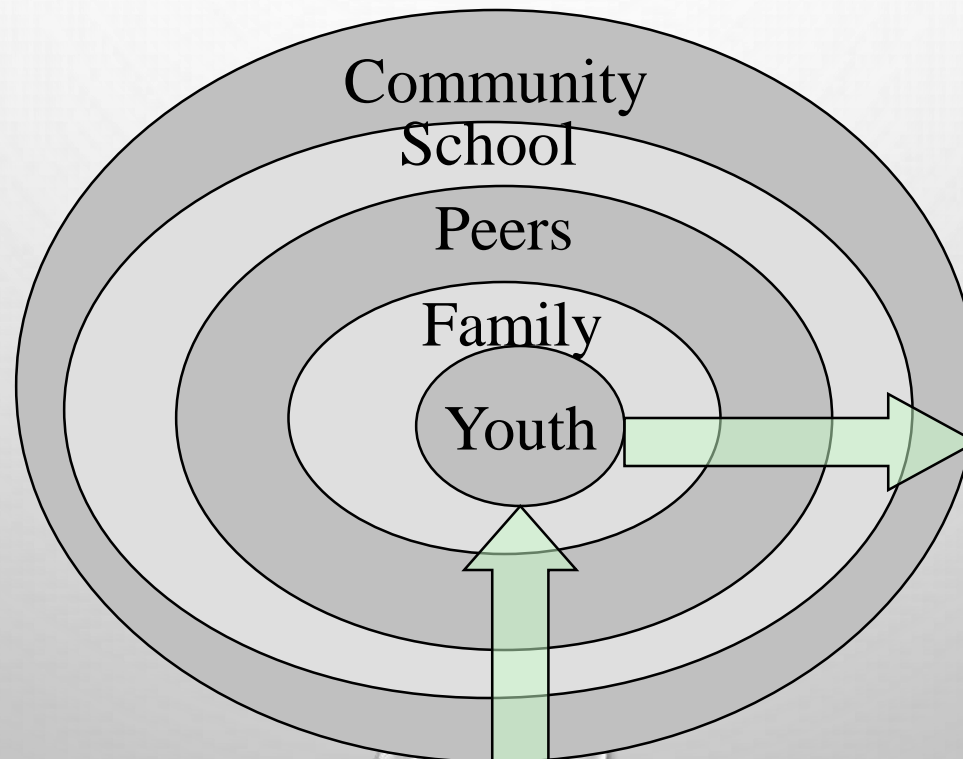
Returns  
home

# WHY USE A SYSTEMIC APPROACH?

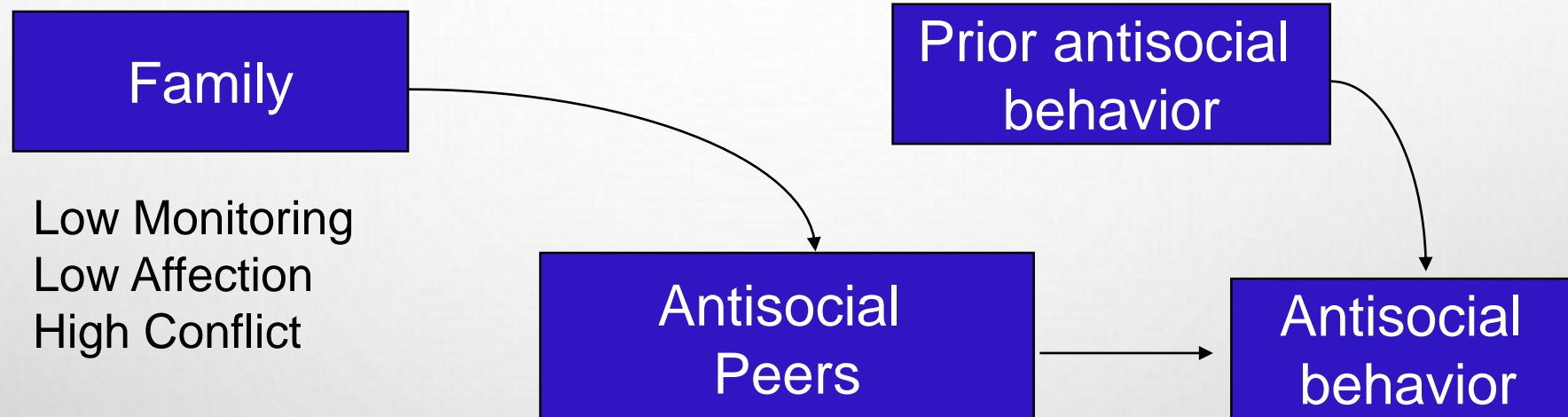


# AN ECOLOGICAL APPROACH

- **BY ADDRESSING THE MULTIPLE SYSTEMS, IT IS POSSIBLE TO MAKE LONGER LASTING CHANGES FOR FAMILIES.**



# CONDENSED LONGITUDINAL MODEL OF YOUTH ANTISOCIAL BEHAVIOR



**Family**

Low Monitoring  
Low Affection  
High Conflict

**School**

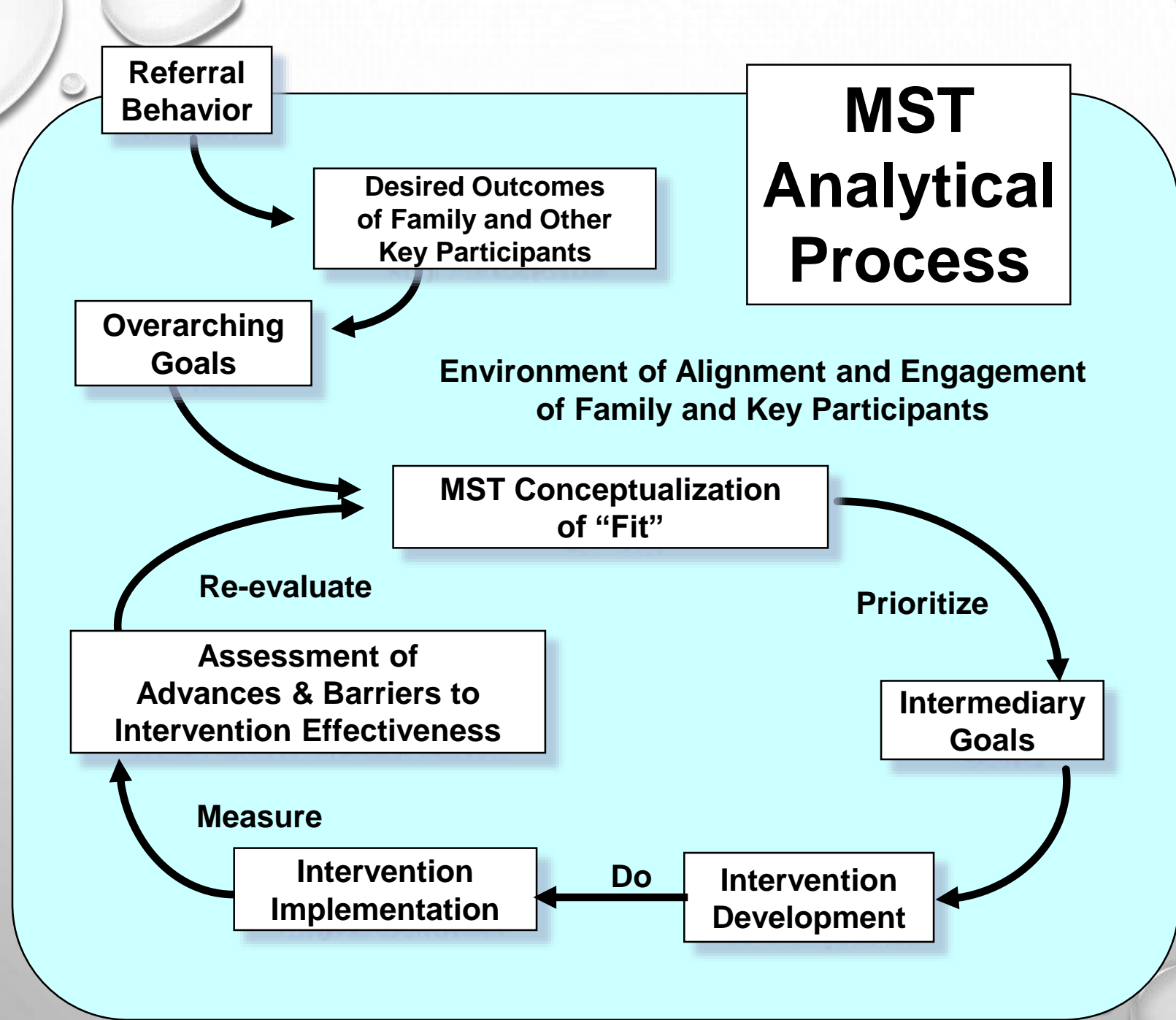
Low School Involvement  
Poor Academic Performance

**Prior antisocial  
behavior**

**Antisocial  
Peers**

**Antisocial  
behavior**

*Explaining delinquency and drug use, by D.S. Elliott, D. Huizinga and S.S. Ageton. Beverly Hills, CA: Sage Publications, 1985, 176 pp*



# **MULTISYSTEMIC THERAPY TREATMENT PRINCIPLES**

- **1. FINDING THE FIT**
- **2. POSITIVE & STRENGTH FOCUSED**
- **3. INCREASING RESPONSIBILITY**
- **4. PRESENT-FOCUSED, ACTION-ORIENTED,  
& WELL-DEFINED**
- **5. TARGETING SEQUENCES**
- **6. DEVELOPMENTALLY APPROPRIATE**
- **7. CONTINUOUS EFFORT**
- **8. EVALUATION AND ACCOUNTABILITY**
- **9. GENERALIZATION**

# 13.7-YEAR FOLLOW-UP: SCHAEFFER & BORDUIN (2005)

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- ◆ SUCCESSFULLY LOCATED 165 (94%) OF PARTICIPANTS ( $N = 176$ ) WHO WERE RANDOMLY ASSIGNED TO MST OR INDIVIDUAL THERAPY IN THE BORDUIN ET AL. (1995) CLINICAL TRIAL
- ◆ AVERAGE AGE AT FOLLOW-UP: 28.8 YEARS
- ◆ OUTCOMES EXAMINED: CRIMINAL RECIDIVISM AND DAYS INCARCERATED IN ADULTHOOD

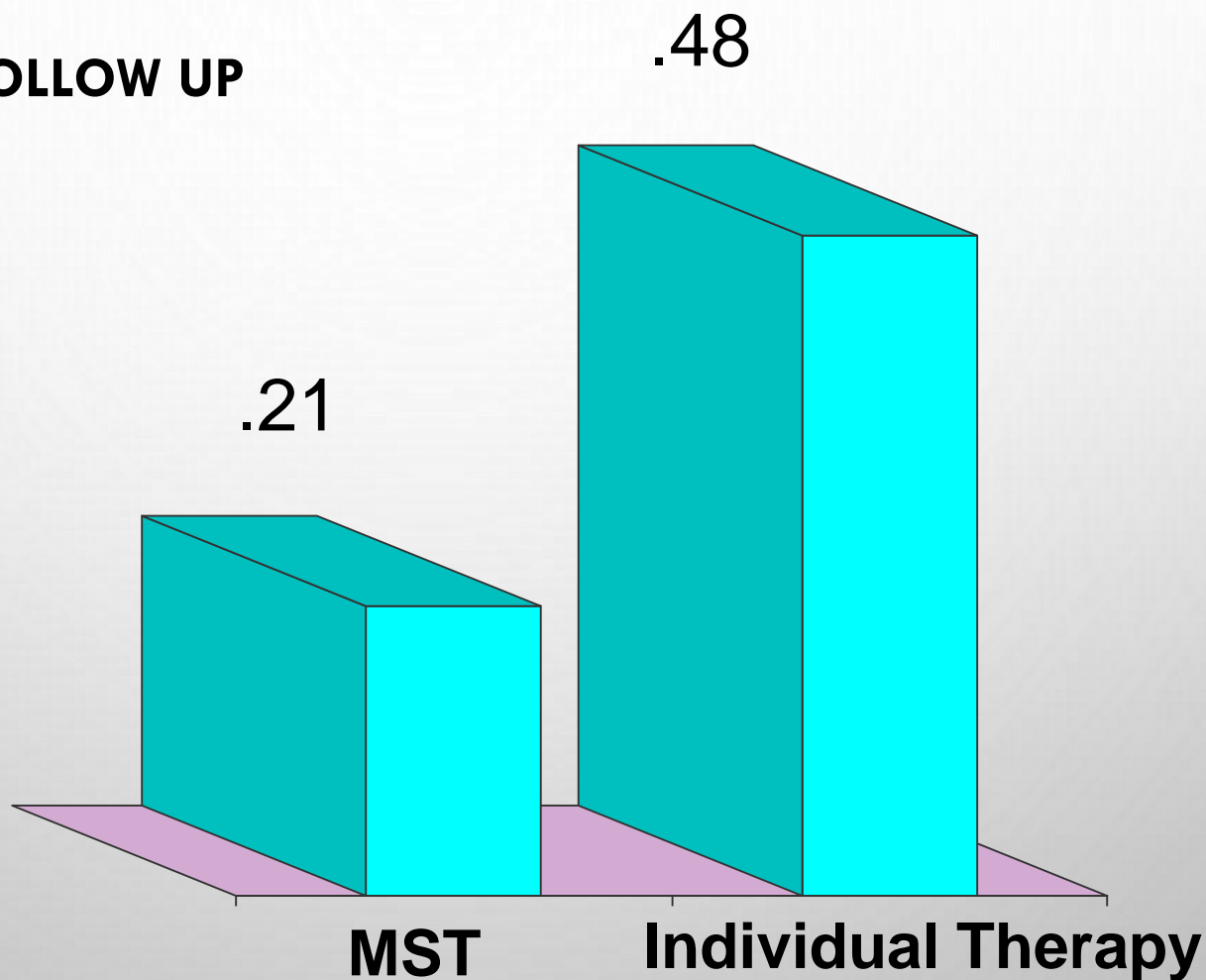
**STUDY PUBLISHED IN *JOURNAL OF CONSULTING AND CLINICAL PSYCHOLOGY***



# VIOLENT ARRESTS

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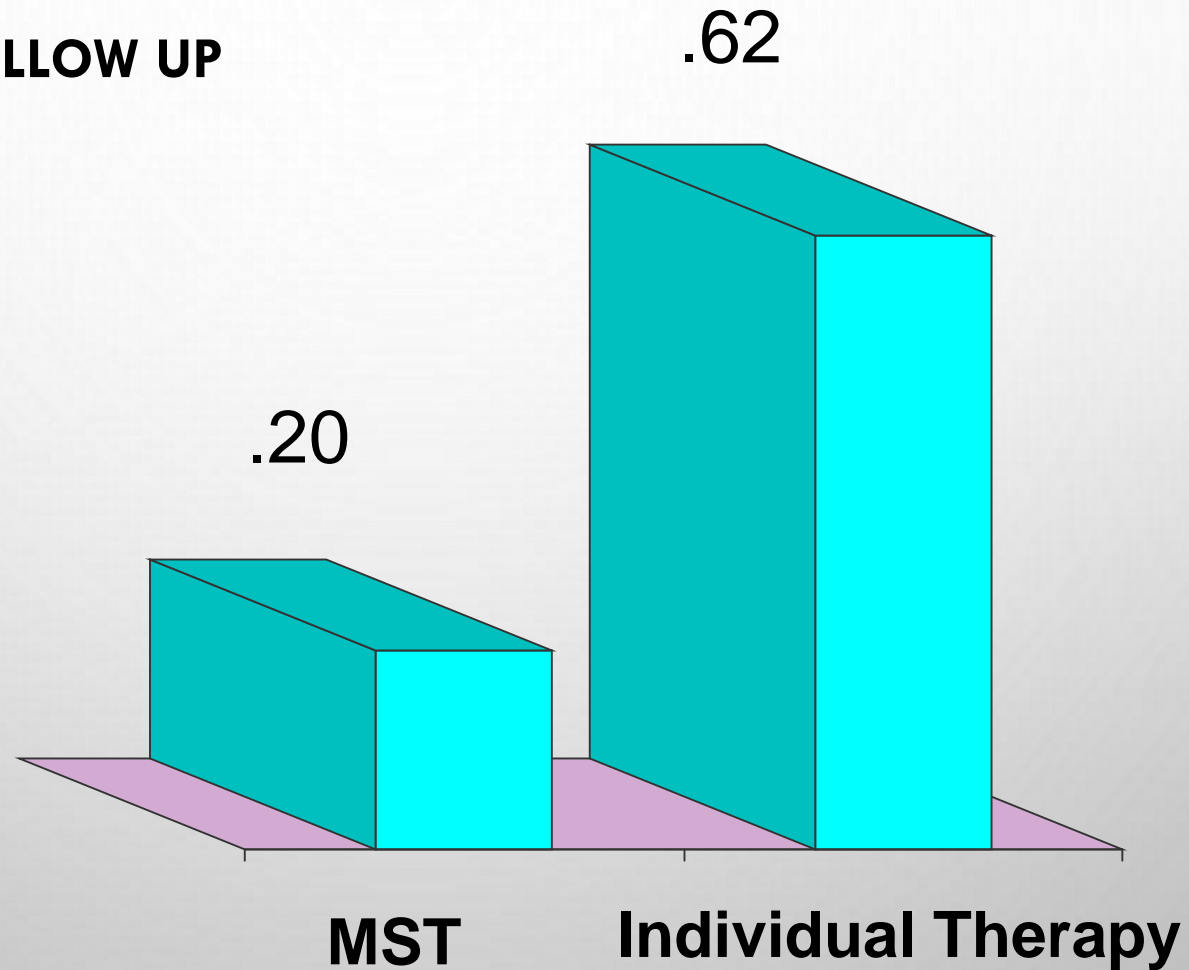
- 13.7-YEAR FOLLOW UP



# DRUG-RELATED ARRESTS

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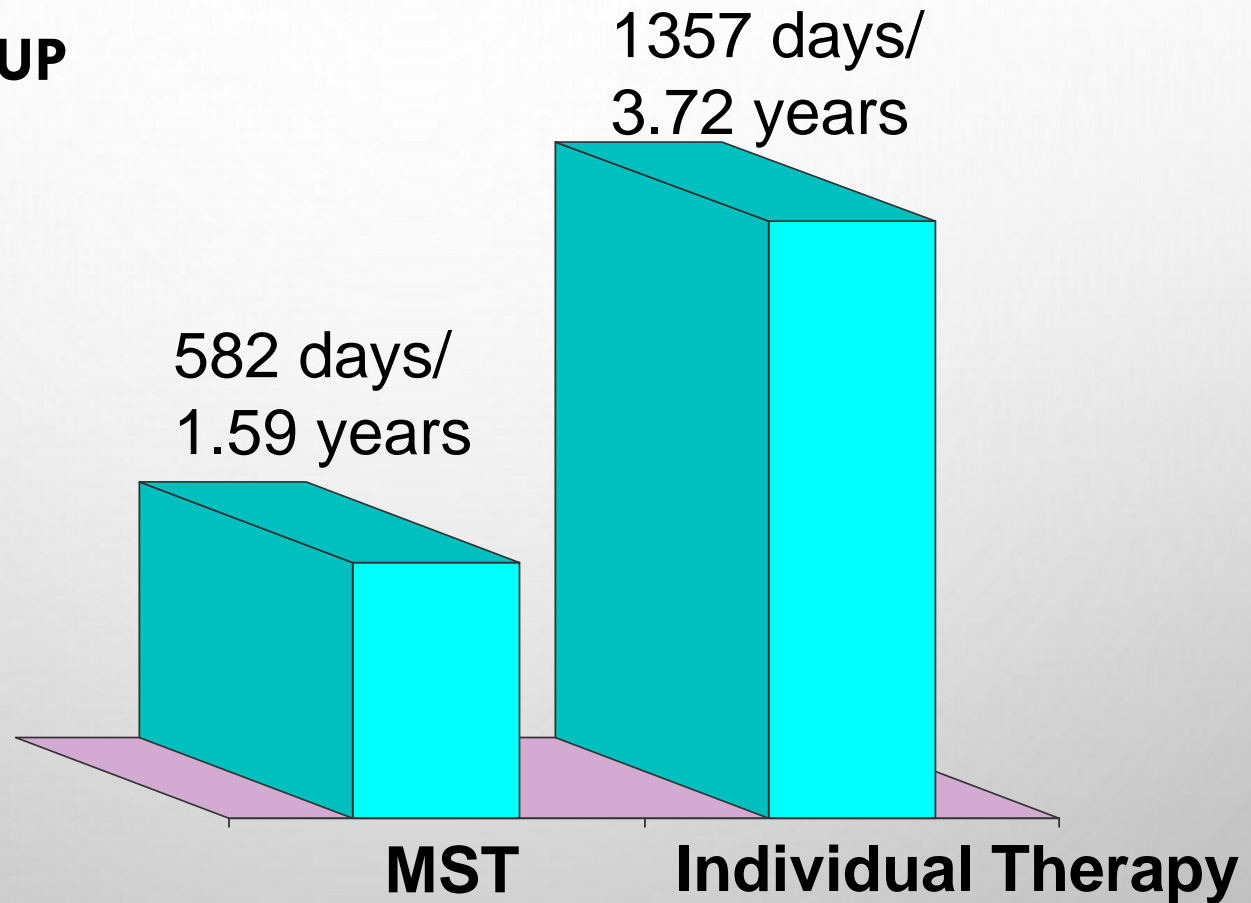
- 13.7-YEAR FOLLOW UP



# ADULT DAYS CONFINED

- 13.7-YEAR FOLLOW UP

**57%  
reduction**



# MST BENEFIT-TO-COST RATIO AT 13.7- YEAR FOLLOW-UP (KLIETZ, BORDUIN, & SCHAEFFER, 2008)

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- ◆ THE ESTIMATED BENEFIT-TO-COST RATIO FOR MST RANGES FROM:

**\$6.25** TO **\$27.14**  
TAXPAYER BENEFITS ONLY TAXPAYER & CRIME VICTIM BENEFITS

THAT IS, **\$1.00** SPENT ON MST TODAY CAN BE EXPECTED TO RETURN **\$6.25** TO **\$27.14** TO TAXPAYERS AND CRIME VICTIMS IN THE YEARS AHEAD

# 21.9-YEAR FOLLOW-UP:

SAWYER & BORDUIN (2009)

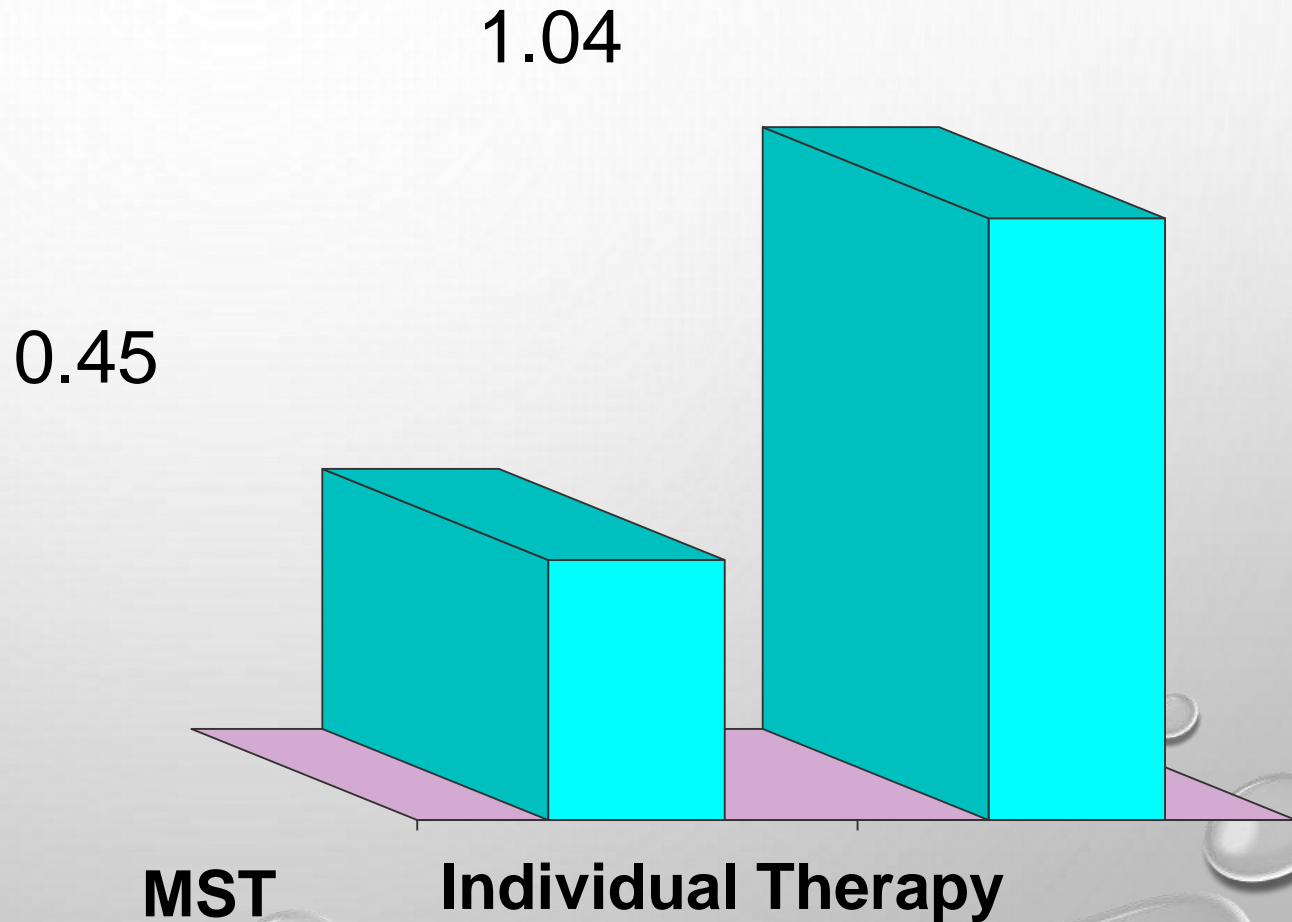
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- ATTEMPTED TO LOCATE ALL PARTICIPANTS ( $N = 176$ ) WHO WERE RANDOMLY ASSIGNED TO MST OR INDIVIDUAL THERAPY IN BORDUIN ET AL. (1995) CLINICAL TRIAL
- SUCCESSFULLY LOCATED 148 (84%) OF THE ORIGINAL PARTICIPANTS
- AVERAGE AGE AT FOLLOW-UP: 37.3 YEARS OLD (RANGE = 34.6 TO 40.8 YEARS)
- OUTCOMES EXAMINED: CRIMINAL RECIDIVISM (FELONIES AND MISDEMEANORS), DAYS INCARCERATED, AND FAMILY-RELATED CIVIL SUITS (E.G., DIVORCE, CHILD SUPPORT, PATERNITY)

# VIOLENT ARRESTS

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- 21.9-YEAR FOLLOW UP

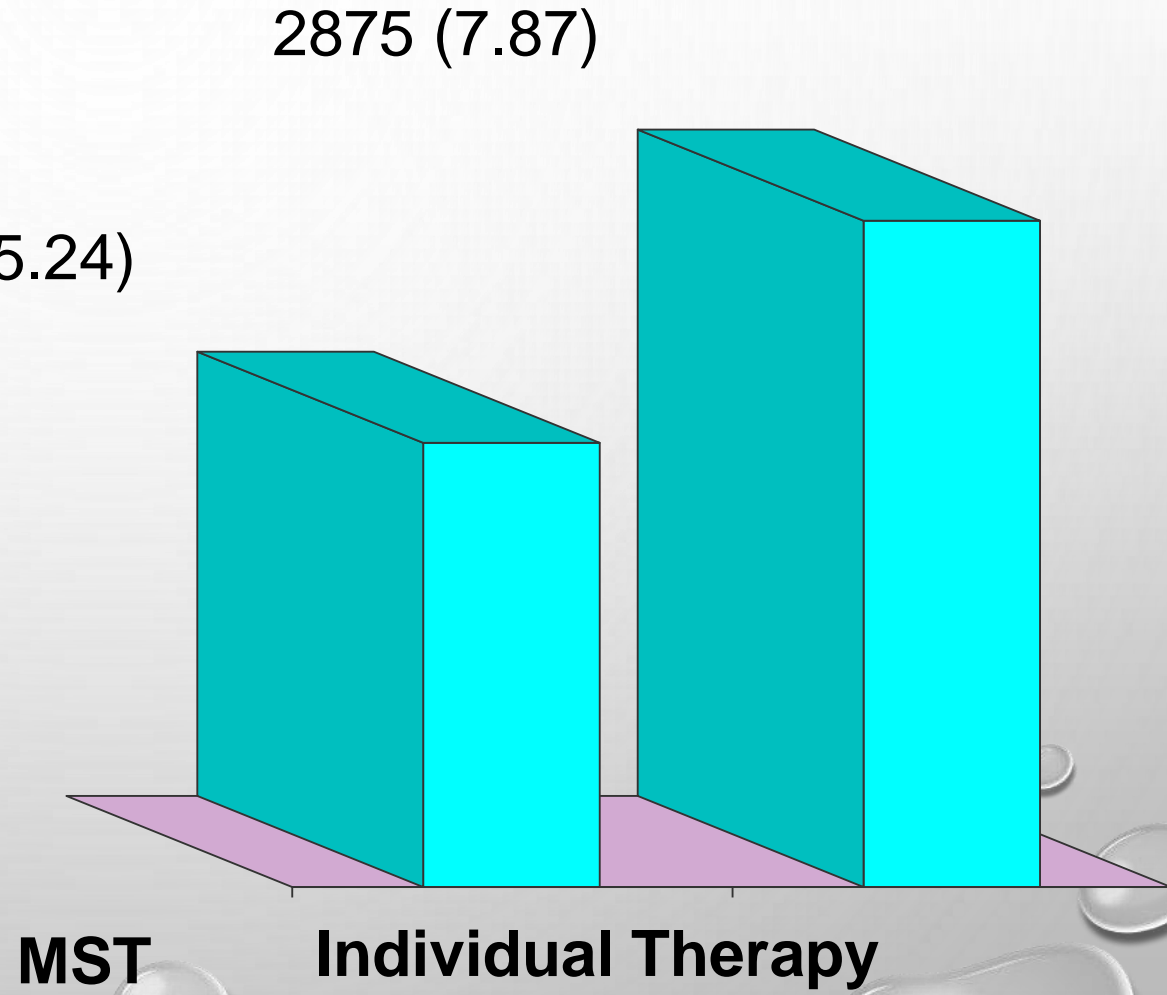


# ADULT DAYS (YEARS) CONFINED

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- 21.9-YEAR FOLLOW UP

**34%  
reduction**



The logo for MST (Multisystemic Therapy) is displayed in a large, bold, blue sans-serif font. A registered trademark symbol (®) is located at the top right of the 'T'. The background of the slide features a light gray gradient with several translucent, realistic-looking water droplets of various sizes scattered across the top and bottom edges.

# MST<sup>®</sup>

Family Integrated Transitions

- **A FAMILY- AND COMMUNITY-BASED TREATMENT FOR YOUTH WITH:**
  - **CO-OCCURRING MENTAL HEALTH AND SUBSTANCE ABUSE DIAGNOSES**
  - **BEING RELEASED FROM SECURE INSTITUTIONS**



# **BEGINNINGS OF FIT: A RECOGNIZED NEED FOR TRANSITION SERVICES**

- **WITHIN 3 YEARS OF RELEASE FROM WASHINGTON'S JUVENILE REHABILITATION ADMINISTRATION, 68-78% OF YOUTH WERE CONVICTED OF NEW FELONIES OR MISDEMEANORS**
- **2000: WASHINGTON STATE LEGISLATURE INITIATED PILOT REHABILITATION PROGRAM FOR YOUTH WITH CO-OCCURRING DISORDERS WHO ARE TRANSITIONING BACK TO THE COMMUNITY FROM JRA**
- **DIRECTED THAT INDEPENDENT EVALUATION BE CARRIED OUT BY WASHINGTON STATE INSTITUTE FOR PUBLIC POLICY (WISPP)**

# HOW IS MST-FIT DIFFERENT THAN MST?

- STARTS TREATMENT TWO MONTHS PRIOR TO PLANNED RETURN TO HOME
- EMPHASIS IS ON IDENTIFYING TRANSITIONAL NEEDS (ACADEMIC, MONITORING, BEHAVIOR PLANS, PSYCHOLOGICAL/PSYCHIATRIC, MEDICAL, ETC) AND DEVELOPING PLANS

# MST-FIT

- **ADDED SKILLS FROM DIALECTICAL BEHAVIOR THERAPY**
  - MINDFULNESS
  - EMOTIONAL REGULATION
  - INTERPERSONAL EFFECTIVENESS
  - DISTRESS TOLERANCE
- **USES MOTIVATIONAL INTERVIEWING SKILLS TO INCREASE ENGAGEMENT/ALIGNMENT**
- **ADDS ELEMENTS OF RELAPSE PREVENTION**

# **SUCCESSFUL TRANSITION**

- **PREPARE YOUTH FOR INCREASED RESPONSIBILITY AND FREEDOM IN THE COMMUNITY**
- **FACILITATE YOUTH-COMMUNITY INVOLVEMENT**
- **WORK WITH COMMUNITY SUPPORT SYSTEMS, LIKE SCHOOL AND FAMILY, ON QUALITIES NEEDED FOR CONSTRUCTIVE INTERACTION WITH YOUTH.**
- **MONITOR AND TEST THE YOUTH AND SUPPORT SYSTEMS ON THEIR ABILITY TO DEAL WITH EACH OTHER PRODUCTIVELY.**

# TARGETED IMPACTS

- **LOWER RISK OF RE-OFFENDING**
- **CONNECT YOUTH WITH APPROPRIATE COMMUNITY SERVICES**
- **ACHIEVE YOUTH ABSTINENCE FROM DRUGS/ALCOHOL**
- **IMPROVE MENTAL HEALTH STATUS AND STABILITY**
- **INCREASE PROSOCIAL BEHAVIOR**
- **IMPROVE YOUTH'S EDUCATIONAL LEVEL AND VOCATIONAL OPPORTUNITIES**
- **STRENGTHEN FAMILY'S ABILITY TO SUPPORT YOUTH**

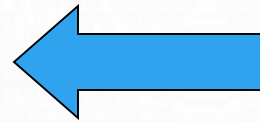
## ELEMENTS OF FIT

- FOCUS ON ENGAGEMENT OF MULTIPLE SYSTEMS INVOLVED IN SUPPORTING YOUTH'S SUCCESSFUL TRANSITION
- YOUTH AND FAMILY ARE ASSESSED TO DETERMINE UNIQUE NEEDS; SERVICES ARE INDIVIDUALIZED
- TREATMENT FOCUSES ON FAMILY STRENGTHS, AND ON GOALS SET BY THE FAMILY
- ATTENTION TO GENERALIZATION

# FIT ADDRESSES THE MULTIPLE DETERMINANTS OF BEHAVIOR CHANGE

## • ENGAGEMENT FACTORS

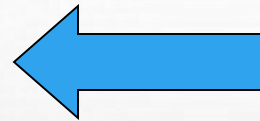
- COMMITMENT TO CHANGE
- PARTICIPATION IN THERAPY



Motivational Enhancement

## • FAMILY FACTORS

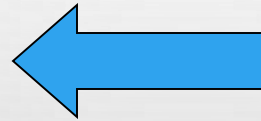
- PARENTING SKILLS
- FAMILY RELATIONSHIPS



Parent Skill Training  
Multisystemic Therapy

## • SYSTEMIC FACTORS

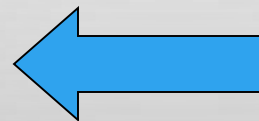
- SCHOOL
- COMMUNITY
- FAITH-BASED ORGANIZATIONS
- JUVENILE JUSTICE



Multisystemic Therapy

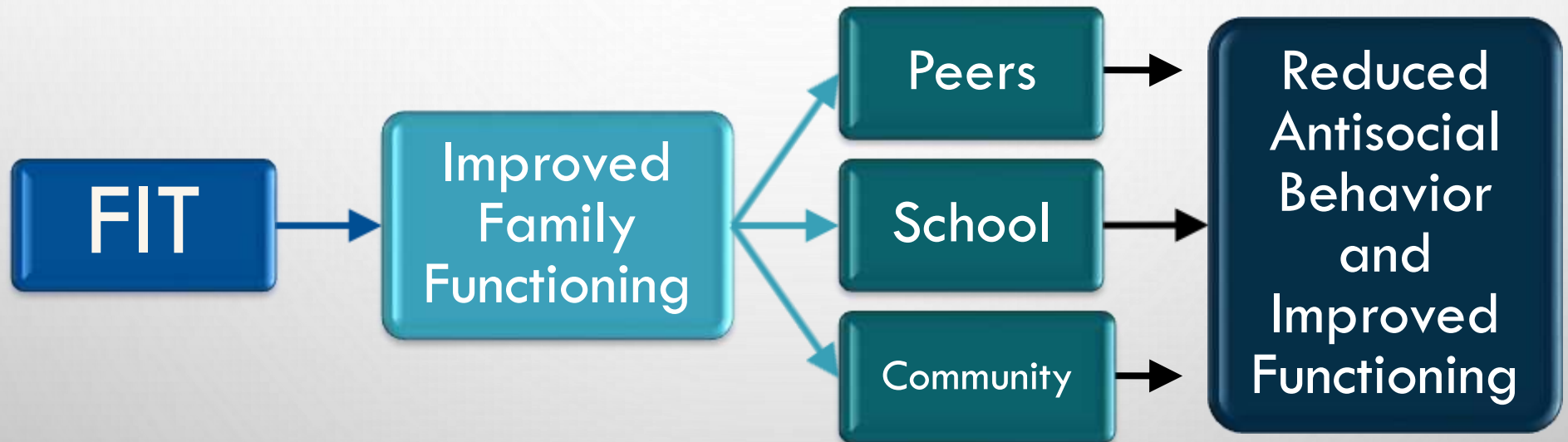
## • INDIVIDUAL FACTORS

- EMOTION REGULATION
- INTERPERSONAL EFFECTIVENESS
- SUBSTANCE USE/ABUSE
- MENTAL HEALTH PROBLEMS
- PROSOCIAL BEHAVIOR



Relapse Prevention  
Dialectical Behavior Therapy

# FIT THEORY OF CHANGE





# **FIT: TARGET POPULATION INCLUSION CRITERIA**

- **AGES 11 TO 17 AT INTAKE**
- **SUBSTANCE ABUSE OR DEPENDENCE DISORDER AND**
- **AXIS I DISORDER OR CURRENTLY PRESCRIBED  
PSYCHOTROPIC MEDICATION OR DEMONSTRATED  
SUICIDAL BEHAVIOR IN PAST 6 MONTHS**
- **AT LEAST 2 MONTHS LEFT ON SENTENCE IN FACILITY**

# FIT TEAMS

- **3-4 THERAPISTS PER TEAM**
  - **3-5 FAMILIES PER THERAPIST AT ANY GIVEN TIME**
  - **FREQUENT CONTACT WITH THE FAMILY, ESPECIALLY EARLY ON, TO ESTABLISH ENGAGEMENT AND STRUCTURE**
- **1 SUPERVISOR PER TEAM (0.5 FTE)**

## **FIT: TREATMENT**

- **BEGINS 2 MONTHS BEFORE RELEASE TO ALLOW TIME TO PREPARE FAMILY AND SYSTEMS TO SUPPORT SUCCESSFUL TRANSITION AND LASTS APPROXIMATELY 4 MONTHS POST-RELEASE**
- **THERAPIST MEETS WITH FAMILY AT LEAST ONCE PER WEEK**
- **THERAPIST ON CALL 24/7**
- **TREATMENT TAKES PLACE IN THE COMMUNITY WHERE THE YOUTH LIVES**

# FIT OVERSIGHT

- WEEKLY GROUP SUPERVISION WITH SUPERVISOR
- INDIVIDUAL SUPERVISION AS INDICATED
- WEEKLY TELEPHONE CONSULTATION WITH FIT CONSULTANTS
- AVAILABILITY OF PSYCHIATRIC CONSULTATION FOR TEAM AND/OR PROVIDERS

# CURRENT TEAMS IN WASHINGTON

## REFERRALS COME FROM JJRA

### EAST SIDE

- YAKIMA
- BENTON
- FRANKLIN
- KITTITAS

### WEST SIDE

- KING
- SNOHOMISH
- PIERCE
- KITSAP



# FIT BENEFIT-COST ANALYSIS

- **TOTAL COST OF FIT PER PARTICIPANT: \$9,665**
- **BENEFITS TO TAXPAYERS IN CRIMINAL JUSTICE SAVINGS PER PARTICIPANT: \$19,502**
- **BENEFITS TO NON-PARTICIPANTS FROM AVOIDED CRIMINAL VICTIMIZATIONS PER PARTICIPANT: \$30,708**
- **TOTAL SAVINGS PER PARTICIPANT = \$50,210**
- **NET GAIN PER PARTICIPANT = \$40,545**

# CITATIONS

## • FIT OUTCOME EVALUATION

- S. AOS, M. MILLER, AND E. DRAKE (2006). *EVIDENCE-BASED PUBLIC POLICY OPTIONS TO REDUCE FUTURE PRISON CONSTRUCTION, CRIMINAL JUSTICE COSTS, AND CRIME RATES*. OLYMPIA: WASHINGTON STATE INSTITUTE FOR PUBLIC POLICY.
  - [HTTP://WWW.WSIPP.WA.GOV/RPTFILES/06-10-1201.PDF](http://www.wsipp.wa.gov/rptfiles/06-10-1201.pdf)

## • WSIPP MODELS FOR THE COST OF CRIME

- S. AOS, R. LIEB, J. MAYFIELD, M. MILLER, & A. PENNUCCI (2004). *BENEFITS AND COSTS OF PREVENTION AND EARLY INTERVENTION FOR YOUTH, TECHNICAL APPENDIX*. OLYMPIA: WASHINGTON STATE INSTITUTE FOR PUBLIC POLICY.
  - [HTTP://WWW.WSIPP.WA.GOV/RPTFILES/04-07-3901A.PDF](http://www.wsipp.wa.gov/rptfiles/04-07-3901A.pdf)

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*"It seems like only yesterday  
you were a juvenile offender."*





# **QUESTIONS???**

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**DEPARTMENT OF PSYCHIATRY**

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