



# Multisystemic Therapy

Multisystemic Therapy (MST) is an intensive, family, and community-based treatment that addresses the core causes of juvenile delinquency and antisocial behaviors in youth ages 12-17. Therapists help youth and their families develop healthier environments with the ultimate goals of improving youth mental health and reducing youth criminal activity, substance use, aggressive/violent behaviors, and academic problems.

## Support That Matches The Need

### Eligibility Criteria

- Youth 12 to 17\* years of age
- Linn County resident
- At risk of severe systemic consequences due to serious, externalizing, anti-social and/or delinquent behaviors in the home, community, and/or school environment

\*if outside of age range, contact MST Manager to review

### Services Included

- Evaluation and assessment
- In-home and community-based settings
- Individual and family therapy
- 24/7 access to MST support
- Intensive coordination of care with various social, emotional, academic, and physical wellness entities

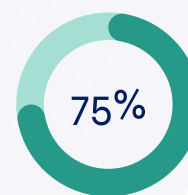
## Proven Success



Average Length of Treatment



Youth complete treatment



Fewer violent arrests (over 22 years)

### Contact information

Call: 319-286-4519

Email: [MST@tanagerplace.org](mailto:MST@tanagerplace.org)

[www.tanagerplace.org](http://www.tanagerplace.org)



# Multisystemic Therapy: What to Expect

## Admission Process

MST has many avenues that can lead to a referral for services.

### **Youth may be referred for MST in the following ways:**

- Parents or legal guardians can refer
- Community support workers can refer
  - Including schools, Juvenile Court Officers, Health and Human Services workers, etc.

*\*\*Parent/Guardian must still consent to treatment\*\**

### **1. CONTACT MST MANAGER**

To begin the admission process, contact our MST Manager via phone or email!

#### **Contact by Phone:**

- Call 319-286-4519 to speak to MST Manager
- If MST Manager is unavailable at that time, you will receive a confidential voicemail box
- Please leave a voicemail
  - Our MST Manager will follow up within two business days to the inquiry and begin the process of determining eligibility

#### **Contact by Email**

- Send an admission inquiry to [MST@tanagerplace.org](mailto:MST@tanagerplace.org).
  - Our MST Manager will follow up within two business days to the inquiry and begin the process of determining eligibility

### **2. ELIGIBILITY & FUNDING VERIFICATION**

- A licensed mental health provider will complete an assessment to determine eligibility
- MST team will verify insurance
  - If you do not have insurance or MST is not covered by your insurance, we will assist in application process for regional funding.

## During Treatment

### **Youth's Experience**

- Our MST therapists work to emphasize and highlight the positive within the youth and their support systems
- Interventions designed to promote responsibility among youth and family system
- Interventions are present-focused and action-oriented, targeting specific and well-defined problems.

### **Parent/Guardian Involvement**

- MST focuses on families as the solution
- Families are full collaborators in treatment planning and delivery
- A strong focus on family members as the long-term change agents
- MST has a strong track record of client engagement, retention, and satisfaction

### **Family Engagement/Commitment**

- Family engagement is the most crucial piece of this program
- Families should expect to spend up to four hours per week of time with their MST therapist

## **Reach Out Today!**

**PHONE:**  
319-286-4519

**EMAIL:**  
[MST@tanagerplace.org](mailto:MST@tanagerplace.org)