

# Multisystemic Therapy for Emerging Adults with Mental Illness

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# Thank You!

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- Collaborators:
  - Sara Lourie & Anne McIntyre-Lahner, Connecticut Dept. of Children and Families
  - Charles Lidz, Edward Mulvey, Mary Evans, & Scott Henggeler
- MST-EA/TAY Team - North American Family Institute
- The emerging adult participants and their social network members

Davis, M., Sheidow, A.J., & McCart, M.R (2015). Reducing recidivism and symptoms in emerging adults with serious mental health conditions and justice system involvement. *Journal of Behavioral Health Services and Research*, 42(2), 172-190. DOI: 10.1007/s11414-014-9425-8

Sheidow, A.J., McCart, M.R., & Davis, M. (2016). Multisystemic therapy for emerging adults (MST-EA) with serious mental health conditions and criminal justice involvement. *Cognitive and Behavioral Practice*, 23 (3) 356–367. DOI: 10.1016/j.cbpra.2015.09.003.



# Malleable Causes of Offending & Desistance – General Population

## JUVENILES

## ADULTS

- • Target Peer Influence
- • Target Parental Support for Positive Changes – Reduce Negative Parental Influence
- • Target School and/or Work
- • Target Substance Use
- • Target cognitions
- • Target Strengthening Support and Attachment to Positive Social Network Members





# Standard MST

*(with juveniles 12-17y/o, no SMHC)*

1. Intensive home-based treatment
2. Team of 3-4 therapists; 1 therapist = 4-6 families
3. Promote behavioral change by empowering caregivers/parents
4. Individualized interventions target comprehensive set of identified risk factors across *individual, family, peer, school, and neighborhood* domains
5. Interventions integrate empirically-based clinical techniques from the CBT and behavioral therapies
6. Duration: 3-5 months





# MST-EA Treatment Focus

(17-21 yr olds w MI)

- Antisocial behavior, mental illness, & substance abuse
- Leveraging, developing & strengthening the social network
- Targeting housing & independent living skills, career goals, & parenting (as needed)
- Integrating a Life Coach & Psychiatrist/PNP for EA's into the MST Team





# MST-EA

1. **Intensive home-based treatment**  
Team of 3 therapists: 1 Therapist=4 clients
2. 4 coaches, one psychiatrist/nurse practitioner
3. Promote behavioral change by empowering emerging adults
4. Individualized interventions target comprehensive set of identified risk factors across *individual, family, peer, school, and neighborhood* and work domains
5. Interventions integrate empirically-based clinical techniques from the CBT and behavioral therapies that have evidence /likely effective in emerging adults
6. **Duration:** 4-12 months w Therapist, +2 months w Coach



# + MST-EA Team

- 4 Therapists
- On-Site Supervisor
- Off-Site Consultant
- 0.2 Psychiatrist/Nurse Practitioner
- Coaches (4, totaling 1.0FTE)
- Full Team Caseload = 16



# + Treatment Elements

- Individualized assessment of “drivers”
- Social Network Assessment
- Intensive Focus on Safety
- Cognitive Behavioral Therapies
- Motivational Interviewing for Engagement
- MI & Contingency Management for SA
- Schooling and Vocational Focus
- Prosocial & Recreational Activities





# + Focus on Substance Use

- Ecological approach to assessing drivers;
  - Neighborhood, community, family
  - Target as many as possible
  - Individual
    - Motivational Interviewing Strategies & MET from the CYT study
    - Fishbowl version of Contingency Management (Petri) if needed
- Intensive Safety



## + Focus on Substance Use cont'd

- Intensive Safety Focus
  - Urine Tox Screen assessed baseline & randomly every 4-6 weeks for all
  - Urines used in CM and MET
  - Functional analysis: triggers, time, context of abuse
  - Heightened monitoring for substances with lethality
  - For opioid use; EA's ecology has NARCAN
  - Highly protected treatment confidentiality so client can disclose



## + More information

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