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May 7, 2009

To Whom It May Concern:

As chief operating officer for MST Services, I am pleased to provide you with noteworthy data regarding the performance of your MST teams in South Carolina. As you may know, Multisystemic Therapy (MST) is a treatment model for youth at risk for placement due to antisocial behaviors. It's a community-based alternative to residential placement and has been proven to be successful in helping families and youth learn to deal with challenging behaviors "on their own."

Through the Department of Mental Health, South Carolina currently supports five MST teams across the state. These teams have been recognized for outstanding achievement -- as compared to outcomes for MST teams around the world. The teams are located in Rock Hill, Lexington, Greenville, Orangeburg and Florence. South Carolina was an early adopter of evidence-based programs in the United States and their performance demonstrates how committed the teams are to positive outcomes for the youth and families served.

I encourage you to review the enclosed information and share this information with others that can help advocate for additional support for MST across the state. MST saves the public more than \$4 for every dollar invested. I'm sure you will agree, that's a sound investment especially when it helps keep our youth at home, in school and out of trouble.

Sincerely,

A handwritten signature in black ink, appearing to read "J. Boggs".

Joseph Boggs  
Chief Operating Officer  
MST Services



Bill Byars, Director



P.O. Box 21069  
Columbia, SC 29221-1069  
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Mark Sanford  
Governor  
State of South Carolina

March 18, 2009

To Whom It May Concern:

As the director of South Carolina's Department of Juvenile Justice, I am writing to share with you my support for a model program that serves South Carolina's youth and their families. This program, along with its teams and therapists, is in jeopardy because of current budget cuts. It is imperative that we realize the benefit this program provides our communities.

Multisystemic Therapy, commonly referred to as "MST" is a family-and community-based treatment model used as an alternative for residential placement for juvenile offenders. The program has gone through rigorous studies and is proven to be effective and produce positive results. Implementation of MST in South Carolina is a sound and smart investment. South Carolina's MST teams have achieved outcomes that are as good as, or better than, national averages.

Having MST available to our juvenile offenders not only reduces re-arrests but it cultivates positive citizenship by giving our youth the chance to change, and lead law-abiding and healthy lives - free from gangs, delinquency and criminal involvement.

I encourage you to read the testimonial from one of our MST families and join me in advocating that MST remain a part of South Carolina's portfolio of services for youth and families.

Sincerely,

A handwritten signature in blue ink, appearing to read 'W. R. Byars Jr.', written over a light blue horizontal line.

William R. Byars Jr.  
Director

Director's Office  
4900 Broad River Road, Columbia, SC 29212  
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**FOR IMMEDIATE RELEASE**

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## **SOUTH CAROLINA PROGRAM FOR AT-RISK YOUTH EXCEEDS NATIONAL AVERAGES**

*SC's Department of Mental Health offers a community and evidence-based program called Multisystemic Therapy (MST) for serious, violent and chronic juvenile offenders. Recent data demonstrates that SC providers of this program have achieved above national average performance indicators.*

**Charleston, SC, May 7, 2009** – South Carolina's Department of Mental Health currently supports five MST teams around the state (one site closed in March). Recent data provided by MST Institute, a nonprofit organization solely dedicated to tracking outcomes and adherence specifically for the MST treatment model, has reported exceptional outcomes data for the state of South Carolina.

Multisystemic Therapy, commonly referred to as "MST" is a family- and home-based treatment that strives to change how youth function in their natural settings – home, school and neighborhood – in ways that promote positive social behavior while decreasing anti-social behavior. The treatment model is utilized throughout the state as an alternative to residential placement for juvenile offenders and has gone through rigorous studies to prove its effectiveness in turning young lives around.

The outcomes data for the SC MST teams were derived from 302 cases in Catawba, Richland, Greenville, Lexington, Orangeburg and Florence counties between March 2005 and March 2007. The performance indicators at discharge that were measured include the percentage of youth that remain in school and/or working, the number of youth living at home and the percentage of youth with no new arrests. South Carolina averaged more than 80 percent in all categories, which is as good as, or better than national averages.

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**FOR IMMEDIATE RELEASE**

Jessica Munday  
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“Our MST teams continue to excel in their work with our at-risk youth,” says Louise Johnson, director of children’s services at the Department of Mental Health. “Their ability to implement the treatment model with fidelity is the true reason for our success.”

The South Carolina Department of Mental Health began utilizing MST for South Carolina’s youth in 2002 and is considered an early-adopter of evidence-based programs. The organization originally supported seven teams. Unfortunately the MST team in Richland County was shut down in early March this year due to budgetary cuts.

“Evidence-based programs are those that are backed by scientific data and proven to be effective,” explains Johnson. “Unfortunately, many social programs are often implemented with little regard to rigorous evidence, costing billions of dollars and failing to address societal needs. It is absolutely in the state’s best economic interest to invest in these programs so we may afford our youth the opportunity to change and lead law-abiding and healthy lives, free from gangs, delinquency and criminal involvement.”

### **About MST Services**

MST Services’ mission is to help communities implement the MST treatment model to improve the lives of youth with anti-social behavior and their families. MST Services offers comprehensive assistance with the full development of MST programs by providing program start-up assistance, initial and ongoing clinical training, and program quality assurance support services. Learn more at [www.mstservices.com](http://www.mstservices.com).

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**Multisystemic Therapy (MST)** - a family- and community-based program proven to have positive effects on serious, violent and chronic juvenile offenders.

### Key Performance Indicators

The South Carolina Department of Mental Health began utilizing MST for South Carolina's youth in 2002 and is considered an early-adopter of evidence-based programs. The organization supported seven MST teams that served 302 cases\* in the 2008 MST Data Report. The network's specific results are displayed below for comparison to averages for U.S. teams.

Performance Indicator	U.S. Averages	SC Averages	*Performance dashboard includes only cases that were enrolled in MST between March 1, 2005 and March 1, 2007 and discharged for clinical reasons by November 1, 2007.
Percent of youth in school/working	<b>83%</b>	<b>85.1%</b>	
Percent of youth living at home	<b>84.1%</b>	<b>83.4%</b>	
Percent of youth with no new arrests	<b>79.7%</b>	<b>84.8%</b>	

**MST saves the public \$4.27  
for every dollar invested.**

Fight Crime: Invest in Kids, 2007



## MST's Global Footprint

### Presence

# states	31
# countries	12
# youth/families per year	19,800

### Network

# teams	437
# therapists	1,310
# supervisors	43
# expert service consultants	60

### Clinical Trials

11

### Research Funding Since Conception

\$40M +

### Key Endorsements

Blueprints for Violence Prevention	•
U.S. Surgeon General	•
Washington State Institute for Public Policy	•
Centers for Medicare and Medicaid Services	•
Coalition for Evidence-Based Policy	•
Substance Abuse and Mental Health Services Administration	•
President's New Freedom Commission on Mental Health	•
Office of Juvenile Justice and Delinquency Prevention	•
National Institute on Drug Abuse	•



## One Grandmother's Testimonial about Multisystemic Therapy (MST), a program for at-risk youth.

For one very special grandmother, what she thought would be a time of growth and maturity quickly became a time of great concern and worry as her granddaughter began to take an unexpected turn with her actions and attitude. Once a good student and respectful child, her granddaughter began hanging with the wrong crowd, skipping school and getting into trouble with the law. After years of heartbreaking behavior, and just when the family began to give up hope, the Department of Juvenile Justice introduced the grandmother to MST.

"Finally, someone stepped up and actually provided help and support rather than dismiss us and simply administer some pointless punishment to my granddaughter that did us no good in the long run," explains the grandmother.

"We were appointed a therapist who, in my opinion, saved my granddaughter's life. She was genuinely concerned, helpful, and taught us specific techniques to help our family cope with the struggles we had been facing. Furthermore, she took the time to work with teachers and other members of our community to ensure that all aspects of my granddaughter's life were being positively impacted."

"MST didn't just point out the problems and walk away. Instead, they took the time to truly investigate the issues, figure out what was causing them and how they affected my granddaughter and everyone in her life. Once they realized what some of the problems were, they worked tirelessly to ensure that we all understood what the issues were and most importantly, what the solutions were."

"I can honestly say that MST improved our lives dramatically and has given my granddaughter a second chance and a healthy, happy and productive life. Simply put, I don't know where we would be without the MST program and I am so grateful we were given this opportunity."