Multisystemic Therapy®

Multisystemic Therapy (MST®) is a unique goal-oriented, comprehensive treatment program designed to serve multi-problem youth. It uses treatment strategies supported by research showing that youth who break the law repeatedly and/or abuse illegal substances have difficulties in family relations, school performance, peer relations, or neighborhood and community relations. Therapy is provided in the home, school, and neighborhood and community settings. Treatment can be intensive — often including multiple family contacts and other participants every week.

The program is most effective in helping youth with chronic, violent, delinquent behavior and those with serious emotional problems, including:

- Truancy and academic problems
- Serious disrespect and disobedience issues
- Aggressive behavior such as fighting and property destruction
- Criminal behavior
- Drug and alcohol problems
- Running away from home

MST for Problem Sexual Behavior®

Multisystemic Therapy for Youth with Problem Sexual Behavior (MST-PSB®) is a clinical adaptation of MST that has been specifically designed to treat youth for problematic sexual behavior. Building on the research and dissemination foundation of standard MST, the MST-PSB model represents a state-of-art, evidenced-based practice that was uniquely developed to address multiple determinants underlying problematic juvenile sexual behavior. The treatment is the only sexual offending model that is designated as a Blueprints Model Program by Blueprints for Healthy Youth Development. Applewood Centers is the only agency in Cuyahoga County offering MST-PSB.

How the Program Works

Applewood Centers therapists provide a complete functional assessment of the youth in the context of their family, school and community. The therapist seeks to understand the youth’s problems and the factors that contribute to those problems. Treatment focuses on helping parents build supportive social networks and empowers parents to address the needs of their child more effectively. Therapists are available 24 hours a day, seven days a week. The therapy’s interventions are developed with full collaboration of family members and key figures in the youth’s life and can include any combination of the following services:

- Family therapy
- Individual sessions with youth or parents
- Chemical dependency assessment
- Evaluation of the youth’s peer network and arranging alternative activities
- Consultation with schools
- Coordinating activities with school systems, court and other social service agencies
- Arranging a psychiatric consultation
About MST
Developed at the Medical University of South Carolina’s Family Services Research Center, MST is the only family-focused and community-based treatment program that has been the focus of several major research studies. This therapy approach has demonstrated significant clinical effectiveness for youth with complex emotional, social and academic needs. Multisystemic Therapy emphasizes long-term change that families can maintain following treatment. To learn more about Multisystemic Therapy, visit www.mstservices.com.

How to Make a Referral
To make a referral or obtain additional information about how Multisystemic Therapy or Multisystemic Therapy for Problem Sexual Behavior might be beneficial for a youth you know, please call us at the following numbers. Our professionals will talk with you confidentially about your concerns and determine if this program would be a good fit.

Cuyahoga County 216-521-6511  Lorain County 440-324-1300

Office Locations
CHILDREN’S AID SOCIETY CAMPUS  LORAIN COUNTY OFFICE
10427 Detroit Avenue  Midway Plaza Building
Cleveland, OH 44102-1645  347 Midway Boulevard, Suite 306
216-521-6511 / fax 216-521-6006  Elyria, OH 44035

How to Reach Applewood Centers
Applewood Centers is a private, non-profit agency providing behavioral health services to children and youth from birth to age 21, and their families. Services are provided from our offices, at clients’ schools, and in your home.

At Applewood Centers we are dedicated to helping youth and their families address a variety of behavioral, emotional, and learning problems. We provide a continuum of care from outpatient counseling and psychiatry services to residential treatment.

Our community-based services include foster care, adoption, and The Gerson School, which is a co-educational alternative day school for students who have not been successful in standard educational settings.

GENERAL INFORMATION
Cuyahoga County 216-696-5800  Lorain County 440-324-1300  www.applewoodcenters.org

RESIDENTIAL TREATMENT - INTAKE
Phone 216-741-2241 ext. 1011 or 1721
Fax 216-741-2632
Email referrals@applewoodcenters.org

PSYCHIATRY SERVICES 216-696-6983
BECOME A FOSTER PARENT 216-696-6815
BILINGUAL SERVICES 216-741-2241
THE GERSON SCHOOL 216-694-7200

Licensed and certified by the Ohio Department of Mental Health and Addiction Services (OhioMHAS); licensed by the Ohio Department of Job and Family Services and the Ohio Department of Education. Accredited by The Joint Commission and the American Psychological Association.

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