



South West London and
St George's Mental Health

NHS Trust

A large graphic featuring black silhouettes of three people in dynamic, jumping poses. The background is a vibrant, abstract composition of splattered colors including purple, pink, blue, and yellow. The entire graphic is set within a white triangular shape that points towards the top right.

Multi-systemic Therapy (MST)



Patient information



What is Multi-systemic Therapy (MST)?

Multi-systemic Therapy (MST) is an intensive family and community-based intervention, aiming to break the cycle of anti-social behaviour by keeping young people safely at home, in school and out of trouble.

MST has a strong international evidence base and has been found to be highly cost-effective in reducing the need for out-of-home placements.

MST is a strength-focused approach and the MST Therapist works primarily with the parents or carers of a young person to support positive change.

Who is MST for?

Inclusion criteria: Young people aged 11–17 years with complex clinical, social and educational problems, such as aggressive behavior (in more than one setting), substance use, school exclusion and offending. Referred young people must be at high risk of coming into care, residential school or the criminal justice system.

Exclusion criteria: Young people living independently, young people who are actively suicidal, homicidal or have symptoms of psychosis, sexual offending in the absence of other antisocial behaviours, youth with diagnoses of pervasive developmental disorders (e.g. Autism/Asperger's Syndrome).

How does MST work?

The MST Therapist works with the parent/carer to understand the causes of the issues the young person is experiencing and then a number of goals are devised to work on during the 3-5 month intervention.

The MST therapist works with the family, teachers, peers of the young person and other professionals, including social workers, youth workers and the police.

Each family has a minimum of two meetings per week with the MST Therapist, usually in the family home or at another place in the community.

Appointments are offered Monday to Friday between 9am and 8pm at times to suit the family. The MST Team operates a 24 hour on-call telephone service.

During the intervention, the therapist will establish links between the family and other professionals involved in the young person's life to help support attainment of the goals. Other individuals such as friends and neighbours may also be involved.

The aim is to develop a strong support network which will remain in place long after the MST intervention has come to an end.

The MST Therapist will maintain regular contact with other professionals during the intervention and a discharge planning meeting for the family and all professionals will be arranged at the end of the intervention, aiming to support the family to maintain progress after MST.

The MST Team

The MST Team consists of an MST Supervisor, a Back Up MST Supervisor and 4 MST Therapists. Each therapist works with 4 – 5 families at any one time and provides those families with a single point of contact.

Referrals

The MST Team accepts referrals from Merton, Sutton, Wandsworth, Kingston and Richmond on a spot-purchase basis.

Completed MST referral forms should be emailed to the MST Team.

One of the MST Supervisors will then arrange to meet the family to do a suitability assessment for MST. Following that assessment, the MST Supervisor will provide feedback to the referrer.

If the referral meets criteria for MST, referrers will need to get written approval for funding from either the CCG commissioner or the relevant Social Care management team.

Once written approval for funding has been provided, the family will be allocated to a MST Therapist as soon as possible.

Referral forms, further information on funding arrangements and inclusionary/exclusionary criteria can be obtained from the MST Service.

Discussions with the MST Supervisor around potential referrals are very welcome.

Contact details

South West London Multi-systemic Therapy Team

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CR4 4LQ

☎ **0208 254 8052**

@ **ssg-tr.mstreferral@nhs.net**



We are the leading provider of mental health services across south west London and a beacon of excellence for national mental health services. We serve a diverse community of people in the boroughs of Kingston, Merton, Richmond, Sutton and Wandsworth.

In keeping with the Equality Act 2010 we do not discriminate against people on the grounds of age, race, disability, sex, gender reassignment, sexual orientation, religion and belief, marriage and civil partnership or pregnancy and maternity.

Help us make our services even better

The views of patients, their carers, friends and families are at the heart of improving the way we deliver our services. We are committed to delivering high quality care. Your feedback will help us understand what we do well and what we can do better.

If you would like to give us feedback please contact:

- Patient Advice and Liaison Service (PALS): 020 3513 6150
- Feedback online at: <https://feedback.swlstg-tr.nhs.uk>
- Patient Opinion: www.patientopinion.org.uk

Become a member:

To find out about becoming a member

E-mail: membership@swlstg-tr.nhs.uk

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Our values



If you require this document in an alternative format please call: 020 3513 6006

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