

# Hempfield Behavioral Health

## Multisystemic Therapy (MST)

### Hempfield Behavioral Health International MST Awards

International Sustained Excellence Award  
for Therapist Adherence  
(three time recipient)

International Sustained Excellence Award for  
Team Adherence

U.S. Department of Health and Human Services  
SAMHSA Science and Service Award

International Outstanding Supervisor  
Team Adherence Award

### Family Testimonials

"I would like to personally thank your organization for the leadership, guidance, and tactics to get our son back and to re-energize our family. For that, we will be forever grateful."

-MST Parents

"Our therapist is truly a joy to work with and is helping us to be accountable for our goals and the problem-solving techniques we all set up with her guidance and assistance. Thank you!"

-MST Teen

"I just wanted you to know how grateful I am, how dedicated our therapist was, and what a wonderful job she did at transforming my relationship with my child. Our therapist was always there for either one of us at times when no one else seemed to care."

-MST Mom

### Multisystemic Therapy A National Blueprint Model

Multisystemic Therapy (MST) is a comprehensive treatment program designed to help teens become more successful in their homes, schools, jobs, friendships, and communities. We do this by meeting with the teen and their family many times per week in their home, at school, or in their community. We will meet with you and your family for 4 to 6 months, wherever and whenever it is convenient for you.

What you can expect from your MST Therapist:

- Family therapy
- Marital therapy
- Individual sessions with youth
- Individual sessions with parents
- Chemical dependency assessment and treatment
- Evaluation of the youth's peer network and arranging alternative activities
- Consultation with schools
- Coordinating activities with school, court, and/or other social services agencies

MST focuses on families as a significant part of the solution. Family members are full collaborators in treatment planning and delivery and are the agents of long-term change.

Here are some important things to know about MST and your therapist:

- We always focus on the positive
- We always want to help you become responsible and successful
- We always focus on the present. We don't worry about the past
- We won't ask you to do things that are too hard. Everything will be at your level
- We want to work on the problems everyday so that we can overcome them quickly
- We want you to hold us accountable. You and your family should always feel comfortable telling us what we are doing well, but also how we can improve
- We will meet with the parents as much as we meet with the teen because they know you best
- We are available 24 hours/day 7 days a week

MST is effective in helping teens with chronic, violent, delinquent behavior and youth with serious emotional problems including:

- Truancy and academic problems
- Serious disrespect, disobedience and violation or rules
- Aggressive behavior
- Criminal behavior
- Drug and alcohol abuse
- Running away
- Non-compliance