

## MULTISYSTEMIC THERAPY – PROBLEM SEXUAL BEHAVIORS (MST-PSB)

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MST-PSB is an ecologically oriented, family and community based treatment that has achieved promising long term outcomes for youth who have committed sexual offenses.

### Target Population

- Male and female youth ages 10 – 17.4 years who have engaged in sexually offending behaviors
- May be returning from a residential facility or detention, or require an intensive program in order to assist them in remaining in the community
- Families willing to participate in the treatment which targets the problem sexual behaviors as well as other delinquent behaviors such as truancy and academic problems, aggressive behaviors, and substance use, that may increase the risk of the youth coming into contact with court authorities.

### Referral and Service Initiation

- The team is available to accept referrals Monday-Friday, 52 weeks per year within the hours of operation.
- The team accepts referrals from its designated DCF Area Offices, their corresponding courts, and other community resources, following the referral process in the *Goals and Guidelines* (document that outlines the MST-PSB implementation processes developed by the provider and DCF regions served) noted for that team.
- When an adolescent and family are accepted for services, an initial intake interview will be conducted in the adolescent's home within 72 hours of the referral. The contractor will make allowances for meeting with families during evening hours and weekends. The contractor will assess the family's capacity and willingness to participate in MST-PSB treatment (i.e. willingness to provide informed consent, to ensure that at least one caregiver accepts that to some degree the problem sexual behavior did occur and to agree that a safety plan and monitoring are needed).

### Caseload and Length of Service

Caseload = 4 per FTE clinician. The average length of service is 5 – 7 months.

The Contractor will provide:

- A minimum of 3 home visits per week.
- Services may be extended beyond this period for those cases that have been deemed clinically appropriate for extended service via consultation with the MST-PSB consultant.

### Services and Interventions

- Structural and strategic family therapy
- Cognitive behavioral therapy
- Marital therapy
- Comprehensive risk assessment and safety planning
- Addressing any denial of the offending behaviors
- Identifying and addressing the aspects of the youth's environment that contribute to both antisocial and problem sexual behaviors
- Assisting families to support youth in the development of social skills that will allow for the establishment of healthy peer relationships

### Crisis Response

MST-PSB provides support to families in crisis on their active caseload 24-hours a day, 7 days a week, including weekends and holidays by an MST-PSB clinician who is on call. The team does not use local emergency mobile psychiatric services as common practice.