



Multisystemic Therapy (MST) for Teens and their Families

Raising a teenager is a tough job. Multi-systemic therapy is an in-home family therapy program that helps teens ages 12-17 and their caregivers learn new ways to manage teen behavioral difficulties and to strengthen family relationships.

MST is an evidence-based therapy model that has been proven to help teens decrease problem behaviors, including substance use, school problems, getting into trouble in the community, and family conflict. All MST work is done with the caregiver and family to help parents help their teens to make healthy decisions.

MULTI-SYSTEMIC THERAPY INCLUDES:

- All sessions are family sessions, working to improve family communication, household routines, and deepen relationships.
- Three in-home sessions per week for 3-5 months
- MST treatment is specific to each family we work with, and we work with the strengths and needs of each child and family. We determine together the best areas to make changes, and if an intervention is not successful MST works together with the family to develop different approaches. Our motto is we will “do whatever it takes.”
- Collaboration and support with schools, other treatment providers, and connection to positive community programs.
- MST therapists are available 24/7 for on-call crisis support for families in the program
- Medication management services at CHR as needed
- Drug testing as needed

MST TREATMENT GOALS INCLUDE::

- Families will learn to communicate effectively, improve family interactions, and increase time spent together.
- Parents will put plans in place to increase their child’s positive behaviors and decrease opportunities for risky behaviors.
- Teens will gain healthy skills, positive peer groups, and pro-social activities that allow them to be safe and successful in their home, school, and community.
- Promote abstinence from substances.

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.

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

EAST HARTFORD

77 HARTLAND STREET, SUITE 415
EAST HARTFORD • CT 06108

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

FOR AVAILABILITY OF SERVICES IN YOUR AREA, CALL CHR'S
TRIAGE CENTER AT 1.877.884.3571 OR VISIT WWW.CHRHEALTH.ORG