

# MULTISYSTEMIC THERAPY (MST)

MST is an intensive family- and community-based treatment service that addresses multiple aspects of serious anti-social behavior in adolescents. The program's multisystemic approach views an individual's behavior as being influenced by the systems around them—as well as by the individual's thoughts and feelings about those systems. MST interventions address the many factors that are known to contribute to delinquency where the youth lives, works and plays.



- Proven clinical home-based intervention that promotes behavior change in the youth's natural environment
- Treatment is approximately four months
- Targets chronic, violent or substance-abusing juvenile offenders at high risk out-of-home placement
- Estimated savings is from \$31,000 to \$131,000 for each youth served compared to out-of-home placement\*
- 25 to 70 percent decreases in adolescent substance use, adolescent psychiatric symptoms and long-term rearrest
- 47 to 67 percent reduction in long-term, out-of-home placement

## OUTSTANDING AWARDS & RECOGNITION

### March 2016

#### Network Partner Director of the Year

In 2016, Community Solutions Inc. Chief Operating Officer, Sherry Albert, received Network Partner Director of the Year which is an international award.

### November 2014

#### 10-Year MST Award

Since 2004, Community Solutions Inc. has been a licensed Network Partner of MST Services, playing a key role in producing best outcomes, ensuring fidelity to the treatment model, and meeting the increasing demand for MST.

### March 2011 and July 2010

#### Sustained Excellence Award

Community Solutions Inc. was presented two "MST Sustained Excellence Awards" in the therapist adherence category for our therapist demonstrating outstanding and meritorious service and ranking in the top one percent of their peers.

### Annual Recognition

#### MST "Whatever It Takes" Awards (WIT)

Community Solutions Inc. staff have been presented WIT awards year-after-year in multiple of the five categories for outstanding and meritorious services, including the ability and willingness to go beyond duty requirements.



community  
solutions, inc.

## COMMUNITY SOLUTIONS, INC.'S HOME-BASED YOUTH SERVICES DIVISION

*is widely acknowledged for its strict adherence to model fidelity  
and successful outcomes for youth and families.*

# Community Solutions Inc. Outcomes Data

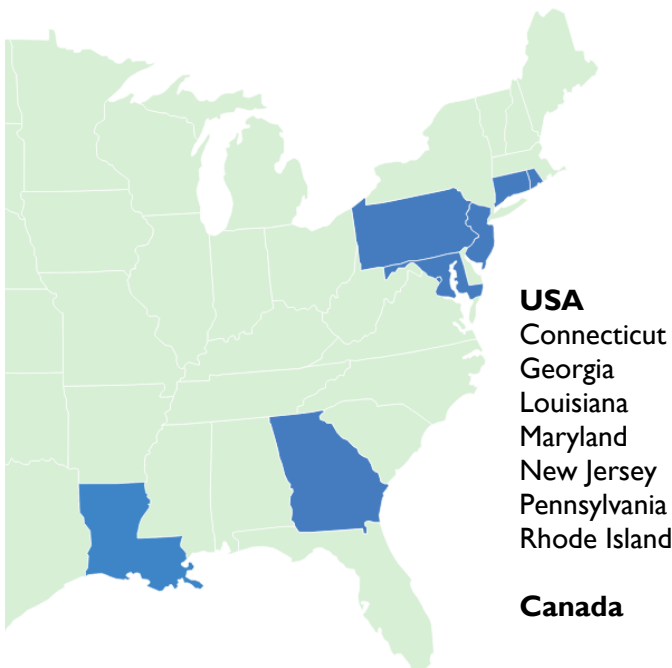


The following is a review of the performance of Community Solutions Inc.'s MST programs.

The data below provides the overall worldwide average of MST providers internationally from January 1 until December 31, 2015. This data is then compared to the average for Community Solutions Inc. from January 1 until December 31, 2015. Community Solutions Inc.'s 2016 MST Data Report had data on 719 cases from direct service teams serving Georgia, Maryland, New Jersey, Pennsylvania, and Rhode Island.

Ultimate Outcomes Review	Target Threshold*	Overall Average*	CSI Average
Percent of youth living at home at discharge	90 %	90.5 %	84.7 %
Percent of youth in school/working at discharge	90 %	85.6 %	81.8 %
Percent of youth with no new arrests during treatment	90 %	86.4 %	83.4 %
Therapist Adherence Data			
Overall average adherence score	0.61	.76	0.72
Percent of clients reporting adherence above threshold of 0.61	80 %	76.3 %	71.6 %
Case Closure Data			
Percent of cases completing treatment	85 %	87.8 %	81.6 %
Percent of cases discharged due to lack of engagement	<5 %	4.4 %	3.8 %
Percent of youth placed	<10 %	7.8 %	14.6 %
Average length of stay in days for youth receiving MST	100-140	128.4	123.1

Community Solutions Inc. currently provides clinical consultation as well as licensed MST teams in the following areas:



## Training and Consultative Services

New and existing licensed MST teams are offered the following types of services:

- Program development
- Five-day orientation training
- Weekly clinical consultation
- Quarterly booster training
- Stakeholder engagement
- Public speaking for both local and national conferences

For upcoming training, please contact Community Solutions Inc. at 860.683.7100.

Five-day orientation trainings are also listed on the MST website <http://www.mstservices.com>.

[www.csi-online.org](http://www.csi-online.org)

**CSI National Headquarters**

340 West Newberry Road | Suite B | Bloomfield | CT | 06002 | 860.683.7100



community  
solutions, inc.