



Multisystemic Therapy

Multisystemic Therapy (MST®) is a family and community-based treatment that addresses the core causes of juvenile delinquency and antisocial behaviors, such as aggressive/violent behaviors, theft and other criminal behaviors, substance use, and chronic school absences. The ultimate goal is to reduce unwanted behaviors by empowering families to create healthier environments using existing youth, family, and community strengths and resources.

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Proven outcomes include:



Reduced rates of criminal offending, arrests, and recidivism



Reduced rates of out-of-home placements



Extensive improvements in family functioning

LifeSolutions Counseling Associates is accepting referrals for **Indianapolis and the surrounding counties.**

To refer families for MST, please send referrals through KidTraks under **Family Preservation Services**. Contact MST Supervisor Jennifer Singer for questions: jennifer.singer@lifesolutionspc.com



Services provided by MST therapists include but are not limited to:

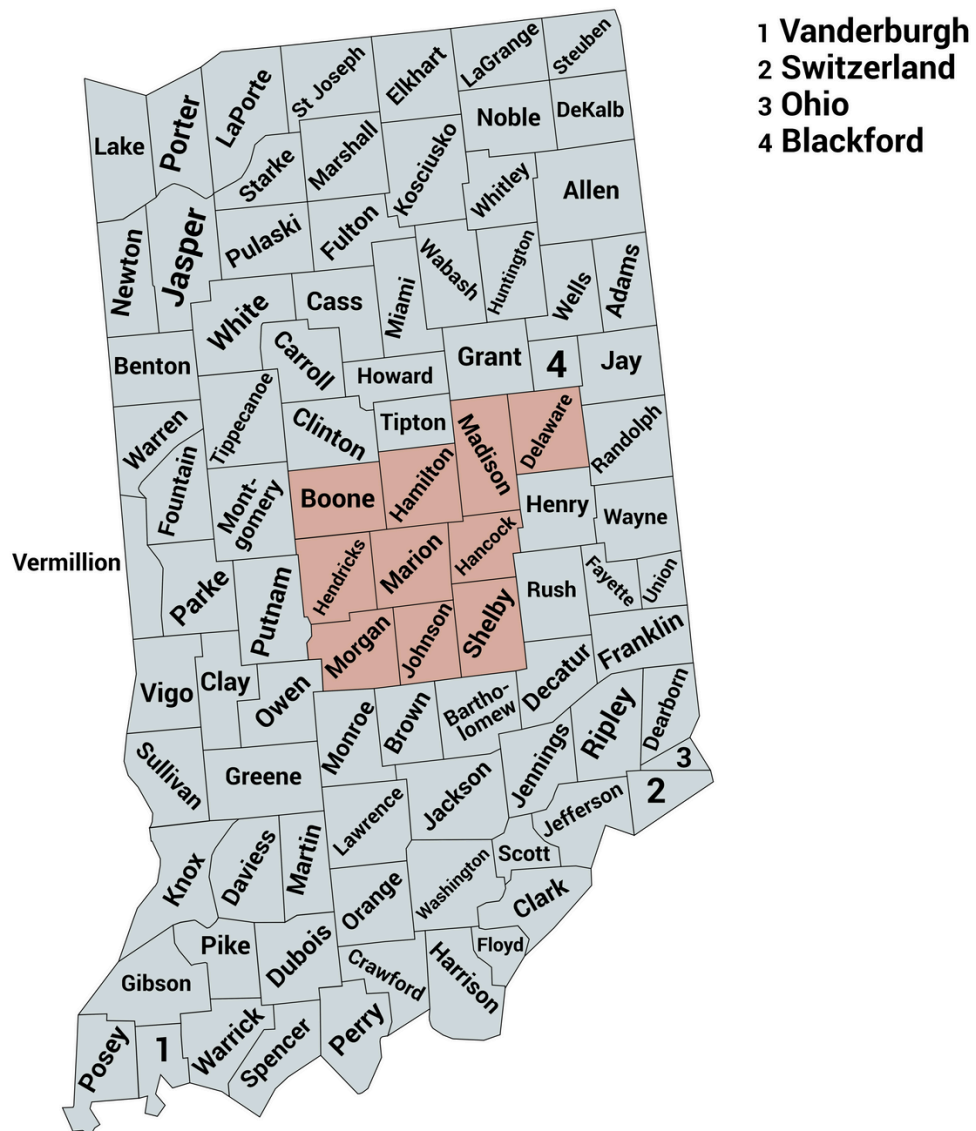
- Individualized treatment plans
- Mental health services for youth, caregivers, and family
- 24/7 access to an MST provider for crisis intervention
- Drug and alcohol intervention
- Social skills training
- Parent skills training
- Educational and vocational support
- Healthy relationship education

Eligibility Criteria

We serve youth ages 12–17 who are:

- At risk of placement out of the home due to their challenging behaviors
- Involved with the justice system or at risk of involvement
- Eligible for Family Preservation Services through Juvenile Probation or Department of Child Services

LifeSolutions MST Coverage



Areas served by the LifeSolutions MST team

LifeSolutions serves Central Indiana including: Boone, Delaware, Hamilton, Hancock, Hendricks, Johnson, Madison, Marion, Morgan, and Shelby counties.

