

---

# Multisystemic Therapy: Implementation in Ontario

Susan E. Meyers & Anne Edmondson  
Evidence-Based Interventions Ontario

# What is “MST”?

---

- Community-based, family-driven treatment for antisocial/delinquent behavior
- Youth at risk of out-of-home placement
- Focus is on empowering caregivers/parents to solve current and future problems
- MST client is the entire ecology of the youth - family, peers, school, neighborhood
- Highly structured supervision and quality assurance processes are employed

# 25+ years of Science

---

Published Randomized Trials: 9 trials to date

## Consistent outcomes:

- ↑ satisfaction
- ↑ family relations and functioning
- ↑ mainstream school attendance
- ↓ rates of re-arrest
- ↓ rates of days in out-of-home placements
- ↓ adolescent psychiatric symptoms
- ↓ adolescent substance use

---

**But, none of this happens without  
adherence to MST!**

# Implementing MST in Ontario

---

## Part 1: the Randomized Clinical Trials

- 4 sites in Ontario 1997-2001
- Targeted young offenders & their families
- Enthusiasm and support from the Ministry
- Hope that MST would be transported successfully into the Ontario context

# Results of Canadian Clinical Trials

---

- Equivocal results:
  - Short-term family & clinical outcomes favoured MST vs. usual services
  - Convictions and incarceration rates showed slight, non-significant decreases
  - Significant site differences
  - Some evidence of adherence/fidelity influences
- Consistent with a multi-site and independent randomized trial of MST programs in Norway.

# Part 2: Evidence-Based Interventions Ontario

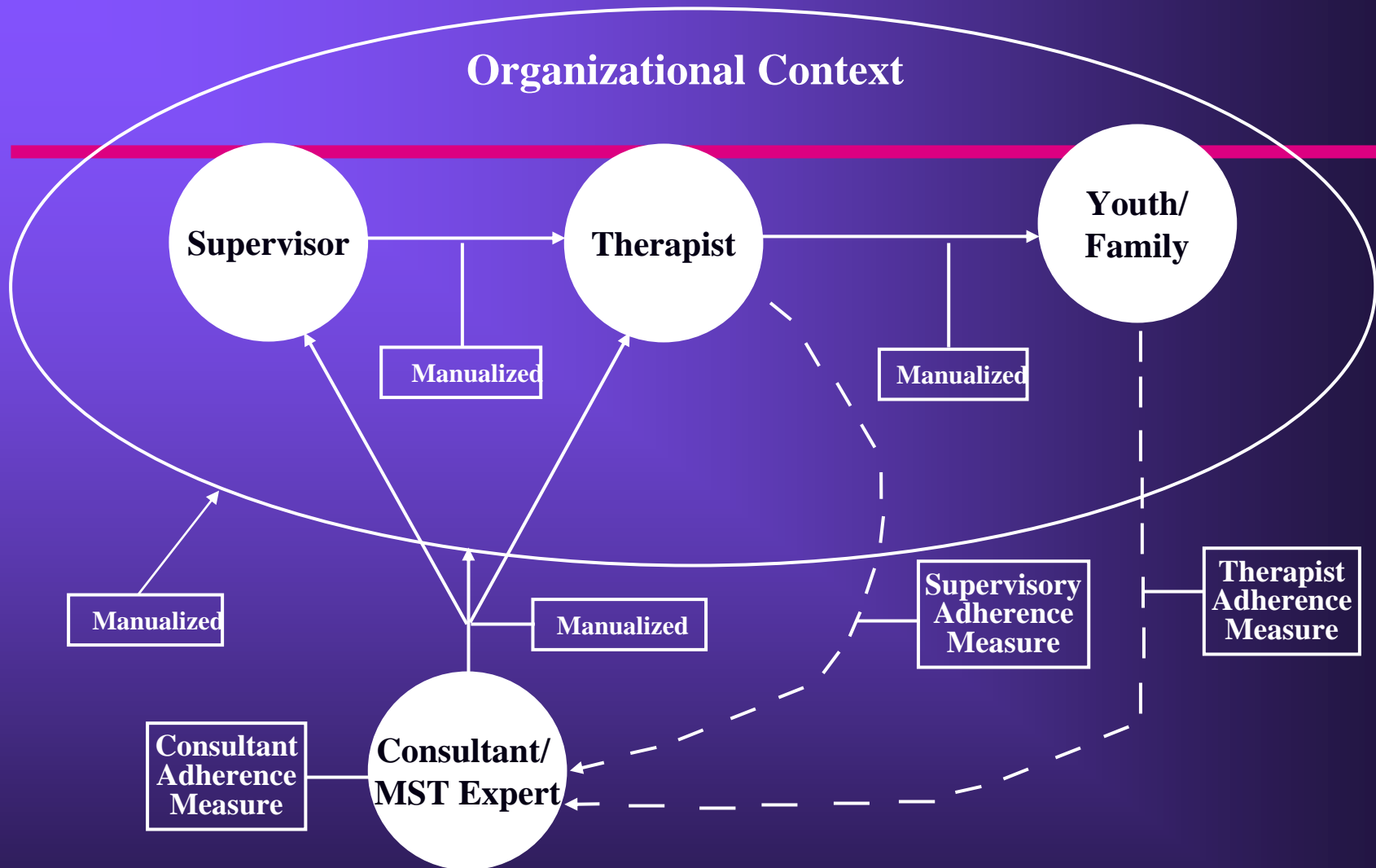
---

- Consortium pooling resources of 7 CMH providers:
  - Algoma Family Services
  - Associated Youth Services of Peel
  - Child & Youth Wellness Centre of Leeds & Grenville
  - East Metro Youth Services
  - Kinark Child & Family Services
  - Youth Services Bureau
  - Youthdale Treatment Centres
- With support from The Hospital For Sick Children

# Evidence-Based Interventions Ontario

---

- 11 MST Teams
- Plan: Implement MST with fidelity in Ontario, given lessons learned in the clinical trials.



# MST Quality Assurance System Overview

# Implementation in Ontario so far

---

## Struggles of implementation

- Ensuring a Canadian context for an American EBP
- Upfront & ongoing costs
- Organizational shifts regarding accountability

# Implementation in Ontario so far

---

## Strengths of implementation

- Ontario Focus
- Opportunity for shared learning throughout the province
- Ongoing monitoring
- Outcomes for families

# Quality Assurance

---

In a week.....

- Progress reports
- Group Supervision
- Consultation

In a month or more frequently as needed....

- Clinician development in individual supervision
- Supervisor development
- Consultant development with MST Services

# Program Implementation Reviews

---

## Feedback for Organizations

- Every six months
- Average caseload
- Length of Service
- Adherence Data
- Instrumental Outcomes
- Ultimate Outcomes – youth at home, at school/work, no new arrests

# Program Implementation Reviews – Ultimate Outcomes

---

- Youth at home: 88%
- Youth at school/work: 87%
- No new arrests: 82%

# Conclusions

---

- Evidence-based dissemination of an evidence-based practice
- Requiring a shift in organizational culture and support
- Continuous quality improvement driven by multiple feedback and outcomes

# Contacts:

---

- Anne Edmondson:

[Anne.Edmondson@kinark.on.ca](mailto:Anne.Edmondson@kinark.on.ca)

- Susan Meyers:

[smeyers@cywc.net](mailto:smeyers@cywc.net)