

MULTISYSTEMIC THERAPY (MST)

Program Overview

MST is an evidence-based in-home treatment for youth with complex substance use, social, and educational problems. 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 treatment process. Most sessions are done with the family in their home. 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.

Target Population

MST is for youth ages 12-17 (and their parent/caregivers) who have a *DSM 5* 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.

Program Coverage and Providers

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

| Geographic Region | Agency Contact |
|-------------------------------|---|
| Bridgeport, 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 |

Referrals

If you are from an agency and want to make a referral on behalf of a family, complete the referral form.

Program Contact

Ines Eaton, ines.eaton@ct.gov