



# Multisystemic Therapy (MST) for Teens and their Families

CHR is proud to introduce Multisystemic Therapy (MST), an evidence-based treatment for youth (ages 12 to 17) who are experiencing complex behavioral health, substance use, social, and educational problems.

MST is a community-based program so CHR's team travels to meet teens and their families at their homes or community locations of their choice. Importantly, the team provides 24/7 support for the entire family.

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## A PERSONALIZED, STRENGTHS-BASED APPROACH

Through MST, youth and their families have access to clinical care, psychiatric services, and medication management, as well as family support. For each youth and family, care is highly individualized and focuses on each youth and family's strengths, as well as their unique situation and capacity for growth.

MST works within a network of systems that are central to each youth's life: their immediate and extended family, peers, schools, neighborhoods, healthcare providers, and other important parts of their lives. The MST teams provide immediate support to families when and where it is needed – *we will do whatever it takes* —and are dedicated to improving the lives of youth and families.

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## MST GOALS:

- To empower parents with skills and resources needed to independently address the difficulties that arise in raising teenagers.
- To empower youth to cope with challenges by equipping them with skill-building strategies.

## A PROVEN APPROACH:

Research shows that the MST approach is not only innovative but also highly successful. MST features the largest body of evidence of successful interventions for high-risk youth and is the only intervention for high-risk youth where results have been repeatedly replicated by independent researchers.

## CONTACT US:

To reach CHR's MST Team, call 1-877-884-3571.

CALL TOLL FREE

1.877.884.3571 OR VISIT [WWW.CHRHEALTH.ORG](http://WWW.CHRHEALTH.ORG)

LICENSED BY DCF AND DPH, ACCREDITED BY THE JOINT COMMISSION



## WE'RE READY TO HELP

CHR accepts referrals from parents, guardians, family members and friends. We also take referrals from schools, hospitals, private providers, primary care physicians, pediatricians, community agencies and emergency service personnel, to name a few. We also welcome self-referrals.

CHR accepts Medicaid, HUSKY, Medicare and most major health insurances as partial or full payment for services.

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## A NETWORK OF SUPPORT

### 24-Hour On-Call Emergency Professional Coverage

### Crisis Intervention and Support

### Outpatient Services (Adult, Child and Family)

- Clinical and psychiatric assessments
- Evaluation, treatment recommendations and medication management
- Individual, family and group therapy
- Treatment of depression, anxiety and other psychological problems
- Substance use assessment and treatment

### Child and Family Specialty Programs

- Trauma-Focused Cognitive Behavioral Therapy
- Adolescent Community Reinforcement Approach
- Foster Care
- Community Support for Families

### Child and Family In-Home Services

- Functional Family Therapy
- Intensive In-Home Child & Adolescent Psychiatric Service
- Multi-Dimensional Family Therapy

### Adult Services

- Intensive Outpatient/IOP Plus
- Residential Substance Use Treatment Programs
- Community Support and Rehabilitation
- MAT for Opiate Dependence

### Adult In-Home Services

- Mobile Crisis Response Team
- Assertive Community Treatment

### Primary Care and Wellness Services

- Whole Health and Behavioral Health Home

### Housing Services

- Residential, Outreach and Supportive Housing Programs

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## CONVENIENT LOCATIONS

### BLOOMFIELD

693 BLOOMFIELD AVENUE, SUITE 101  
BLOOMFIELD • CT 06002

### DANIELSON

71 WESTCOTT ROAD  
DANIELSON • CT 06239

### ENFIELD

153 HAZARD AVENUE  
ENFIELD • CT 06082

### HARTFORD

999 ASYLUM AVENUE, SUITE 502  
HARTFORD • CT 0610

### MANCHESTER

THE CENTER FOR HEALTH & WELLNESS  
444 CENTER STREET  
MANCHESTER • CT 06040

### MIDDLETOWN

955 SOUTH MAIN STREET  
MIDDLETOWN • CT 06457

### NORWICH

55 MAIN STREET, SUITE 410  
NORWICH • CT 06360

### PUTNAM

391 POMFRET STREET  
PUTNAM • CT 06260

### WILLIMANTIC

1310 MAIN STREET  
WILLIMANTIC • CT 06226

### WILLIMANTIC

1491 WEST MAIN STREET  
WILLIMANTIC • CT 06226

### EAST HARTFORD

474 SCHOOL STREET  
EAST HARTFORD • CT 06108

FOR AVAILABILITY OF SERVICES IN YOUR AREA, CALL CHR'S  
TRIAGE CENTER AT 1.877.884.3571 OR VISIT [WWW.CHRHEALTH.ORG](http://WWW.CHRHEALTH.ORG)