

MST Outcomes for Troubled Adolescents and Their Families

Between January 1 and December 31, 2022, there were 15,201 young people referred for MST® or one of its treatment types. Outcome data was available on 13,280 (87.4%) * young people who had an opportunity for a full course of treatment (e.g., cases were clinically closed) and were discharged by August 17, 2023. This report focused on outcomes of 12,647** young people referred to MST, MST-ID, MST-PRV, MST-PSB, or MST-SA, treatment types with similar performance expectations. Adolescents referred to MST present with multiple problems (aggression, truancy, substance use, problem sexual behavior) and are frequently at risk of out of home placement.

At Home	93%	MST programs continue to achieve outcomes like those reported in the research despite its wide dissemination in settings and cultures that are more diverse. Establishment of licensed, MST Network Partners who provide training and support to contracted programs in other countries have collaborated with MST Services to make the training of staff relevant to the local culture. In addition, MST therapists target the entire ecology of the family and strive to develop an understanding of the cultural factors contributing to the family's problems in addition to other factors in the family's ecology.
In School/Working	87%	
No Arrests	90%	

*Cases not included either received no services (3.3%), were closed for administrative reasons (7.7%) or were still receiving services (1.6%).

**Outcomes do not include 633 youth receiving another MST Treatment Type or 581 youth in programs with international data sharing restrictions.

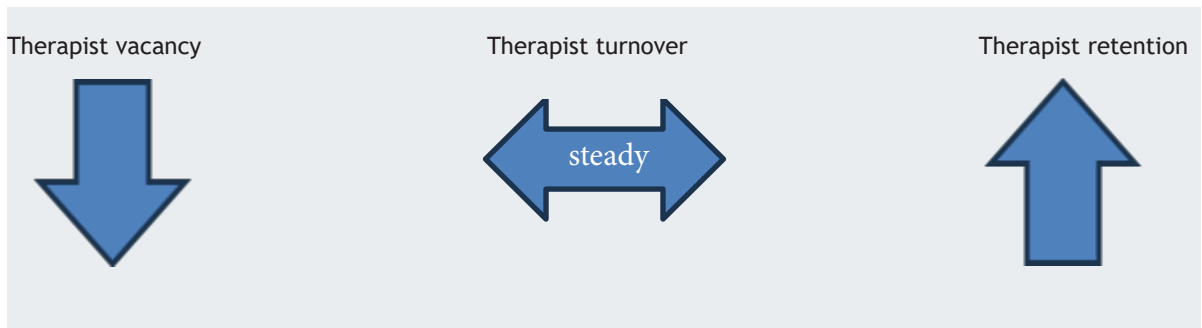
Diversity in Families Served by MST

Demographically, these young people were identified as White (36.2%), Black (25%), Hispanic/Latino (26.7%) or Other (12.2%). Their average age was 14.9 years, and the majority were male (64.7%). Of these cases, 33.6% (4,257) were served by non-US teams and 66.4% (8,404) received MST within the U.S. Sixteen different languages were identified as the caregivers' primary language with English spoken by 72% of caregivers, Spanish by 17.7% of caregivers and 7.5% of caregivers spoke one of the other fourteen languages identified.

Understanding Staffing Challenges

The 2022 MST Data Report highlighted the increase in therapist vacancies during the pandemic. In 2023, the rate had returned to pre-pandemic levels and dropped from an average of .74 FTE funded therapist positions not filled to an average of .59 in the summer of 2023. Of course, programs in the U.S., programs in rural areas or in competitive markets are likely to experience higher vacancy than the average. This year's focus on therapist turnover suggests that staffing challenges may be due more to recruitment barriers than turnover. The average annual rate of therapist turnover was 24% which is expected for the size of the team and opportunities for advancement. In addition, therapist retention across all teams averaged 2.8 years in 2023, an increase since last reported as 2.3 years in the 2014 MSTI Data Report. Recruitment has also resulted in some race/cultural diversity with MST therapists identified as White/Non-Hispanic (47.6%), Black (25.2%), Hispanic/Latino (16%) or Other (11.1%).

2023 Findings Compared to Previous Years



MST Performance Dashboard

Results from MST team performance measures^a demonstrate the effectiveness of MST teams worldwide. MST Performance Dashboard target scores, based on results from numerous clinical studies, set a standard that MST programs aim to meet despite implementation in a variety of settings that may differ from the controlled settings of the clinical studies.

Item	Team Performance Indicator	Target	Overall Average	Project Range (SD) ^a
ULTIMATE OUTCOMES REVIEW				
1	Percent of youth living at home	90%	92%	71% - 100% (6.6)
2	Percent of youth in school and/or working	90%	86%	56% - 100% (10.5)
3	Percent of youth with no new arrests	90%	90%	63% - 100% (7.8)
THERAPIST ADHERENCE DATA				
4	Overall average adherence score ^c	0.61	0.74	0.38 - 1.00 (0.1)
5	Percent of clients reporting adherence above threshold (>0.61) ^c	80%	73%	25% - 100% (18.2)
6	Percent of youth with at least one TAM-R interview	100%	88%	50% - 100% (10.8)
CASE CLOSURE DATA				
7	Percent of youth completing treatment	85%	89%	64% - 100% (8.4)
8	Percent of youth closed due to lack of engagement	<5%	5%	0% - 20% (4.6)
9	Percent of youth placed during treatment	<10%	6%	0% - 25% (5.7)
10	Average length of treatment in days	100-140	133	89 - 180 (15.2)
^a Key indicators were calculated by team and then averaged.				
^b The Project Range represents scores within 3 standard deviations of the mean on these indicators achieved by 366 teams with more than 15 cases				
^c Therapist adherence data were available on 11,251 youth.				

MST Treatment Types

During 2022, a total of 13,280 young people received one of the MST treatment types and were closed for clinical reasons. MST treatment types address specific needs for special populations or stakeholder

Number of Clinically Closed Cases that Were Served by MST Treatment Types in 2022

	MST	MST-PSB	MST-SA	MST-PRV	MST-FIT	MST-CAN	MST-BSF & IPV	MST-PSYCH	MST-ID
Number of youth (%)	10,984 (82.7%)	824 (6.2%)	435 (3.3%)	155 (1.2%)	179 (1.3%)	241 (1.8%)	41 (0.3%)	172 (1.3%)	249 (1.9%)

Note. MST-PSB (Problem Sexual Behavior); MST-SA (Substance Abuse); MST-PRV (Prevention); MST-FIT (Family Integrated Transitions); MST-CAN (Child Abuse and Neglect); MST-BSF (Building Stronger Families); MST-PSYCH (Psychiatric); MST-ID (Intellectual Disability)