



## Family Preservation Services

# Multisystemic Therapy for Child Abuse and Neglect

### Benefits

- ✓ Keeps families together
- ✓ Helps prevent further abuse & neglect
- ✓ Improves family harmony & stability
- ✓ Increases natural social support
- ✓ Reduces mental health difficulties
- ✓ Includes case management & 24/7 crisis intervention

### Contact us

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### Overview

Multisystemic Therapy for Child Abuse and Neglect (MST-CAN) is a holistic approach to engaging families with children at risk of further harm or removal. Instead of focusing on one person or need, each family member receives support. The team addresses a wide range of risk factors and helps the family navigate multiple systems.



### Who we serve

MST-CAN is an evidence-based treatment program for youth ages 6-17 and their families. The families come under the guidance of child welfare due to physical abuse and/or neglect reported within the past 6 months. Youth may sometimes be in an out-of-home placement with an expectation of a rapid return.

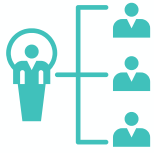


### Family needs

Our interventions address youth and family needs such as:

- Risk of youth's removal from the home
- Physical abuse and/or neglect
- Substance use disorders
- Complex trauma
- Mental & behavioral health challenges
- Intimate partner violence

## How it works



A supervisor, 4 therapists, a case manager & a psychiatrist are assigned to each family.



Crisis intervention is available 24/7 to address safety issues & prevent unnecessary placement of a child.



It can take 6-9 months of services for families with complex issues and 5+ family members in treatment.



The case managers and therapists help with safety & crisis planning & crisis management when needed. Services are delivered in the family's home or community.



Therapists provide a broad range of services as appropriate for each family. This can include assessments, functional analysis of key problems & family conflict, substance use screenings & reinforced-based treatment (RBT) for substance use disorders, CBT for trauma & PTSD, couples therapy, anger management training, parent management training, and family communication & problem-solving skills development.

## About Choices

Choices is a national nonprofit committed to empowering individuals, engaging communities, and enhancing systems.

Our Indiana programs include:

- Children's Mental Health Initiative (CMHI)
- Children's Mental Health Wraparound (CMHW)
- Family Preservation Services
- School-Based Services
- Foster Care Solutions
- Behavioral Health Solutions, and
- The Choices Emergency Response Team (CERT)



The case manager helps families with concrete services like housing, jobs, & education. The family further develops their life & social skills & strengthens their natural support system.

The case manager connects them with community resources, youth activities & drug-free recreation for parents.