

Multisystemic Therapy (MST) Vs. Intensive In Home Therapy (IIH)

Major Differences within MST

MST focuses on youth displaying **willful misconduct** at home, at school, and/or in the community.

MST works from the “**outside in**” targeting **factors surrounding the client** (i.e family members/caregivers, teachers, etc.)

Serves clients **10-18 years of age** for an average length of **4 months**

MST involves **one qualified professional therapist** that meets with parents/caregivers, school faculty, etc. **2-3 times a week** for generally **one hour each session**.

Major Differences within IIH

IIH focuses on youth and their families who have experienced **trauma** (i.e physical, sexual, mental, or emotional).

IIH works from the “**inside out**”
Targets a more of a **client centered approach**.

Serves clients **5-20 years of age** for an average length of **6 months**

IIH includes a small team of **three qualified professional therapists** who meet face to face with the youth and their family **3-5 times per week** for up **2 hour sessions**.

Similarities

- Both programs are targeted towards youth development
- Both programs work in tandem with outside resources (i.e. schools, youth programs, court system etc.)
- Both programs have a main line and a 24/7 emergency hotline