

MULTISYSTEMIC THERAPY (MST)

Program Overview

MST is an evidence-based in-home treatment for youth with serious acting out behaviors at home, in school and/or in the community, which may include substance misuse, truancy, defiance of rules at home or delinquent behavior in the community.. The treatment focuses on supporting parents/caregivers in addressing the youth's behavioral health issues and helping them be successful in managing their child's behavior. Parents/caregivers are active participants in every stage of the treatment process. MST also offers individual therapy sessions with youth to assist the family in the therapy process. Drug tests occur at the evaluation and randomly throughout treatment. 24-hour emergency and crisis intervention services to children and/or youth and their families is available by phone or pager.

MST is available to:

Youth ages 12-17 (and their parent/caregivers) who have a diagnosis related to disruptive, acting out, substance use, and/or delinquent behaviors. Admissions for 18 year olds are on a case-by-case basis.

Length of Service

The service typically lasts 3-5 months, with multiple sessions per week.

Program Coverage and Providers

MST is available to families statewide through teams at four different agencies. Each team covers a larger group of surrounding towns. Choose the team closest to your location.

Geographic Region	Agency Contact
Bridgeport, Norwalk/Stamford	Wheeler Health Contact: 475-222-6019
New Haven, Waterbury	Wheeler Health Contact: 475-222-6022
Rockville, Willimantic	Village for Families and Children Contact: 860-985-2491
Middletown, Waterford	North American Family Institute (NAFI) Contact: 860-207-0499
Hartford, New Britain	Village for Families and Children Contact: 860-707-3670
Danbury, Torrington	Connecticut Junior Republic (CJR) Contact: 860-719-1060