



MST SUCCESS

92.6% 

MST clients that remain at home

77.5% 

Are in school or working

86.7% 

Have no new criminal charges

Our service promise is Hope. Health. Together.

It's a partnership between you and us. Providing care and compassion, improving your health and quality of life and doing it together.



Health Solutions provides behavioral health services at no cost to Health First Colorado members.

These members may be charged a co-pay for medical services. Please ask our support staff for more details.



Youth and Family Services

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www.Health.Solutions/YFS



Multisystemic Therapy (MST)



Multisystemic Therapy



Multisystemic Therapy is a family and home-based treatment for adolescents between 12 and 17 years old. This evidence-based therapy strives to promote positive social behavior in youth. Therapists work with the client and family in their natural settings – home, school and neighborhood to promote positive social behaviors while decreasing anti-social behaviors.

MST strives to:

- Keep the youth safely at home
- Keep the youth in school and/or working
- Divert youth from the legal system and help resolve existing legal issues
- Reduce other types of anti-social behavior such as drug use and gang involvement
- Reduce criminal behaviors

Empowering Parents and Guardians



Parents and/or guardians of clients enrolled in MST services will work with their MST therapist to develop an understanding of current behaviors and concerns within the home, school and community. This understanding will help build intervention strategies that are tailored to their unique situation.

MST therapists focus on collaborating with and empowering parents/guardians by using identified strengths to develop a natural support system.

The MST therapist will work with parents to:

- Reinforce curfews and rules at home
- Decrease youth's involvement with anti-social people
- Promote friendships with pro-social peers
- Improve academic and/or vocational performance
- Manage the challenges of criminal activity that may exist in the neighborhood

MST Therapists:

- Carry very small caseloads
- Are on call 24 hours a day, 7 days a week
- Generally, when MST methodologies are introduced into the home, overall family functioning improves and generalizes into the community.
- MST decreases criminal activities and decreases youth detention, thereby decreasing costs to their communities.

Scientifically Proven to Transform Lives

Evidence Based Programs for Youth

For Juvenile Offenders



For Abused and Neglected Children

