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.

Our therapy program is free and available 24 hours a day, 7 days per week for participating families. Our intensive therapy lasts approximately 3 to 5 months. Our individualized treatment model works with the family to identify and build upon the strengths and goals of your family.

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

Outcomes are based upon:
- The MST program at CYS
- For Thurston & Mason Counties
- Between January 2013 through June 2019

At the time of Discharge:

<table>
<thead>
<tr>
<th>Outcome</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Youth living at home</td>
<td>92%</td>
</tr>
<tr>
<td>Youth in school and/or working</td>
<td>91%</td>
</tr>
<tr>
<td>Youth with no new arrests during treatment</td>
<td>82%</td>
</tr>
<tr>
<td>Youth reduced substance abuse</td>
<td>87%</td>
</tr>
<tr>
<td>Youth involved with pro-social peers and activities</td>
<td>82%</td>
</tr>
<tr>
<td>Families with parenting skills necessary to handle future issues</td>
<td>89%</td>
</tr>
<tr>
<td>Families with improved relationships</td>
<td>88%</td>
</tr>
<tr>
<td>Families with improved network of supports</td>
<td>92%</td>
</tr>
<tr>
<td>Youth with success in educational and/or vocational setting</td>
<td>79%</td>
</tr>
<tr>
<td>Youth with pro-social peers and activities</td>
<td>83%</td>
</tr>
<tr>
<td>Families where changes have been sustained</td>
<td>83%</td>
</tr>
</tbody>
</table>

There have also been statistically significant improvements with youth in the following areas:

<table>
<thead>
<tr>
<th>Category</th>
<th>Physical Violence</th>
<th>Running Away</th>
<th>Property Damage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Stealing / Theft</td>
<td>Suicidal Gestures</td>
<td>Anxiety / Worry</td>
<td></td>
</tr>
<tr>
<td>School Success</td>
<td>Emotional Symptoms</td>
<td>Conduct Problems</td>
<td></td>
</tr>
<tr>
<td>Hyperactivity</td>
<td>Peer Problems</td>
<td>Pro-social Behavior</td>
<td></td>
</tr>
</tbody>
</table>
Who can receive MST Services?

- Youth 12 to 17 years old
- Youth enrolled in Medicaid residing in Mason and Thurston Counties
- Limited availability for youth who do not have Medicaid in Thurston County
- Youth who are experiencing challenges in two or more of the following areas:
  - School
  - Juvenile Court
  - Child Welfare
  - Mental Health
  - Family / Home
- Youth who have escalated behavioral challenges that could include:
  - Running Away
  - Defiance / refusal to follow rules of their community, school, or home
  - Physical Aggression
  - Property Damage
  - Substance Abuse

Who cannot receive MST Services?

- Youth who do not have a primary caregiver that is committed to having the youth in their home for at least 6 months
- Youth whose primary challenges are suicidal and/or homicidal behavior
- Youth whose challenges are related to severe psychiatric challenges (i.e., diagnosed with schizophrenia or is actively psychotic)
- Youth whose primary challenges relate to sexually acting out behaviors and/or do not demonstrate other delinquent behavior
- Youth who have been diagnosed with Autism Spectrum Disorder or as developmentally disabled

Questions about MST? Want to make a Referral? Contact:

Tricia Wiltse, MA, LMHC, CDPT  
MST Program Director  
(360) 918-7889  
twiltse@communityyouthservices.org

Or visit our program’s webpage at:  
www.communityyouthservices.org/MST

Anyone can make a referral. To do so, please complete an MST Referral Form from our webpage and submit it by one of the following methods:

Mail  
711 State Avenue NE  
Olympia, WA 98506

Fax  
360-943-0785

The Community Youth Services’ Multisystemic Therapy Team

- Tricia Wiltse, MA, LMHC, CDPT  
  MST Program Director
- Allison Graff, MS, LMFT, CDPT  
  MST Supervisor
- Kenyon Martin, MEd, LMHCA, CDPT  
  Therapist
- Caitlin Morris, MSW, LICSWA, CDPT  
  Therapist
- Lauren Peet, MS, LMHCA, CDPT  
  Therapist
- Kalea Christensen, MA, LMHCA, CDPT  
  Therapist
- Whitney Hunt, MSW, LICSWA, CDPT  
  Therapist
- Kaila Duke, MS, LMFTA  
  Therapist

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MULTISYSTEMIC THERAPY (MST) PROGRAM

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