



Family Preservation Services

Multisystemic Therapy



Overview

For youth involved in the juvenile justice system, it can often feel like a highway with only one exit ramp: incarceration. Multisystemic Therapy (MST) offers an alternative path by reducing and preventing juvenile delinquency. Instead of sending youth out of the community, therapists work in the home, addressing the root causes and fostering a positive family dynamic.



Who we serve

MST empowers youth ages 10-17 years old and their families to function responsibly in the long-term. It serves youth at risk of abuse, neglect, or placement outside the home because of their challenging behaviors. Caregivers also receive support in developing parenting techniques to manage conflict and other challenges.



Family needs

Our interventions address youth and family issues such as:

- Delinquency & court involvement
- Truancy or academic failure
- Substance use disorders
- Risk of removal or incarceration
- Aggressive or risky behavior
- Family conflicts
- Mental & behavioral health challenges

Benefits

- ✓ Improves family harmony & stability
- ✓ Improves behavior & reduces family conflict
- ✓ Helps prevent further involvement with the juvenile justice system
- ✓ Increases positive interactions within schools & communities
- ✓ Reduces mental health difficulties
- ✓ Includes case management & 24/7 crisis intervention

Contact us

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Referral Specialist

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How it works



A case manager & a therapist are assigned to each family.



Crisis intervention is available 24/7 to address safety issues & prevent unnecessary placement of a child.



It can take 6-9 months of services for families who are involved with the juvenile justice system and possibly DCS.



The case managers and therapists help with safety & crisis planning & crisis management when needed. Services are delivered in the family's home or community.



Therapists provide a broad range of services specific to each family. This can include assessments, addressing family conflict, therapy for trauma & PTSD, anger management training, parenting skills training, and improving family communication & problem-solving skills.

About Choices

Choices is a national nonprofit committed to empowering individuals, engaging communities, and enhancing systems.

Our Indiana programs include:

- Children's Mental Health Initiative (CMHI)
- Children's Mental Health Wraparound (CMHW)
- Family Preservation Services
- School-Based Services
- Foster Care Solutions
- Behavioral Health Solutions, and
- The Choices Emergency Response Team (CERT)



The case manager helps families with other resources such as housing, jobs, & education. The case manager can connect the family with positive activities in their community.