

# Multisystemic Therapy- Building Stronger Families® (MST-BSF®)



## What is MST-BSF?

The Multisystemic Therapy- Building Stronger Families® adaptation, MST-BSF for short, applies evidence-based interventions that are individualized to address the individual, family, peer, school, and community-level problems of families who come under the guidance of Child Protection due to physical abuse and/or neglect plus parental substance abuse. MST-BSF increases families' natural support systems to achieve abstinence from drugs and/or alcohol, reduce risk to children, and sustain treatment gains without ongoing child welfare involvement.

## What are the Objectives of MST-BSF?

To eliminate parental substance, reduce parent and child mental health difficulties, prevent re-abuse and out-of-home placement of children ages 6-17.

## ACCESS TO FUNDING

MST-BSF MAY BE ELIGIBLE FOR TITLE IV-E TRANSITIONAL FUNDING VIA THE FAMILY FIRST PREVENTION SERVICES ACT.

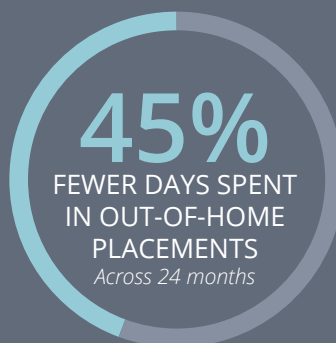
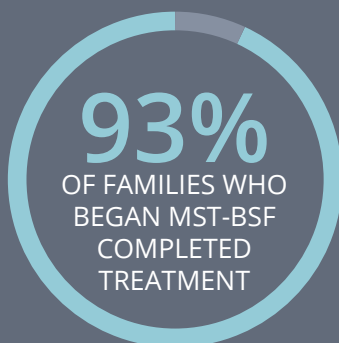
## All MST-BSF Families Receive:

Comprehensive adult behavioral substance abuse treatment with frequent drug testing	Safety planning – to prevent harm to children during family conflict or substance abuse relapse	Comprehensive family-based clinical interventions that address the drivers of maltreatment (e.g., poor parenting skills) and other family needs (e.g., financial instability, low social support)	Sustainability planning – to help ensure family gains persist after treatment ends	Clarification process – for parents to accept responsibility for the maltreatment and apologize to their children
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## When indicated, MST-BSF families also receive:

- Trauma-Focused Cognitive-Behavioral Therapy (TF-CBT) for child trauma symptoms
- Prolonged exposure therapy for parental PTSD
- Behavioral family therapy – to address communication and problem-solving difficulties
- Parent management training
- Anger management interventions
- Evidence-based pharmacotherapy for children and adults
- Case management services, including vocational training, housing assistance, and budgeting

## Proven Results



Sources: *The Building Stronger Families Project* and *Child Abuse and Neglect: An International Journal*

## Additional Outcomes

Significant decreases in youth anxiety symptoms

Significant reductions in parent drug and alcohol use and parental depression

Significant reductions in maltreatment

Source: *Child Abuse and Neglect: An International Journal*