



A leaflet  
for Professionals

**N.E.W. MST**



## WHAT IS MULTI-SYSTEMIC THERAPY (MST)?

Multi-Systemic Therapy (MST) is an intensive family and community-based intervention that targets the multiple causes of anti-social behaviour in young people who, without intervention, could be at risk of being placed into Local Authority Care, at risk of custody or secure care.

MST adopts a socio-ecological approach to understanding problematic behaviours in young people. Viewing the individual as being surrounded by a network of interconnected systems that include the young person themselves, their family, as well as their peer group, school and wider neighbourhood.

In MST, parents and caregivers are viewed as the main instigators of change in the young person. Therefore the ultimate goal of MST is to empower the family to take responsibility for making and maintaining positive changes in the young person's behaviour.

## ULTIMATE MST AIMS

- To keep families together when the young person is at risk of entering care, custody or secure placement.
- For the young person to be engaged in education, training or employment.
- For there to be a reduction in anti-social behaviour and charges brought against the young person.

(Further information and research available from [www.mstuk.org](http://www.mstuk.org))

## WHO IS MST FOR? INCLUSIONARY CRITERIA

- Young people at risk of placement (care or custody) due to their own anti-social behaviours, including substance abuse.
- Young people involved with the Youth Justice System (Youth Offending System).
- Young people who are aged between 11 and 17.

## EXCLUSIONARY CRITERIA

- Young people living independently.
- Young person is presenting with suicidal, homicidal or psychotic behaviour.
- Sex offending in the absence of other anti-social behaviour.
- Young people with Autism Spectrum Disorder (ASD) where this is assessed as being moderate to severe.

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