

## Anyone can make a referral to MST services.

Call: (360) 918-7860 | Text: (360) 819-7139  
Email: [ICD@communityyouthservices.org](mailto:ICD@communityyouthservices.org)

### Locations

711 State Ave NE, Olympia, WA 98506  
601 W Franklin Ave, Shelton, WA 98584

Scan for more information and  
an online referral form:



### MST treatment has statistically demonstrated improvement with youth in the following areas:

- Physical Violence
- Stealing/Theft
- School Success
- Hyperactivity
- Running Away
- Peer Problems
- Property Damage
- Anxiety/Worry
- Conduct Problems
- Pro-Social Behavior

### About Community Youth Services

#### Our History

Community Youth Services was founded in 1970 as a small, non-profit social service agency.

Since that time, it has grown steadily, developing responsive and innovative programs to meet the needs of high-risk youth and families in our community. Today, CYS offers more than 20 programs that service more than 6,000 people annually.

#### Our Mission

Community Youth Services empowers youth at-risk and their families to meet their goals for safety, stability, belonging and success by providing a continuum of individualized services and advocacy.

#### Our Vision

We envision every child growing up in a supportive home and community and achieving their full potential for personal growth.



# MST

## Multi-Systemic Therapy Program

*A voluntary family-focused  
treatment program that  
supports a family's vision  
for a better future.*



# About Us

Multisystemic Therapy (MST) is an evidence-based co-occurring treatment program that provides intensive home, school, and community-based services to youth and their families experiencing challenges in the following areas: family conflict, school, juvenile justice, mental health, anti-social behavior, and/or child welfare.

Services are offered at no cost to the family. Our intensive therapy lasts approximately 3 to 5 months. Our individualized treatment model works to support the strengths and goals of the family.

MST addresses all environmental systems that impact the child and family. Our therapists work with families to create sustainable change in the home and in the community.

## MST can serve youth who:

- Are 12 to 17 years old
- Are receiving Medicaid\*
- Live in Mason or Thurston County
- Are experiencing challenges in two or more of the following areas:
  - School, Juvenile Court, Child Welfare, Mental Health, Family / Home
- Have escalated behavioral challenges that could include:
  - Running Away, defiance / refusal to follow rules of their community, school, or home, physical aggression, property damage, and/or substance use

\*Limited availability for Thurston County youth without Medicaid

## MST cannot serve youth who:

- Do not have a primary caregiver who is committed to having the youth in their home for at least 6 months
- Have primary challenges being suicidal and/or homicidal behavior or sexually acting out behaviors and do not demonstrate other delinquent behavior
- Have challenges related to severe psychiatric needs (i.e., psychotic symptoms are main driver to behavior)
- Have been diagnosed on Level 2 or 3 of Autism Spectrum Disorder or when cognitive/developmental delays are a main driver to behavior

# Outcomes

## At the time of discharge:

**91% of youth were living at home with their families**

**87% of youth were in school and/or working**

**85% of youth had no new arrests during treatment**

**82% of youth reduced their substance use\***

**86% of families had skills necessary to handle future issues**

**86% of families had improved relationships**

**89% of families had an improved network of supports**

**75% of youth improved in an educational/vocational setting**

**80% of youth were involved with pro-social peers and activities**

**79% of families sustained changes made during treatment**

Outcomes based upon the MST program at CYS in Thurston & Mason counties between 01/2013 through 12/2021

\*Began tracking in 1/2016