



MST and FFT: An Overview of Two Community-Based Models

MST and FFT work together effectively in communities to provide options for families to have access to effective services to meet their needs and achieve sustainable outcomes.

Key Similarities	
Provider	Single therapist assigned to each case working within a team and supported by an on-site supervisor
Staff credentials	MA-level is preferred, exceptions can be made for highly skilled BA-level clinical staff
Treatment Outcomes	Improved family communication, youth remains in the home/community, reduction of youth and parent/caregiver risk factors.
Referral Criteria	Youth who exhibit with emotional or behavioral risk factors in the community or at home. These risk factors may have been elevated to “systems of care” involvement (i.e., Juvenile Justice, Child Welfare, School etc.)
Cultural Responsiveness	A philosophy/belief system about people which includes a core attitude of Respectfulness of individual difference, culture, ethnicity, sexual orientation, gender identity and family form.
Crisis Prevention	Safety planning to prevent escalation and prepare families to address conflict is embedded within the treatment process.

Key Differentiators		
	MST	FFT
Service Area	Therapist caseloads are within a 90-minute drive time radius	FFT serves families in the agency’s catchment area.
Caseload Requirements	MST caseloads are an average of 5 families per therapist.	FFT caseloads are an average of 10 families per therapist.
Definition of “Client”	The entire ecology around the young person with systemic interventions implemented to address priority needs	FFT is a family therapy model. FFT prioritizes the family as the client, changes are then generalized to other systems involved with the family.
Referral Age Range	12–17-year-olds	11–18-year-olds
Service Delivery	Multiple sessions with the family occur per week as needed to meet the treatment needs.	Sessions occur weekly with families, however sessions/contact hours per family per week across the course of treatment.
Staff Availability	Expectation that staff will work flexible schedule based upon needs of the family. 24/7 team on-call availability	Expectation that staff will work flexible schedule based upon needs of the family. No requirement for 24/7 on-call availability.
Staff Employment Status	Full-time therapists with no other duties outside of MST. Supervisor commitment of 50% time per team as a minimum.	Preference is for full-time staff but part-time staff working with a minimum caseload of 5 families is acceptable.
Team Service Capacity	45-60 families per year	120-160 families per year
Website for More Information	www.mstservices.com	www.fftllc.com