Multisystemic Therapy for Emerging Adults: Recidivism Reduction for Those with Mental Illness

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MST-TAY Team - North American Family Institute

Thanks to the emerging adult participants and their social network members

Funding for this research comes from the National Institute of Mental Health (R34 MH081374-01) and the National Institute of Disability and Rehabilitation Research (H133B090018) to PI Davis

Transitions RTC
Presentation Outline

- Background
- Treatment overview
- Pilot study
- Preliminary data
- Next steps
Arrest Rate in Adolescent Public Mental Health System Users

Multisystemic Therapy (MST)

- Target population
- Empirical support
- Key elements
MST for Emerging Adults

- Adaptation of MST for use with justice-involved emerging adults who have serious mental health conditions
  - Treatment of antisocial behavior & serious mental health conditions
  - Social Network
  - Life Coach & Psychiatrist on MST Team
  - Mental Health, Substance Use, and Trauma Interventions
  - Housing & Independent Living
  - Career Goals
  - Relationship Skills
  - Parenting Curriculum
Inclusion and Exclusion Criteria

- 17-20 year olds with a diagnosed serious or chronic mental health condition
- Recent arrest or release from incarceration
- Living in stable community residence (i.e., not homeless)
- Having involvement from family members is neither an inclusion nor exclusion criteria
- Individuals who have children or are pregnant are not excluded
Research Design

- Single Case Series – all participants in MST-EA
- Feasibility Study
  - Can we recruit and retain in intervention
  - Safety
  - Can we recruit and retain in research
  - Measures appropriate
- Finalize Manual
## Research Design cont’d

### Mediators:
- Participants’ demographic features
- Significant history
- Treatment fidelity

### MST-EA

#### Intermediate Outcomes
- Schooling
- Housing
- Working
- Relationships

#### Ultimate Outcomes
- Antisocial Behavior,
- Mental Health
- Substance Use

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Transitions RTC
Interview Schedule

Baseline
- Demographics
- Significant Hx
- Antisocial Behavior
- Substance Use
- MH Symptoms
- School/Work
- Relationships

Monthly
- School/Work
- Antisocial Behavior
- Substance Use
- Services/Residence
- Fidelity
- Therapeutic Alliance (client & therapist)

6&12Month
- Monthly Plus...
- MH Symptoms
- Relationships
- Urine Toxicology
- School & Court records

Transitions RTC
### MST-EA Baseline Demographic Sample Features (N=13)

<table>
<thead>
<tr>
<th>Demographic Characteristic</th>
<th>Distribution</th>
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<tbody>
<tr>
<td>Gender</td>
<td>54% Female</td>
</tr>
<tr>
<td>Race</td>
<td>46% African American, 54% White</td>
</tr>
<tr>
<td>Ethnicity</td>
<td>15% Hispanic</td>
</tr>
<tr>
<td>Age (range 17-18yrs)</td>
<td>54% 17 year olds</td>
</tr>
<tr>
<td>Highest Education Level Achieved</td>
<td>38% 11(^{th}) grade, 38% 10(^{th}) grade, 15%&lt;10(^{th}) grade, 8% GED</td>
</tr>
<tr>
<td>“Usual” place to live in past 12 months</td>
<td>85% Family’s home, 8% Foster Care , 8% Treatment facility</td>
</tr>
<tr>
<td>History of paid employment</td>
<td>62% Yes</td>
</tr>
</tbody>
</table>
Baseline vs 6 Month Crime Variety in Past 30 Days (YSRDS)

- **4** reduced crime variety
- **3** increased crime variety
- **5** no change

Transitions RTC
Baseline vs 6 Month Symptoms (BSI)

9 w/fewer # symptoms, 2 w/small increase, 1 w/no change
Baseline vs 6 Month Symptoms (BSI)

Global Severity Index

Individual Participants

Baseline Intensity  6Months Intensity

1 2 3 4 5 6 7 8 9 10 11 12 13

6 improved, 5 worse, 1 same
Baseline vs 6 Month Days Without Alcohol or Marijuana (GAIN)

5 w/No Use either time, 2 improved, 1 same, 4 worse
Challenges

- **Experiment in Real Community Service**
  - Sits between Child/Adult/MH/Justice
  - Budget crisis
  - Justice system unfamiliar with MH
- **Therapist turnover**
  - Costly to train, reduces capacity
- **Tough to follow longitudinally**
  - Disposable cell phones, mobile group, disconnected socially
  - Relationship to interviewer critical
  - Measures boring/irrelevant/adult
Additional Collaborators

Thanks to our Research Team:

Kim Smith
Stephanie Ueberall
Richard Rondeau
Sandra Brown