

# Comparing Multisystemic Therapy (MST) to Other Treatment Models

This tool provides a means to compare MST to other services or treatment models, across multiple important domains including the Family First Prevention Services Act (FFPSA) criteria and ratings, by completing the blank columns with relevant information.

CATEGORIES
F = FFPSA Federal clearinghouse related
T= related to treatment/clinical
P= program element/structure
C= related to program CQI
R = related to research

EVIDENCE/RESEARCH BASE				
Category	Item	MST	Comparison Program 1:	Comparison Program 2:
R	Research Proven	Yes – 35 years+ of randomized clinical trials; 79 studies; 58,000 families		
R	Research replicated by independent researchers	Yes -high quality studies;* 53 independent research replications		
R	Research includes positive impact on family members	Yes - sibling arrest, caregiver felony rate		
R	Research includes home-based model of service	Yes		
R	Research includes culturally diverse youth and families	Yes		

FFPSA FEATURES				
F	Clearinghouse Rating	Well-Supported		
	<b>Program Areas:</b>			
F	Mental Health Services	Yes		
F	Substance Abuse Services	Yes		
F	Impacts	60 Favorable Impacts		

\* per Blueprints for Healthy Youth Development standards

### FFPSA FEATURES (continued)

Category	Item	MST	Comparison Program 1:	Comparison Program 2:
	<b>Subdomains with Favorable Impacts:</b>			
F	Child permanency	Yes		
F	Child well-being: Behavioral and emotional functioning	Yes		
F	Child well-being: Substance use	Yes		
F	Child well-being: Delinquent behavior	Yes		
F	Adult well-being: Positive parenting practices	Yes		
F	Adult well-being: Parent/caregiver mental or emotional health	Yes		
F	Adult well-being: Family functioning	Yes		

### PROGRAM ELEMENTS

P	Home-based delivery model	Yes		
P	Small Caseloads	Yes - 4-6 Families per therapist		
P	Team Implementation required	Yes - 2-4 Therapists		
P	Staff available 24/7 (on-call by team)	Yes		
P	Target Population Specified	Yes - clear inclusion and exclusion criteria		
P	Master's Level Therapists	Yes, limited number of highly experienced Bachelor's considered		
P	Therapists Full-time	Yes		
P	Flexible therapist schedule	Yes		

### PROGRAM ELEMENTS (continued)

Category	Item	MST	Comparison Program 1:	Comparison Program 2:
P	Supervisor assigned full time or a minimum of 50%/team	Yes		
P	Mobile Phones required	Yes		
P	Program/Team Licensing required	Yes		
P	Lifetime program support by licensing authority and model	Yes		

### CLINICAL FEATURES

T	Specified Treatment	Yes		
T	Limited treatment duration	Yes – 3-5 months on avg.		
T	Parent participation required	Yes		
T	Use of other programs during treatment	Limited, e.g. medication management by a psychiatrist		
	<b>Services Include:</b>			
T	Safety planning (aggression, risk of)	Yes		
T	Parent training	Yes		
T	Marital therapy	Yes		
T	CBT	Yes		
T	Family therapy	Yes		
T	Substance Abuse: evidence based interventions for young person	Yes		
T	Substance Abuse: evidence-based interventions for adults in caregiver	Yes		

### CLINICAL FEATURES (continued)

Category	Item	MST	Comparison Program 1:	Comparison Program 2:
T	Peer intervention for young person	Yes		
T	Peer intervention for caregiver	Yes		
T	Mental health intervention for young person	Yes		
T	Mental health intervention for caregiver	Yes		
T	School intervention	Yes		
T	Problem Sexual Behavior	Yes, limited**		
T	Discharge and sustainability planning	Yes		
T	Case management	Yes		
T	Trauma-Informed	Yes		
T	Community stakeholders engaged	Yes		
T	Referral for Follow-up services	Limited to any clearly identified service and treatment needs		

\*\* yes for youth with other delinquent behaviors in addition to PSB

### QUALITY ASSURANCE & CONTINUOUS QUALITY IMPROVEMENT

C	Ongoing staff training and support	Yes; 88 hrs year 1; 48 hrs subsequent years		
C	Professional development for staff	Yes		
C	Review and feedback on treatment planning	Yes, weekly for each youth by model expert		
C	Outcomes monitored	Yes, by model expert; required at discharge		
C	Program implementation monitored	Yes - every 6 months		

**QUALITY ASSURANCE & CONTINUOUS QUALITY IMPROVEMENT (continued)**

Category	Item	MST	Comparison Program 1:	Comparison Program 2:
C	Program development assistance	Yes		
C	Supervision Protocol required	Yes		
C	Follow-up outcome tracking	Highly recommended		
	<b>Research-Validated Fidelity Measures:</b>			
C	Therapist	Yes		
C	Supervisor	Yes		
C	Model Expert	Yes		
C	Program Implementation	Yes		