

What is Multisystemic Therapy- Intellectual Disabilities?

Multisystemic Therapy- Intellectual Disabilities, MST-ID® for short, is a specialization of Multisystemic Therapy (MST®) for youth and/or caregivers with a known or suspected intellectual disability (ID) who also meet the usual criteria for MST. MST-ID focuses on all systems surrounding the youth and their family: home, school, peers, and community. MST-ID therapists have knowledge, strong skills and use specific interventions in working with persons with an ID. The MST teams receive a high level of training, supervision, and support to ensure adherence to the MST treatment model. Over 10 years of experience with developing and researching MST-ID has taught us that the families receiving MST-ID can and do develop the skills to allow youth to grow up at home.

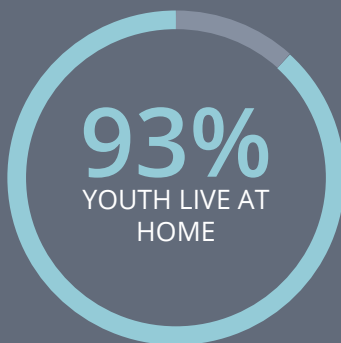
What is the target population of MST-ID?

Youth (10 to 19 years old) at risk of severe system consequences due to **serious externalizing, antisocial or delinquent behaviors** that might include involvement with the justice system, AND either the **youth or a caregiver has an intellectual disability**.

Five unique characteristics of MST-ID teams:

 <p>Have specific knowledge, skills, and experience working with persons with an ID</p>	 <p>Help families implement interventions: including small steps, visual tools, role-play, modeling, and scripts</p>	 <p>Specialize in tailoring their verbal and non-verbal communication to their target population</p>	 <p>Help families build or (re-)activate support from a strong network of informal and formal support</p>	 <p>Focus on attaining long-term outcomes</p>
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Proven Results



Additional Outcomes

More involvement of youth with pro-social peers

Decrease in externalizing problem behavior and police contact

Enhanced social support and family relations

Improved parenting skills

Source: MST-Nederland/België (2021)