

Multisystemic Therapy With Special Populations



Two Concurrent Full-Day Workshops • Wednesday, May 4, 2005

*You are invited to join
two distinguished faculty
from the
Family Services
Research Center of the
Medical University of
South Carolina
as they discuss
their research findings
applying
Multisystemic Therapy
(MST)
with two
special populations.*

The workshops will be day-long, offered concurrently at the Four Points by Sheraton Southeast (formerly the Marriott Southeast) at the Hampden Avenue interchange of I-25, exit 201, in Denver.

Certificate of completion that include topics and contact hours for conference attendees will be available upon request.

Cost for the workshop is \$75 which includes a buffet lunch at the hotel. To register, complete the registration form at the end of this document and fax to MST, or call MST at (303) 352-4202.

WORKSHOP 1

Beyond Individual Approaches: Multisystemic Therapy With Maltreated Youth and Their Families

Dr. Cynthia Cupit Swenson has extensive experience in working with families involved in the child protection and juvenile justice systems. She is one of the foremost proponents that successful treatment of victims of violence and abuse must be conducted in the context of families, schools and community as opposed to individually-focused child or adult psychotherapy. Dr. Swenson will present on a variety of topics including the causes and consequences of adolescent problems, what we know works about prevention and treatment, specific strategies for reducing youth violence and criminal activity, combating substance abuse and dealing with school problems. Included will be tools for assessing the needs of specific communities, setting up and running successful programs and evaluating outcomes. Finally she will discuss her experimental work in adapting the MST juvenile justice model for child abuse and neglect.

WORKSHOP 2

MST And Contingency Management: An Effective Approach With Serious Substance Abusing Youth

Dr. Jeffrey Randall specializes in treating substance abusing adolescents. As both a researcher and clinician he believes many treatments are not successful because they do not comprehensively address the many aspects of a youth's life that sustain patterns of drug abuse. In contrast, MST has achieved long-term reductions in drug use and criminal behavior among substance using and abusing adolescents. Dr. Randall will provide an overview of the clinical and supervisory structure of the MST model. He will also review research conducted on treatment efficacy with this population. In addition he will discuss a recent adaptation of MST involving Contingency Management which has produced even greater reductions in drug use and criminal behavior. Case examples and exercises will be incorporated into the presentation.



Colorado Multisystemic Therapy Support Services
900 Auraria Parkway, Suite 129, Denver, CO 80204 • (303) 352-4202

“Supporting Effective Interventions for Families, Children and Youth”

Multisystemic Therapy With Special Populations

WORKSHOP 1 ABSTRACT

Dr. Swenson has worked extensively with children and families over the last 25 years. Her research is community-based and focuses on community violence, child maltreatment, youth aggression and substance abuse. She has published over 30 journal articles and book chapters, and a recent book on treating community violence and troubled neighborhoods. Dr. Swenson is currently on the Board of the American Professional Society on the Abuse of Children.

WORKSHOP 2 ABSTRACT

Dr. Randall received his undergraduate degree in psychology from San Jose State University, his doctoral degree in clinical psychology from Virginia Tech, and his pre-doctoral internship as well as post-doctoral fellowship from Western Psychiatric Institute and Clinic at the University of Pittsburgh. He was project director of a National Institute on Drug Abuse and National Institute on Alcohol Abuse and Alcoholism (NIDA/NIAAA) funded project entitled "A Randomized Clinical Trial of Juvenile Drug Court and Multisystemic Therapy (MST)." This project received funding from the Center for Substance Abuse Treatment for the continuation of clinical services. Dr Randall was principal investigator on a grant from the state of South Carolina to add additional treatment components to the NIDA/NIAAA funded project.

Beyond Individual Approaches: Multisystemic Therapy with Maltreated Youth and Their Families

Cynthia Cupit Swenson, Ph.D.
Family Services Research Center, Medical University of South Carolina,
Charleston, South Carolina

Historically, the child trauma field has approached treatment through individually-focused child or adult psychotherapy. The degree to which these interventions carry research support varies greatly. A comprehensive understanding of current research indicates that the field is moving beyond individually-focused models. This session provides a background to show that multiple factors within a youth's ecology relate to experiencing maltreatment or other violence. Scientific support is shown for going beyond individual approaches to include the family and ecology. Finally, a current application of Multisystemic Therapy for Child Abuse and Neglect (MST-CAN) is described. In particular, the adaptations to the MST delinquency treatment model are highlighted.

Cynthia Cupit Swenson received her Ph.D. in clinical psychology with a sub-specialty in school psychology from Florida State University. Currently she is Associate Professor and Associate Director at the Family Services Research Center in the Department of Psychiatry and Behavioral Sciences of the Medical University of South Carolina. She is Principal Investigator on an NIMH-funded randomized clinical trial comparing parent training and multisystemic therapy with physically abused adolescents and their families.

MST And Contingency Management: An Effective Approach With Serious Substance Abusing Youth

Jeff Randall, Ph.D.,
Assistant Professor in the Family Services Research Center of the
Department of Psychiatry and Behavioral Sciences at the Medical
University of South Carolina.

Adolescent substance abuse results in substantial personal and societal cost. Many treatments fail to produce favorable outcomes with substance abusing adolescents because they fail to comprehensively address etiological and maintaining factors. Multisystemic Therapy (MST) is one of the few adolescent substance abuse treatments that has been cited by the National Institute on Drug Abuse as evidence-based (1999) and has achieved long-term reductions in drug use and criminal behavior among substance using and abusing adolescents (Henggeler, Clingempeel, Brondino, & Pickrel, 2002; Schaeffer & Borduin, in press). A recent adaptation of MST (MST and Contingency Management [MST/CM]) has produced even greater reductions in drug use and criminal behavior among adolescents. To highlight MST/CM effectiveness in treating substance abusing or dependent adolescents, case examples and case exercises will be provided. Prior to presenting case examples and case exercises, an overview of clinical and program features of MST and substance-related outcomes will be presented.

Dr Randall is first author on four recently published MST substance abuse articles: 1) "Psychiatric Comorbidity and the 16-Month Trajectory of Substance-Abusing and Substance-Dependent Juvenile Offenders" (*Journal of the American Academy of Child and Adolescent Psychiatry*) examines comorbidity in a substance abusing/dependent MST sample; 2) "Adapting Multisystemic Therapy to Treat Adolescent Substance Abuse More Effective" (*Cognitive and Behavioral Practice*) describes changes to the MST model to facilitate improved outcomes for substance abusing youth in the context of juvenile drug court; 3) "Integrating Evidence-Based Substance Abuse-Treatment into Juvenile Drug Courts: Implications for Outcomes" (*National Drug Court Institute Review*) provides rationale for juvenile drug courts to use empirically-based treatments such as MST; 4) "Multisystemic Therapy: A Treatment for Violent Substance-Abusing and Substance-Dependent Juvenile Offenders" (*Addictive Behaviors*) describes how MST is an effective for adolescents who are both violent and substance abusing.

Dr. Randall has published over 20 articles. His research interests include Multisystemic Therapy (MST) conceptualization and treatment, adolescent substance abuse, juvenile drug court, and anxiety disorders. Some primary populations that MST targets include children and adolescents engaging in substance abuse, violent behaviors, and other criminal activities.

CONFERENCE REGISTRATION

Multisystemic Therapy With Special Populations

Wednesday May 4, 2005

Four Points By Sheraton Southeast (Formerly Marriott Southeast)
Hamden Avenue Interchange Of I-25 (Exit 201) Denver, Colorado

Name _____

Agency _____

Address _____

Telephone _____ Fax _____

Email _____

Workshop (Indicate One Choice):

- Multisystemic Therapy with Maltreated Youth and Their Families
- MST and Contingency Management: Effective Intervention with Serious Substance Abusing Youth

Conference Fee is \$75 which includes a buffet lunch at the hotel

Payment Method:

- Check or Money Order (Enclosed)
- Purchase Order (Enclosed or Fax to 303-352-4201)

Return this completed registration form, along with payment, no later than **March 31, 2005** to:

Colorado MST Support Services Office
900 Auraria Parkway, Suite 129
Denver, CO 80204
Phone: 303-352-4202 Fax: 303-352-4201