
MULTISYSTEMIC THERAPY (MST)

What it means for your family



YOUTH HORIZONS | KIA PUĀWAI

July 2018

What is Multisystemic Therapy?

MST is a proven method of supporting families/whānau to manage their children's challenging behaviour. The programme is tailored to suit each family's needs. MST supports parents to develop new ways to respond to and resolve problems, such as aggression, running away, offending and substance abuse.

MST can help your family support your child back into school, community groups and other positive activities. The programme can also help your family build your relationships with schools and others involved in your children's lives.

What's your role?

To set goals and to work with us to achieve them.

To share your family's strengths and challenges with us.

To put boundaries and limits into practice for your children.

To stay in touch with us and to contact us in any difficult situation.

To stay focused on what is best for your family.

To work on making positive connections within your community.

To think about ways you can make your home a healthier and happier place for the whole family.

To challenge yourselves to try some new ideas and different ways of doing things.

What do we do?

We are family focused, working mainly with parents or caregivers.

We help families to manage on their own, without the need for agency involvement.

We will work closely with your family, usually meeting a few times a week at your home.

We can be contacted 24 hours, seven days a week, if needed to support your family.

We encourage you to create your own goals - our focus is to support you to achieve those goals.

We work alongside you, building on your strengths, for up to five months.

We help you to make and keep links with your community.

How to access MST

Youth Horizons provides MST free in the Auckland region. All referrals to the service must be made through Oranga Tamariki.



About Youth Horizons

Youth Horizons is a national charitable trust working to improve the lives of children and young people who are dealing with behavioural, emotional, mental health or development issues.

We deliver programmes that have been shown to work, meet the needs of people from different backgrounds and focus on therapy in the home, parenting support, bringing families back together, and foster care and group home placements.

Contact us

Phone 09 573 0954

Freephone 0800 375 210

Email referrals.auckland@youthorizons.org.nz

youthorizons.org.nz

mstservices.com

