

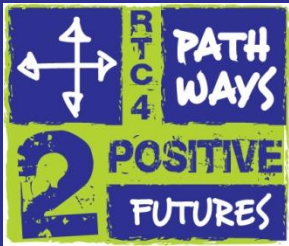


Welcome!

“Multisystemic Therapy for Emerging Adults (MST-EA): Treating Young Adults Who Have Justice Involvement and Behavioral Health Conditions”
will begin shortly...

- Move any electronic handheld devices away from your computer and speakers
- We recommend that you close all file sharing applications and streaming music or video
- Check your settings in the audio pane if you are experiencing audio problems
- During the presentation, you can send questions to the webinar organizer, but these will be held until the end
- Audience members will be muted during the webinar

A recording of this webinar will be available online at
<http://www.pathwaysrtc.pdx.edu/webinars-previous.shtml>



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Acknowledgments/Funders



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MST-EA

Multi-systemic Therapy for Emerging Adults

Treating Young Adults Who Have Justice Involvement and Behavioral Health Conditions

Research and Training Center for
Pathways to Positive Futures
22 March 2017



Presenters



Maryann Davis, Ph.D.

Director of the Learning and Working during the Transition to Adulthood Rehabilitation Research and Training Center, University of Massachusetts



Ashli J. Sheidow, Ph.D.

Senior Research Scientist and Clinical Psychologist, Oregon Social Learning Center





FOCAL POINT 2017

JUSTICE AND RECOVERY

www.pathwaysrtc.pdx.edu/focalpoint

Thank You!

- Funders:

- National Institute of Mental Health (R34MH081374)
- National Institute on Disability, Independent Living, and Rehabilitation Research (NIDILRR) and from the Center for Mental Health Services of the Substance Abuse and Mental Health Services Administration, United States Department of Health and Human Services (NIDILRR grant numbers H133B090018 and ACL grant number 90RT5031). The content of this presentation does not necessarily reflect the views of the funding agencies, nor their endorsement

- Collaborators:

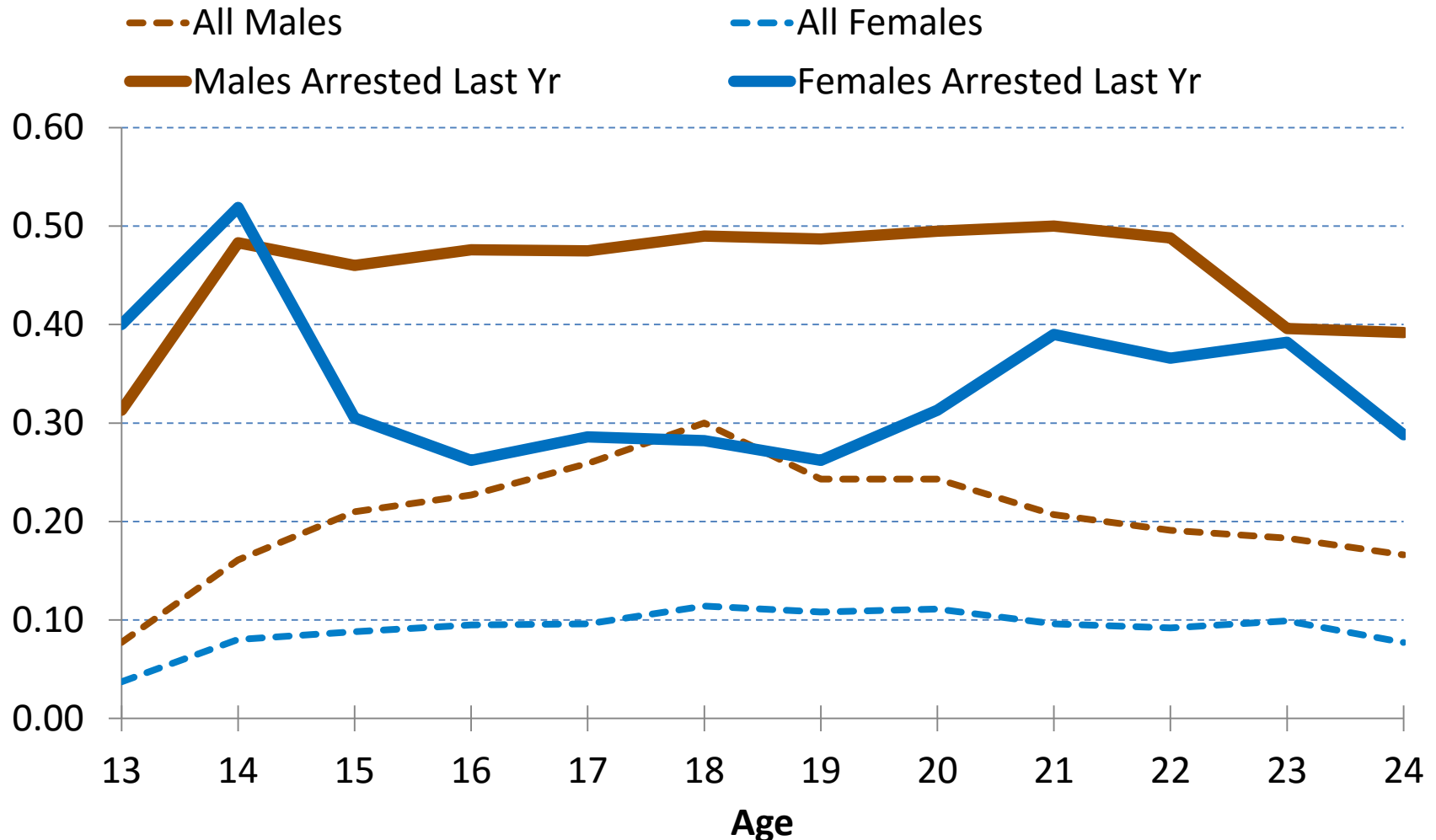
- Michael McCart, Oregon Social Learning Center
- Sara Lourie, Tere Foley, & Anne McIntyre-Lahner, Connecticut Dept. of Children and Families
- Charles Lidz, Edward Mulvey, Mary Evans, & Scott Henggeler

- MST-EA/TAY Team - North American Family Institute
- The emerging adult participants & their social network members.



Background

Arrest Rate in Adolescent Public MH System Users



Davis, M., Banks, S., Fisher, W., Gershenson, B., & Grudzinskas, A. (2007). Arrests of adolescent clients of a public mental health system during adolescence and young adulthood. *Psychiatric Services*, 58, 1454-1460.

Background

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

Transition-Age Offenders with Mental Illness (MI)

- Simply addressing mental health needs found unsuccessful in reducing offending in adults
- While reducing MH symptoms does not directly reduce offending, MH does influence the other targets
- Target MH symptoms (and other co-occurring issues)

Standard MST

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

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

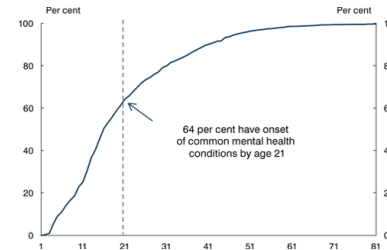
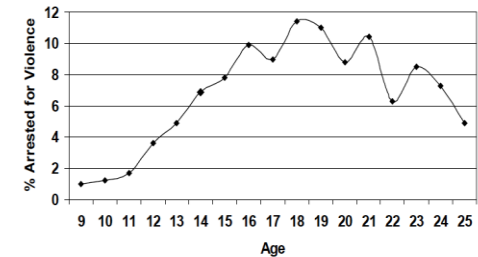
MST-EA

(MST with justice-involved Emerging Adults who have MI)

- 1. Intensive home-based treatment**
- 2. Team of 3-4 therapists + Coaches; 1 therapist = 4 youth**
- 3. Promote behavioral change by empowering**
emerging adults & their social network
- 4. Individualized interventions target comprehensive set of identified risk factors across *individual, family, peer, school, work*, and neighborhood 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, +2-4 with Coach

MST-EA Overall Goals

- Reduced:
 - **Recidivism**
 - Mental illness symptoms
 - Substance use, and
 - Interpersonal conflict
- As well as improved:
 - Educational and vocational achievement
 - Social network and family functioning
 - Physical health care, and
 - Independent living skills



MST-EA Targets

- Safety
- Social Network
- Housing & Independent Living
- Career Goals (Education/Vocation)
- Mental Illness & Antisocial Behavior
- Substance Use and Trauma Problems
- Medical and Psychiatric Care
- Relationship Skills, Conflict, & Prosocial Peers
- As needed, deliver parenting curriculum



MST-EA Coach Objectives

- Engagement with the EA
- Role play and practice new skills with EA
- Coach new skills in vivo
- Deliver reinforcers/incentives
- Focus attention on positive aspects of the EA
- Engage the social network in supporting the EA



Skill Menus



Standard Coach Domains

	DOMAIN
	DOMAIN 1: GOALS & VALUES
	DOMAIN 2: EDUCATION
	DOMAIN 3: HOUSING
	DOMAIN 4: TRANSPORTATION
	DOMAIN 5: NUTRITION & MEAL PLANNING
	DOMAIN 6: MONEY MANAGEMENT
	DOMAIN 7: LEGAL ISSUES/SOCIAL SERVICES
	DOMAIN 8: HOUSEHOLD MANAGEMENT
	DOMAIN 9: HEALTH & SAFETY
	DOMAIN 10: STRESS & COPING
	DOMAIN 11: SOCIAL SKILLS & RELATIONSHIPS
	DOMAIN 12: SEXUAL HEALTH
	DOMAIN 13: PREGNANCY & PARENTING

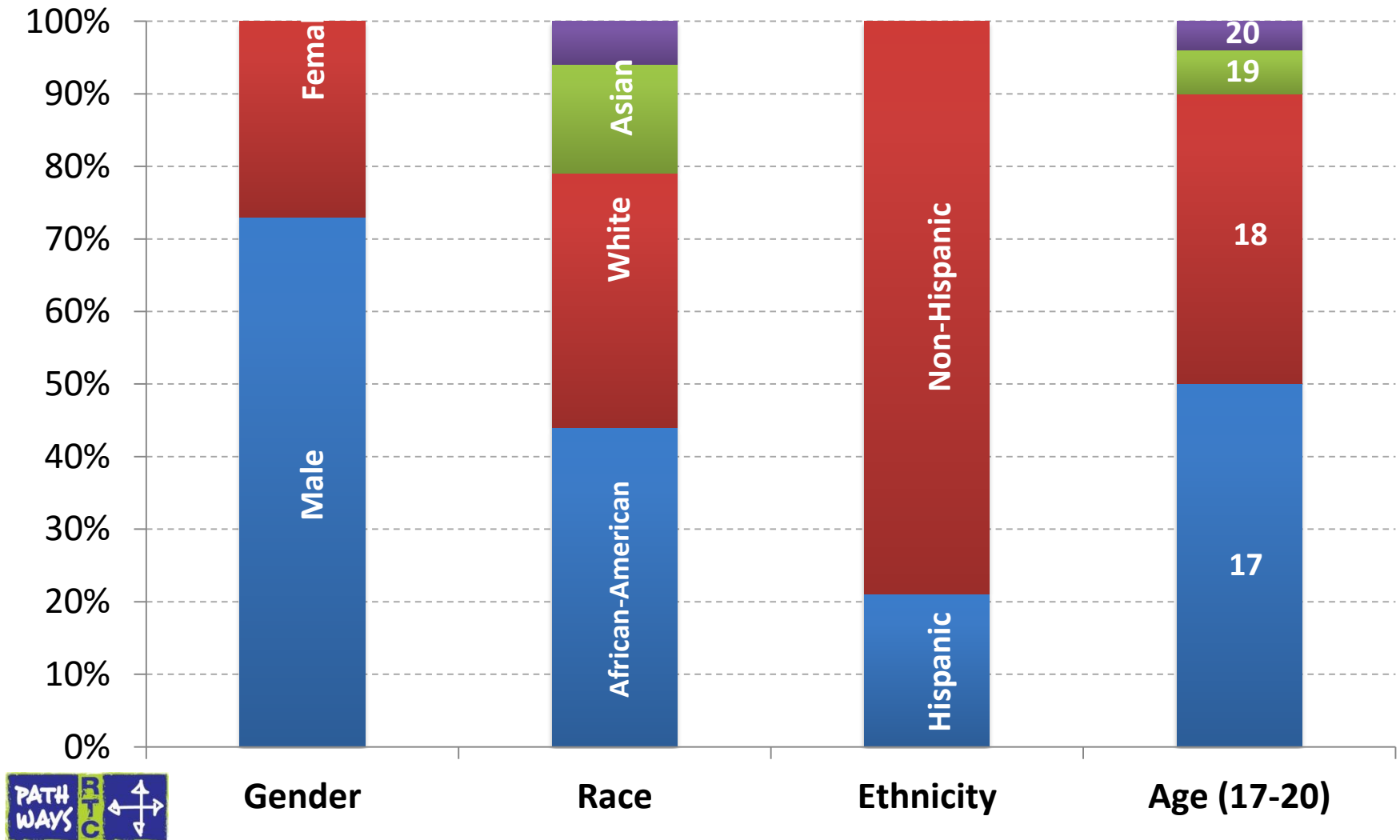
Additional Domains for Vocational Coach

	DOMAIN
	DOMAIN 1: CAREER EXPLORATION & PREPARATION
	DOMAIN 2: RESUME
	DOMAIN 3: JOB HUNTING
	DOMAIN 4: INTERVIEWING
	DOMAIN 5: KEEPING A JOB

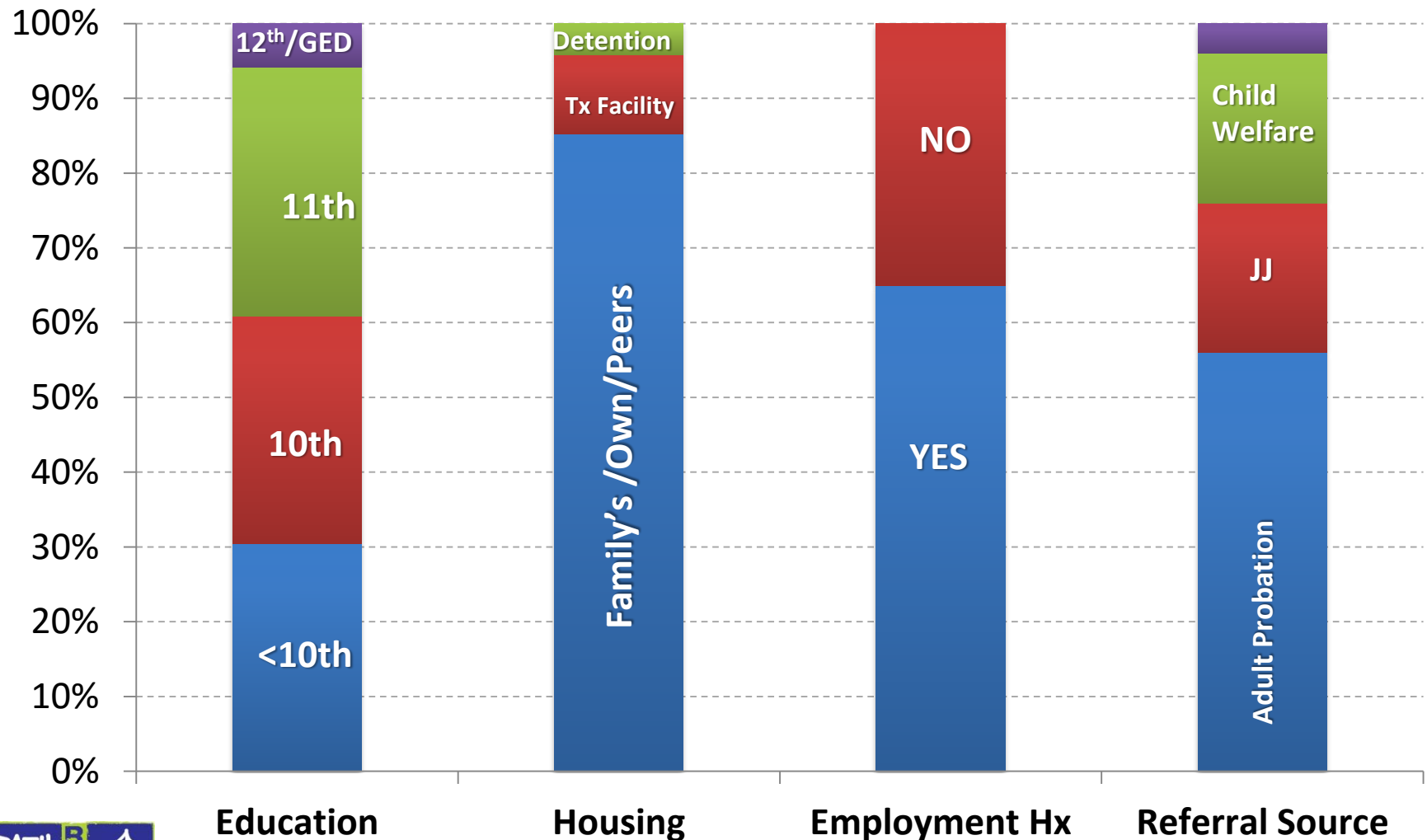
Population Studied Thus Far

- 17-20 year olds with a diagnosed serious mental health condition
 - Mood, Anxiety, and/or Psychotic Disorders
 - May also have substance use, trauma, etc.
- Recent arrest or release from incarceration
- Living in stable community residence (i.e., not homeless)

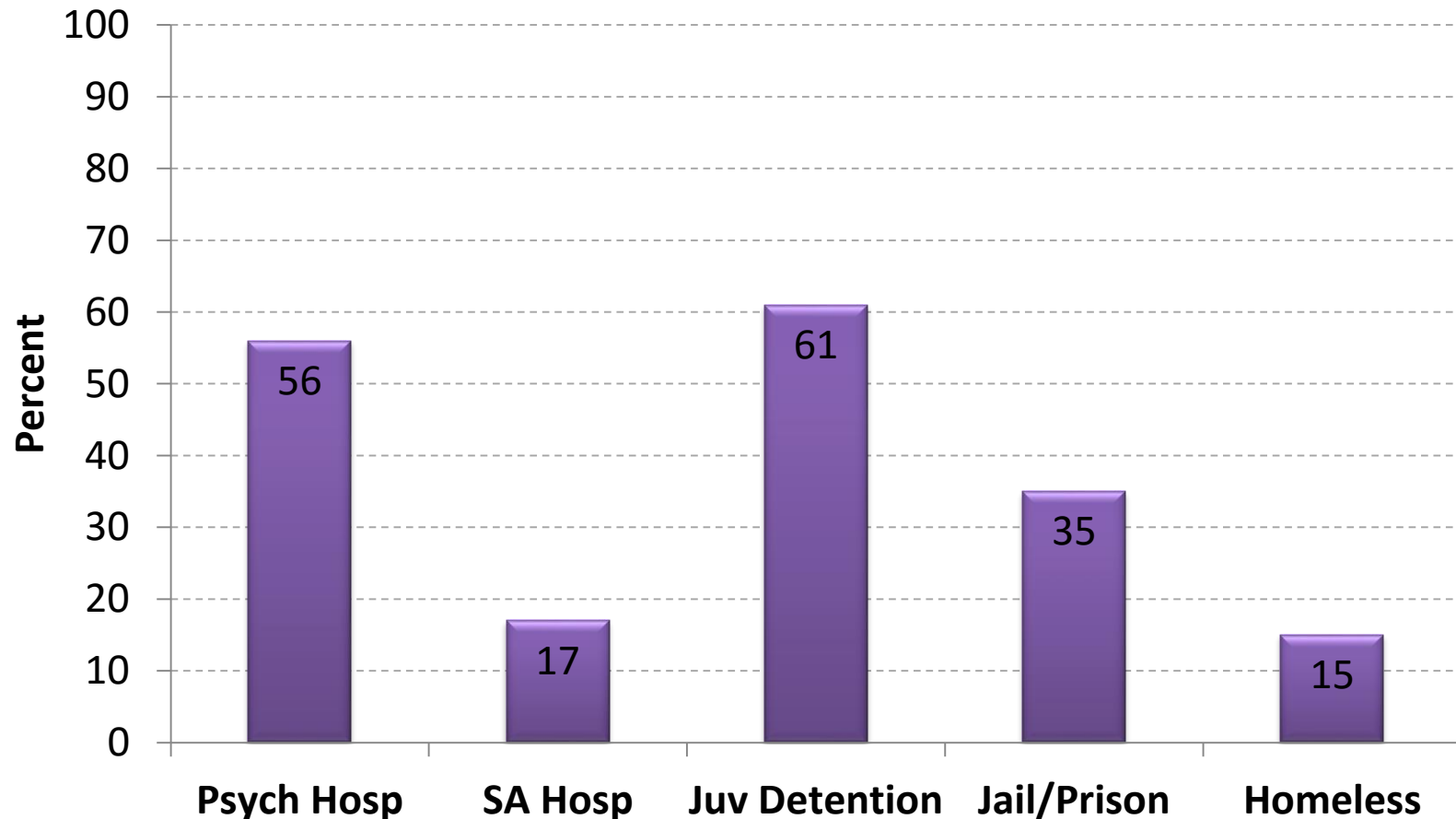
Demographics (N=48)



Demographics cont'd



Significant History

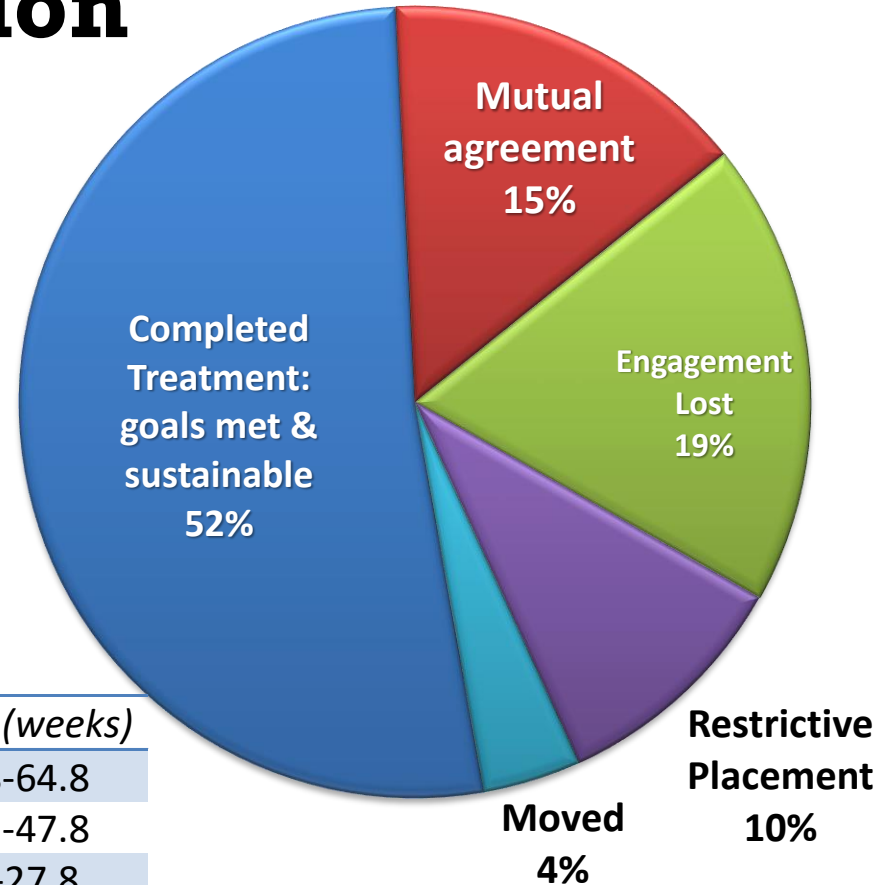


Research Retention

- 90% completed the post tx interview
- Reasons for missing:
 - 2 not locatable
 - 1 formally withdrew
 - 2 completed last interview but tx no complete
- 91% of all interviews were completed

Research

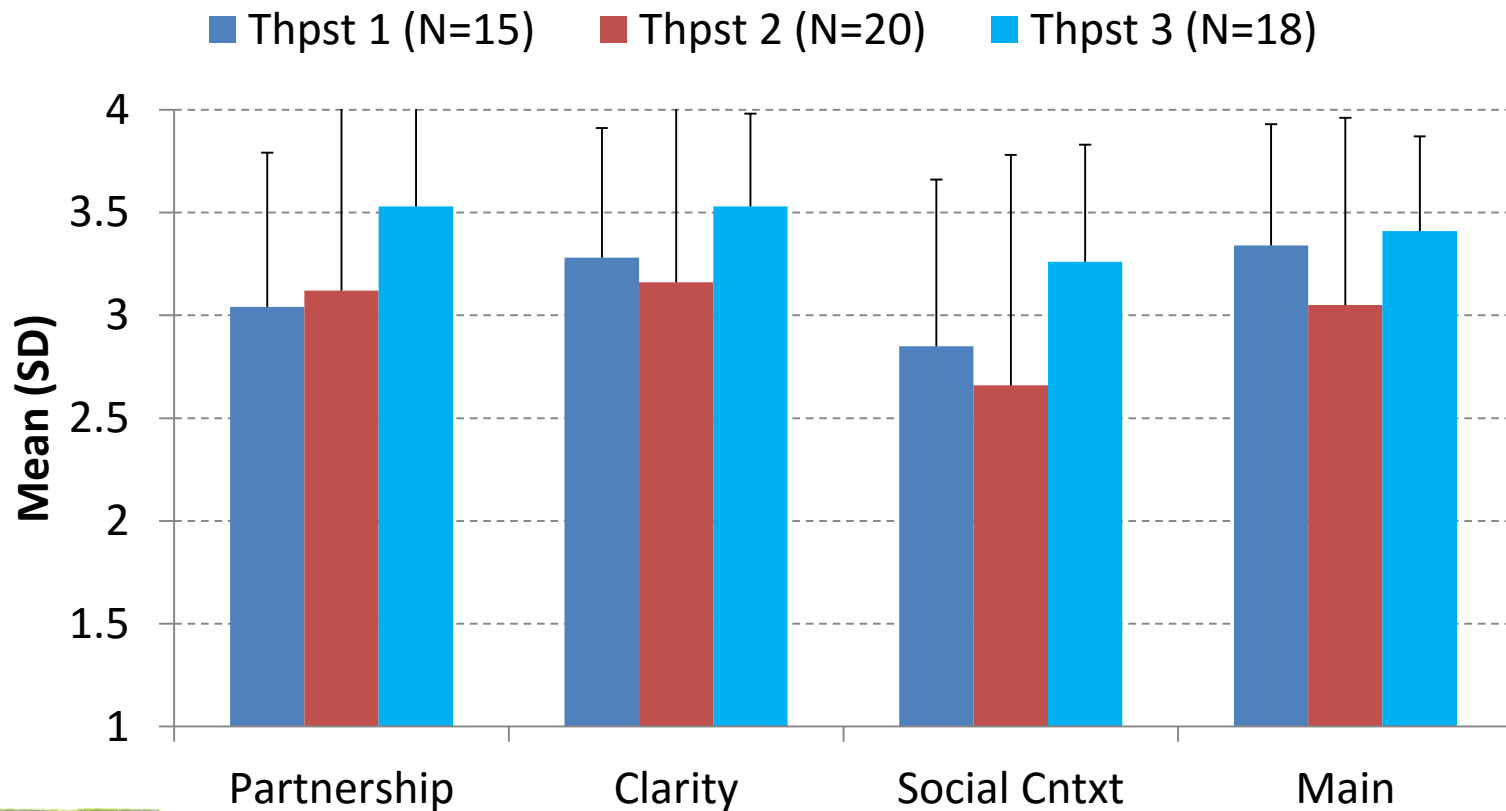
Treatment Retention



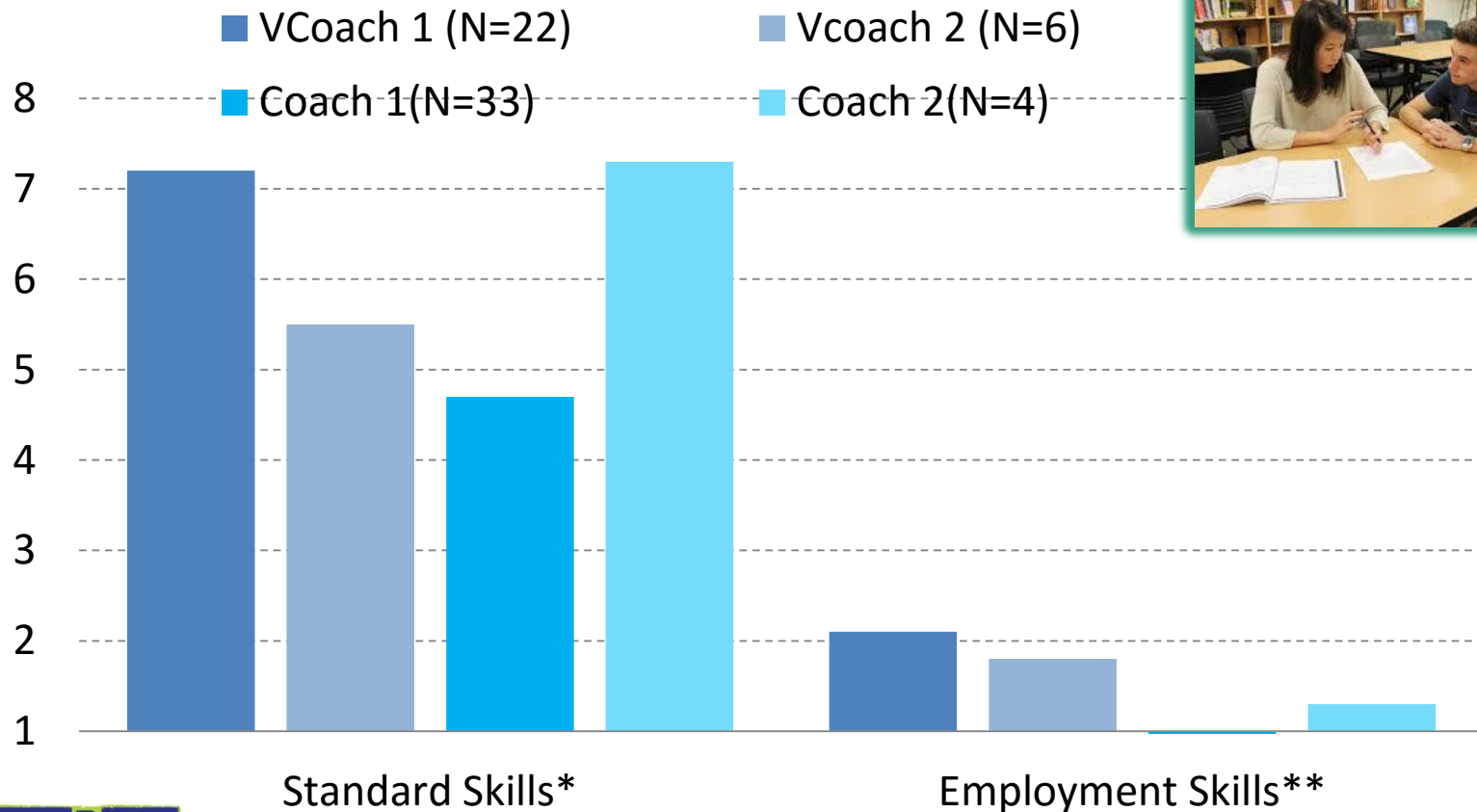
Ending Type	Median (weeks)	Range (weeks)
Completed Tx	36.5	14.8-64.8
Mutual Agreement	34.8	21.2-47.8
Lost Engagement	15.7	6.5-27.8
Restrictive Placement	19.1	8.7-49.6
Moved away (n=2)	12.2	10.4-13.9

Therapist Fidelity Scores

(possible score 1[never]- 4 [always])

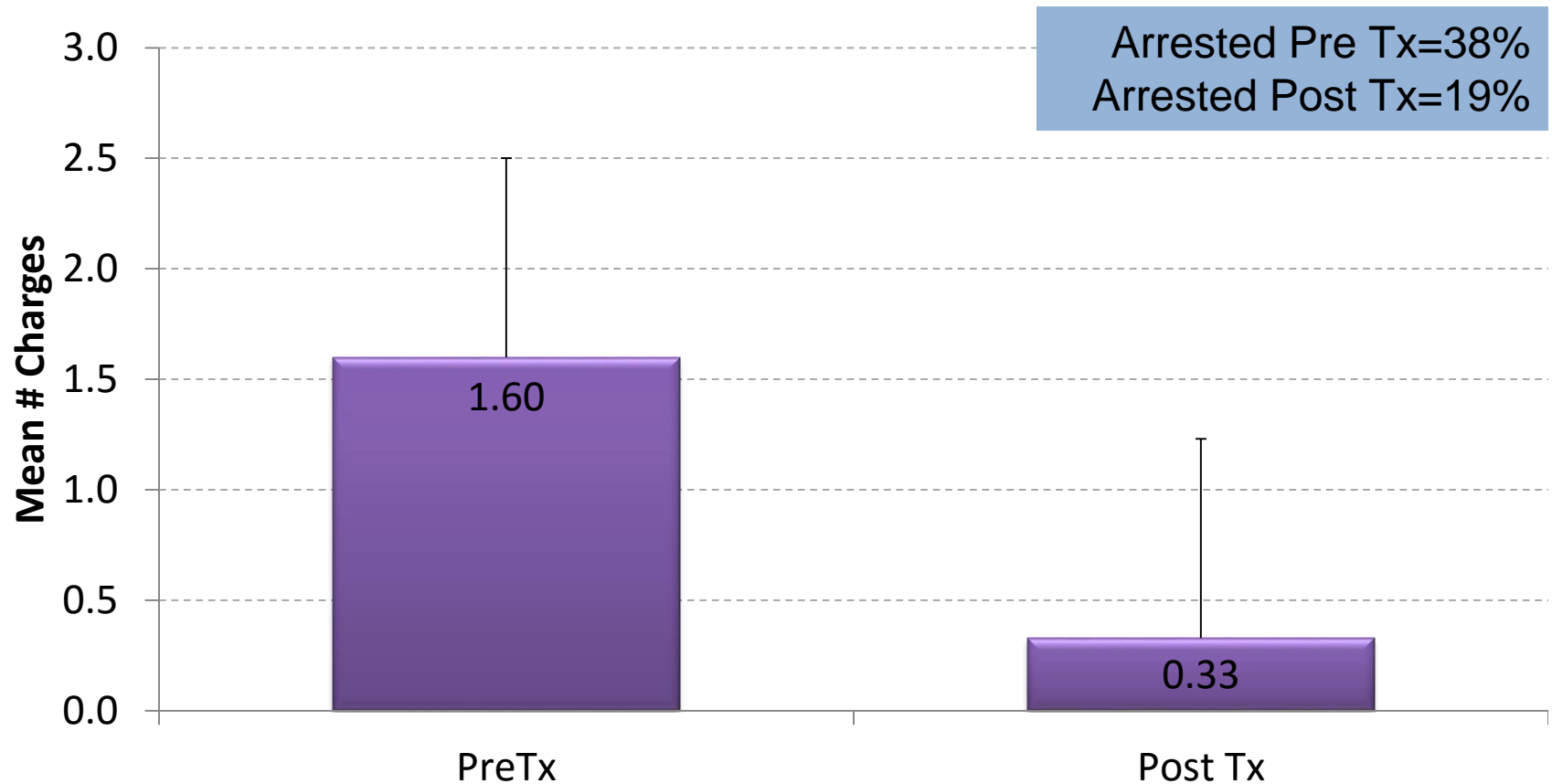


Coach Fidelity Scores *# skills addressed per 2 weeks*



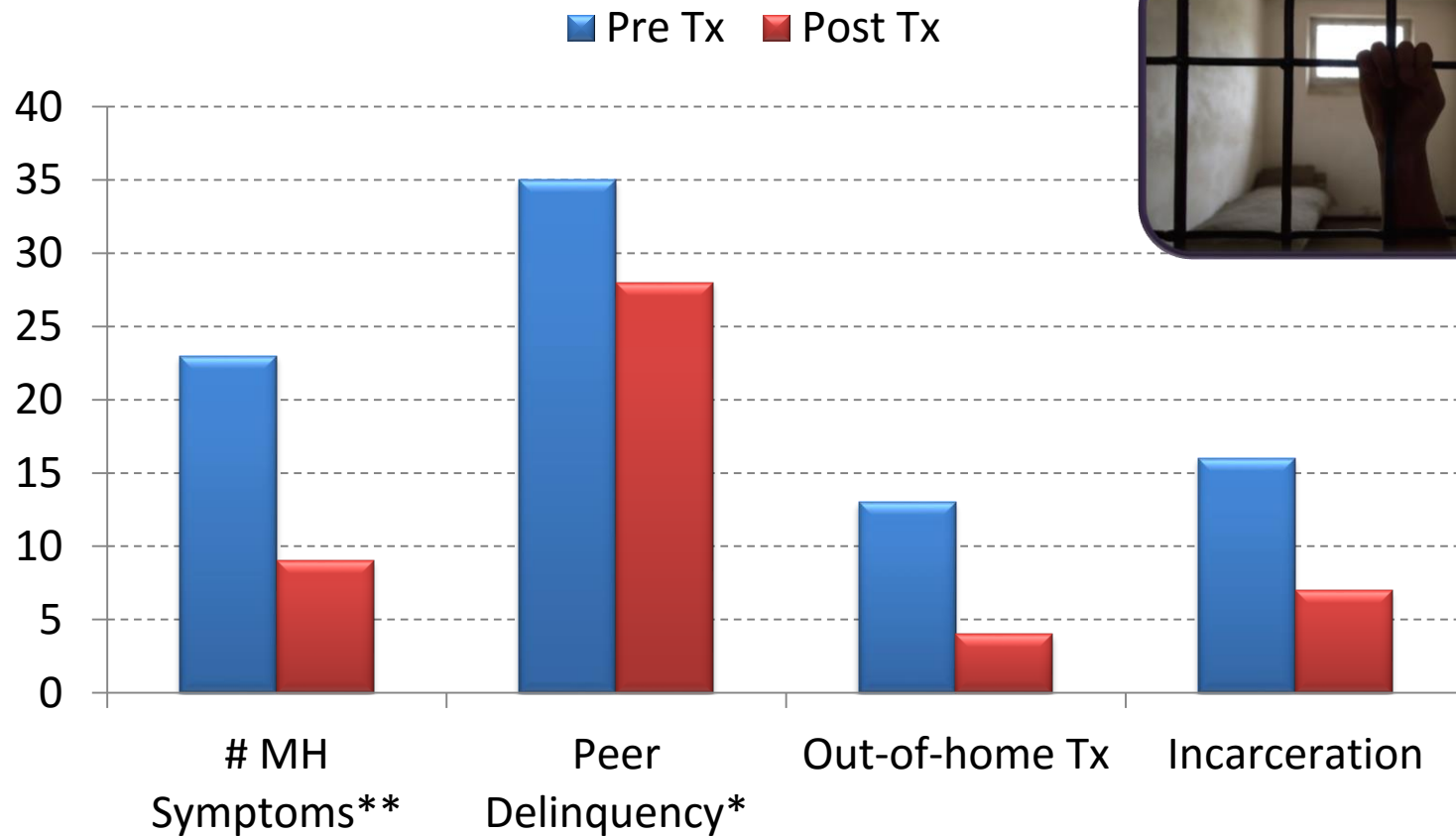
Recidivism -

Arrests 6 months Pre vs. 6 month Post treatment (N=48)



(Wilcoxon, $p < .01$)

Pre/Post Outcomes

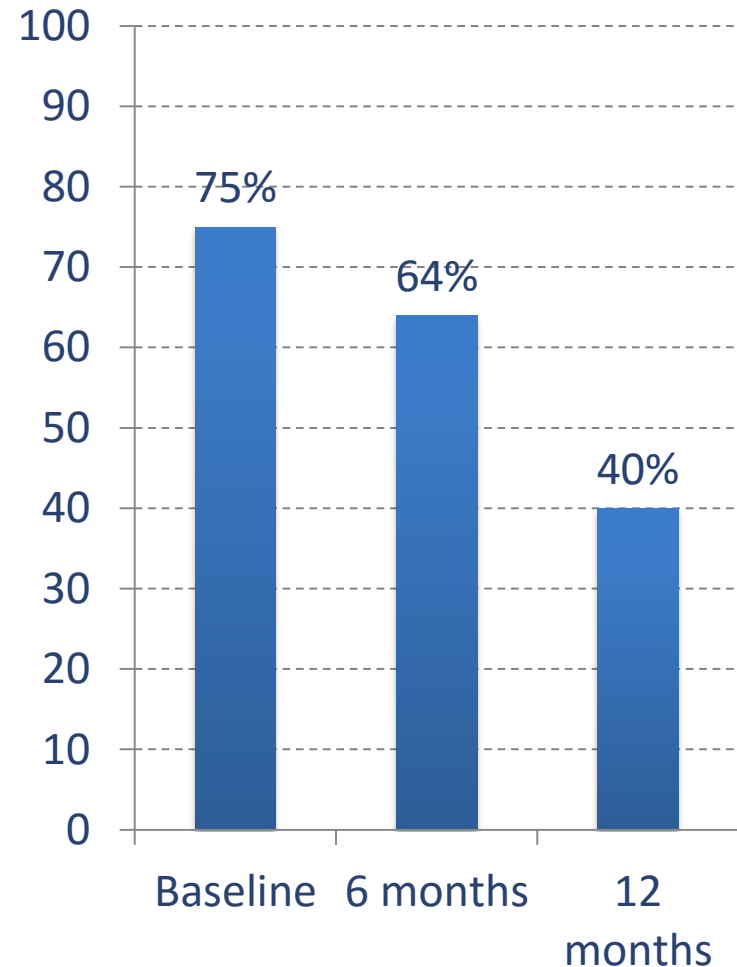


Research

Substance Use


Majority of the cases (84%) have presented in need of treatment for substance-related problems


Positive Urine Screens





Vocational Outcomes With Vocational Coaches vs. Standard Coaches + VR

LEGEND

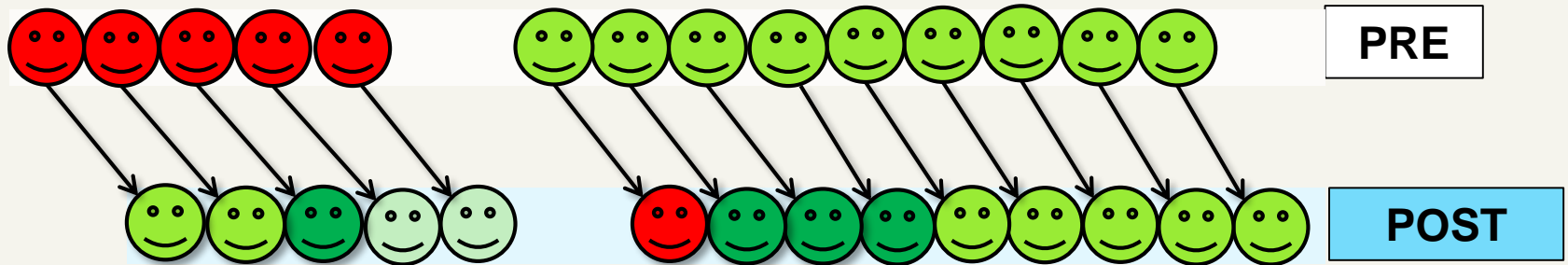
 = Not Working
not In School

 = Working &
In School

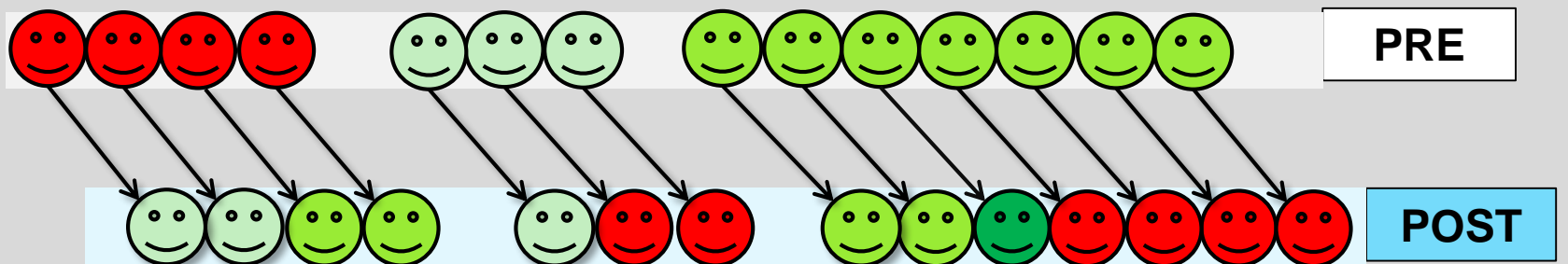
 = Working
Only

 = In School
Only

VOCATIONAL COACH (n=14)



STANDARD COACH + VOCATIONAL REHABILITATION SERVICES (n=14)



VCoach vs Coach, Post Tx χ^2 $p < .05$

Next Steps

RCT Effectiveness Trial of MST-EA for EAs with Mental Illness

- NIMH (1R01MH108793) Co-PI's Davis & Sheidow
- 240 17-21 yrs olds with SMI (or co-occurring)
- MST-EA vs. Enhanced Treatment as Usual
- 16 month follow-up from baseline
- EA & Collateral Report & Records
- Conducted in CT
- Started 4/1/16
- Recruitment started 12/1/16

Next Steps

RCT Effectiveness Trial of MST-EA for EAs with Substance Use Disorders

- NIDA (1R01DA041425) Co-PI's Sheidow & Davis
- 240 17-21 yrs olds with SUD (or co-occurring)
- MST-EA vs. Enhanced Treatment as Usual
- Similar research design (enhanced SU screening)
- Site being negotiated
- Started 7/1/16
- Recruitment anticipated for 6/1/17

Conclusions

- The adaptation to MST for Emerging Adults with Serious Mental Health Conditions successfully engages and retains young adults
- Outcomes across all domains are in the desired direction
- Large scale randomized control trials will test the effectiveness of MST-EA for EAs with Behavioral Health Conditions
- Mechanisms of the treatment also will be examined

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.

Maryann Davis: Maryann.Davis@umassmed.edu

Ashli Sheidow: AshliS@oslc.org



Questions?



Research & Training Center for Pathways to Positive Futures, Portland State University

Pathwaysrtc.pdx.edu

The screenshot shows the homepage of the Pathways RTC website. The header features a logo with a four-way arrow and the text 'PATHWAYS RTC', a search bar, and a 'Newsletter Signup' button. A navigation bar below the header contains links for Home, About, Research, Training, Publications, and Connect. The main content area is divided into two columns. The left column has a 'Training' section with text about the Promoting Positive Pathways to Adulthood (PPPA) training and a 'More Information' button. The right column features a large video player with a play button and social media icons for Facebook, Twitter, and YouTube. Below the video player is a horizontal navigation bar with 'Publications', 'Webinars', and 'Training' tabs. The main content area below this bar has a title 'Improving the Lives of Young People with Serious Mental Health Conditions Through Research & Training'. It contains three columns of content: 'PATHWAYS PUBLICATIONS' with two tip sheets, 'Upcoming Webinar on Youth Engagement in Treatment Planning: January 24, 2017', and 'New Tip Sheet on Cross-System Collaboration'.

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Training

Take part in Promoting Positive Pathways to Adulthood (PPPA), an online knowledge training for service providers

[More Information »](#)

Publications **Webinars** **Training**

Improving the Lives of Young People with Serious Mental Health Conditions Through Research & Training

PATHWAYS PUBLICATIONS

Tipsheet: Achieving Cross-System Collaboration to Support Young People in the Transition Years: A Tip Sheet for Service Providers (PDF)

Tipsheet: Advice to Young Adults from Young Adults:

Upcoming Webinar on Youth Engagement in Treatment Planning: January 24, 2017

Posted 12-07-16

Wraparound is an intensive planning and care coordination process intended to improve outcomes for children, youth or

New Tip Sheet on Cross-System Collaboration

Posted 12-07-16

A new tip sheet from the **PTTP** project titled "Achieving Cross-System Collaboration to Support Young People in the Transition Years: A Tip Sheet for Service Providers" advises service

