

McKean
Warren
Cameron
Elk
Potter

1185 Market Street
Warren, PA 16365
814-598-1263 (office)
814 368-5479 (fax)

www.beacon-light.org



BEACON LIGHT
BEHAVIORAL HEALTH SYSTEM
AN AFFILIATE OF JOURNEY HEALTH SYSTEM

Multisystemic Therapy



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What is Multisystemic Therapy?

Multisystemic Therapy (MST) is an evidence-base, intensive family and community-based treatment program that empowers youth (ages 12-17) and their families to function responsibly over the long term and views the client as a network of systems including family, peers, school, formal, and neighborhood.

Admission Criteria

- The Youth is currently between the ages of 12 and 17 years. Will consider youths as young as 10 years of age.
- The Youth is living in a home environment with a permanent caregiver or will be returning home to a permanent caregiver within 30 days.
- The Youth is not actively suicidal, homicidal, or psychotic.
- Youth is not exhibiting behaviors that are primarily driven by a well-documented psychiatric disorder (i.e. Bi-Polar, Major Depressive Disorder, Schizoaffective Disorder/Schizophrenia, Anxiety Disorders/Phobias).

Referral behaviors can include:

- Physical and verbal aggression
- Substance abuse/use
- Truancy
- Theft
- Property destruction/vandalism
- Runaway
- School failure including suspensions & expulsions

“The referral process at Beacon Light is easy. Therapists are engaging with the family, school, and those of us that work alongside the family, as well. The BLBHS MST team is truly a blessing to our community and a pleasure to work with.”

-- A parent advocate

Exclusionary Criteria

MST is unable to work with most youths with an Autism Diagnosis and cannot work with youths whose primary reason for referral is a sexual offense.

The Youth cannot be receiving intensive in-home or intensive outpatient services from another provider that are expected to continue for the duration of MST treatment. The Youth’s current or pending charges are not expected to result in incarceration longer than 30 days or out-of-home placement.

Referral Process

A referral form can be completed and faxed to MST Supervisor or a call to the MST Supervisor to initiate a referral.

Funding Streams/Authorizations

Most funding is provided by CCBH.

Home-Based Model

- MST Therapists are available 24 hours a day, 7 days a week
- Services are provided in the home, school, neighborhood and community
- Caseloads of therapists are small (4-6 families per therapist) and treatment is intensive, often including multiple contacts with family and other participants every week
- Average length of treatment is 4-6 months
- Therapists are fully trained in MST
- Therapists work in teams and provide coverage for each other’s caseloads
- Each team has a supervisor and an expert consultant from Multisystemic Therapy Services, Inc. in Charleston, SC, who consults weekly on all cases

What does MST do?

- A complete functional assessment of youth in the context of their family, school and community
- Seeks to understand the “fit” between the child’s problems and the factors which contribute to them
- Focuses on helping parents build supportive social networks
- Empowers parents to address the needs of the youth more effectively
- Emphasizes long-term change that families can maintain after the program.

What Can I Expect From My MST Therapist?

Any combination of the following services could be provided to the youth and her/his family, as needed, within the MST program:

- Family Therapy
- Marital Therapy
- Individual Therapy with parents/caregivers
- Chemical dependency assessment and treatment with the ecology.
- Evaluation of the youth’s peer network and arranging alternative activities
- Consultation with schools
- Coordinating activities with school systems, court, and/or social service agencies
- Arranging a psychiatric consultation

ABOUT BEACON LIGHT

Beacon Light Behavioral Health System, an affiliate of Journey Health System, was founded in the early 1900’s to provide services to children abandoned or orphaned by the early oil and lumber industries. Throughout its history, the agency has provided quality care to young people. As the needs of our society changed, Beacon Light Behavioral Health System evolved into a private, not-forprofit social service agency providing quality, professional behavioral health and educational services.

Beacon Light Behavioral Health System’s continuum of care includes multiple programs of varying intensity across Pennsylvania. Regardless of the location and type of service accessed, qualified mental health treatment professionals provide individualized treatment planning and care.

