

## MULTISYSTEMIC THERAPY FOR TRANSITION AGED YOUTH (MST-TAY)

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MST-TAY (also known as MST for Emerging Adults – MST-EA) is an adaptation of standard MST, an evidence-based treatment with decades of research supporting its effectiveness with juvenile justice populations. MST-TAY targets the highest risk offenders: young adults (aged 17-20) with serious mental illness and involvement in the juvenile and/or criminal justice system.

### Target Population

MST-TAY targets emerging adults who have had criminal involvement (arrest or release from incarceration) within the last 18 months, a history of placement or challenges in past treatments, and who have a serious mental illness. Eligible young adults may also have a trauma history and substance use disorders, both of which can be addressed through the MST-TAY treatment model. The young adult must have an eligible mental illness at referral, other than ADHD, Conduct Disorder, or ODD. DCF Area Offices served include New Haven, Milford, Bridgeport, Waterbury, Meriden and Middletown.

### Referral and Service Initiation

- Referral agents, such as juvenile parole officers, social workers, jail diversion staff, and probation officers, will call the MST-TAY supervisor directly.
- The Contractor will be available to accept assigned clients from referral sources Monday - Friday, 52 weeks per year during routine business hours. The Contractor will accept all clients who meet the inclusionary / exclusionary criteria for MST-TAY.
- The initial visit with the transition-aged youth client by the MST-TAY staff will include, the clinical supervisor and MST-TAY therapist, and will occur within 72 business hours of referral.

### Caseload and Length of Service

Caseload = 4 per FTE clinician. The average length of service is 8 months.

The Contractor will provide:

- a minimum of 2 - 3 home visits per week.
- MST-TAY services can be extended if DCF Regional manager, DCF CO program manager, and the MST-TAY QA consultant agree.

### Services and Interventions

- a. treatment of both antisocial behavior & serious mental health conditions;
- b. engagement and development of the client's naturally occurring Social Network to facilitate sustainability of treatment changes;
- c. MST-TAY coaches work with clients each week, focusing on skill building in key areas (e.g., employment, independent living, communication, decision-making, parenting), as well as building clients' engagement in prosocial activities. The "coaching" portion of MST-TAY may continue for up to 4 months after the therapist finishes working with the client.
- d. mental health, substance use, and trauma Interventions, including urine drug screens;
- e. sustainability planning for housing and independent living skills;
- f. development and planning for career goals;
- g. improvement of relationship skills;
- h. parenting curriculum (for clients who are pregnant or have children);

### Crisis Response

Support to families in crisis on their active caseload occurs 24 hours per day, seven days a week including weekends and holidays by a MST-TAY clinician who is on call after hours.