

## 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 [communications@youthhorizons.org.nz](mailto:communications@youthhorizons.org.nz)

[youthhorizons.org.nz](http://youthhorizons.org.nz)

[msts services.com](http://msts services.com)

# MULTISYSTEMIC THERAPY (MST)

What it means for your family



YOUTH HORIZONS | KIA PUĀWAI 20 YEARS

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# What is Multisystemic Therapy?

MST is an internationally recognised, evidence-based method of supporting families/whānau to manage their children's challenging behaviour. The programme is tailored to suit each family's needs. We support parents to develop the skills to address aggression, offending, running away, disobedience, truancy, substance abuse and other high risk behaviours.

MST provides support to assist families/whānau to get young people back into school and into community groups and recreation activities. The programme also enables families to build relationships with schools, the community and others involved in their children's lives.

# What is your role?

- ▶ To set realistic goals aimed at addressing the challenging behaviours and to work with us towards achieving 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 feel free to contact us in any difficult situation.
- ▶ To stay focused on what is best for your family.
- ▶ To work on making positive connections with your community.
- ▶ To think about ways you can make your home a healthier and happier place for the whole family/whānau.
- ▶ To challenge yourselves to try some new ideas and different ways of doing things.

# What do we do?

- ▶ We are family focused, working together with parents or caregivers, not only children.
- ▶ We aim to empower families to manage successfully on their own, without the need for additional agency involvement.
- ▶ We come to you, at your home, when it suits you.
- ▶ We can be contacted 24/7 if needed to provide urgent support for 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 in the Auckland region.
- ▶ All referrals to the service are made through Oranga Tamariki.
- ▶ MST is a free service.

