

Multisystemic Therapy for Problem Sexual Behaviors (MST-PSB)

Target Population

Youth age 11-17 who have engaged in problematic sexual behavior(s) that have resulted in the victimization of another individual. These youth are often court involved, but that is not a requirement for participating in MST-PSB. An adult caregiver must be involved in the treatment process.

Treatment Setting

This is a community based service that can be delivered in the home, community, schools, court, or child welfare facilities.

Length/Frequency of Treatment

5-7 months, with weekly therapeutic contact.

Referral Process

MST-PSB is considered a Family Level of Care and pre-authorization is required from Community Behavioral Health. Referrals can come from probation officers and judges through Family Court and from other providers. MST-PSB can be an alternative to out-of-home placements and can be used as a step down service from RTF or AIP.

Website:

<http://www.mstpsb.com/Pages/default.aspx>

Overview

Multisystemic Therapy for Problem Sexual Behaviors is an intervention for **youth who have engaged in problematic sexual behavior** that has resulted in the victimization of another individual. This is a community based family treatment aimed at keeping youth in their homes and community while maintaining the safety of others around them. Staff work directly with the youth's family and with others in the community, such as peers, teachers, or probation officers.

Core Components

- Individualized safety plans are developed for each youth and family.
- MST-PSB clinicians work with the family and community to help develop risk-reduction plans, strengthen relapse prevention, and promote victim safety.
- Development youth's social and problem-solving skills, including modifying belief systems or attitudes that contribute to sexual offending.
- Parents learn strategies to effectively monitor their children and to encourage age-appropriate, healthy peer relations.
- Additional MST-PSB activities focus on:
 - Reducing denial by both parents and child about the sexual offense and its consequences
 - Enhancing parenting knowledge
 - Removing barriers to effective parenting
 - Promoting affection and communication among family members

MST-PSB Training and Consultation

MST-PSB providers are required to contract with MST Associates for ongoing training and consultation. MST-PSB incorporates intensive quality assurance and fidelity measures including: intensive preliminary training, ongoing onsite training, weekly case-specific clinical consultation from a qualified MST-PSB expert, fully articulated treatment manual, therapist and supervisor adherence measures, and 6-month program quality assurance reviews.