Multisystemic Therapy for Emerging Adults (MST-EA)

Program Overview

Multisystemic Therapy for Emerging Adults (MST-EA) is designed for young people aged 17-20 at the highest risk for negative outcomes – those with multiple co-occurring problems and extensive systems involvement. MST-EA serves youth between their 17th and 21st birthdays who are aging out of foster care or involved in the child welfare system and have a behavioral health condition(s) (i.e., serious mental health and/or substance use disorders). The goal of MST-EA is to stabilize youth within the community through intensive multi-weekly treatment sessions. The clinical focus is on safety preservation, crisis management, establishing natural supports and increasing life skills to support the youth's transition into adulthood.

Target Population

MST-EA targets emerging adults who have a serious mental illness and/or substance use, and may have criminal justice involvement. Eligible young adults may also have a trauma history, which can be addressed through the MST-EA treatment model. The young adult referred must be:

- Between their 17th and 21st birthday
- Aging out of foster care or involved in the child welfare system; have a serious behavioral health condition(s) (i.e., mental health other than ADHD, Conduct Disorder, or ODD, and/or substance use disorders)
- Stable housing or a plan to achieve stable housing
- DCF involvement at the time of referral.

Length of Service

Average 8-12 months of clinical treatment with an option of up to 2 months of Life Coach support post clinical treatment

Program Coverage and Providers

Geographic Region	Agency Contact
Region 1 & 2 Bridgeport, Milford	NAFI CT Inc
Region 4 & 6 Hartford, Manchester, New Britain	NAFI CT Inc

DCF Contact

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