

# MST Therapist (Family Integrated Transitions)

As an MST-FIT Therapist you will bring your professional discipline/experience to the team and will hold a caseload of complex cases working intensively and flexibly with families for up to 6 months. You will deliver the most appropriate MST intervention (e.g. DBT, behavioural therapy, CBT) utilising the MST model and analytical process.

MST-FIT uses Standard MST principles with additional components to address the specific issues and contexts of young people returning home from a care environment. The MST FIT programme combines a number of evidence-based interventions with the goal of targeting multiple determinants of antisocial behaviour, substance abuse and mental health issues in young people. The overarching framework of the intervention is derived from Multisystemic Therapy (MST) and this is combined with Dialectical Behaviour Therapy to target young people's individual mental health needs and support those caring for them more effectively.

The model works for 3 to 4 months with young people aged 12-17 years and their carers while they are placed away from home, thus improving skill level of the current residential or foster carers and also with the young person's family to identify the issues which may present difficulties in order to plan a successful return home. Once the young person has returned home, work continues with the family for a further four months and with other key agencies, such as social care and schools and also to support the family members to develop community-based supports and reduce their longer-term reliance on statutory services.

The overall aims of MST-FIT are to:

- Return children successfully from care to a home environment
- Improve skills and resilience of young people, family, foster carers and other professionals
- Reduce young people's offending and/or anti-social behaviour and/or violence;
- Increase young people's engagement with and success in education and training;
- Promote positive activities for parent & young person;
- Improve family relationships;
- Systemically tackle underlying problems within the family.

Alongside the general requirements for the MST Therapist role it would be desirable if you also had:

- Experience of working with children in care.
- Experience of using DBT.

## For Office Use Only:

Job Category	Children & Families	Grading ID	66210
Job ID	80102429	Last Updated	November 2020
Job Focus	MST FIT	Career Progression	No

## Contractual Variants

DBS Category	Children	DBS Type	Enhanced + Barred
Health Check	No	Politically Restricted	No
24/7 working	No	Public Holidays	No
Night Working	No	Alternating Pattern	No
Standby	Yes	Other	