

## What is MST?

Therapists work in the home, school and community and are on call 24/7 to provide caregivers with the tools they need to transform the lives of troubled youth. Research demonstrates that MST reduces criminal activity and other undesirable behavior.

### Ecological Model



## MST Works for Families and Communities

MST is an evidence-based program that empowers youth (aged 12 - 17) and their families to function responsibly over the long term. MST reduces delinquent and antisocial behavior by addressing the core causes of such conduct - and views the client as a network of systems including family, peers, school, and neighborhood. Therapists have small caseloads and provide services in the home at times convenient to the family. The average length of treatment is between 3 and 5 months, and therapists and provider agencies are held accountable for achieving change and positive outcomes.

### PROVEN RESULTS 60+ PUBLISHED STUDIES



\* AT THE CLOSE OF TREATMENT \*

# Rigorous Clinical Trials Demonstrate Effectiveness

MST FEATURES THE LARGEST BODY OF EVIDENCE, BY FAR, OF SUCCESSFUL INTERVENTIONS FOR HIGH RISK YOUTH



**60+**  
STUDIES



**\$75m+**  
RESEARCH FUNDING



**130+**  
PEER-REVIEWED  
JOURNAL ARTICLES



**48,000+**  
FAMILIES INCLUDED  
ACROSS ALL STUDIES

MST IS THE ONLY INTERVENTION FOR HIGH RISK YOUTH WHERE RESULTS HAVE BEEN REPEATEDLY REPLICATED BY INDEPENDENT RESEARCH TEAMS

## Enduring Results for Families and Communities



Over 14 Years



Over 22 Years



Median Across All Studies

MST DELIVERS

**SUPERIOR CLINICAL  
& FINANCIAL RESULTS**

RELATIVE TO INCARCERATION AND  
ALTERNATIVE TREATMENTS

**UP TO  
\$23.59**  
ROI FOR EVERY  
DOLLAR SPENT

**UP TO  
\$200K**  
NET BENEFIT  
PER YOUTH

*\*Journal of Family Psychology*

To learn more, visit us at [www.mstservices.com](http://www.mstservices.com)