



Gyda'n glydd galwn ni i gyd helpu i gadw **Sir y Fflint** yn ddiogel

Together we can all help to keep **Flintshire** safe



Bwrdd Iechyd Prifysgol
Betsi Cadwaladr
University Health Board



MST FIT AND ITM HOME

Multi Systemic Therapy –
Family Integrated
Transitions and the
Integrated Treatment
Model Home

WHAT IS MST-FIT?

MST-FIT was originally developed in the USA

Designed for young people who exhibit anti-social behaviours

To help young people return home to family or to a foster carer

MST VS MST-FIT

MST

Works with young people who are at risk of placement breakdown

Uses behavioural, Cognitive Behavioural Therapy (CBT) and family therapy interventions

Treatment lasts between 3 and 5 months

MST-FIT

Works with young people already in a residential care setting

Uses MST interventions, in addition to Dialectical Behavioural Therapy, Motivational Interviewing and mindfulness

Treatment lasts up to 7 months (including 3 months in the ITM Home)

STRUCTURE

MST FIT

Consultant – Joshua Leblang

Supervisor – Lian Jones (BCUHB)

Therapists – X4

Business Support Officer – .70 (FTE)

MST ITM

Consultant – Emily Faro

Manager – Abigail Pattullo

Deputy Manager – Melissa Taylor

Senior Residential Worker – X3 (FTE)

Residential Worker – X 6 (FTE)

Business Support Officer – .70 (FTE)



TWO PHASES – WORKING CLOSELY TOGETHER

Phase 1 – ITM Home

The young person moves into the Integrated Treatment Model Home (Tŷ Nyth)

12 week therapeutic placement

Young person spends increasing amounts of time at home during their stay

Phase 2 – MST-FIT Therapists

After 4 weeks – An MST-FIT Therapist is allocated to the family

They will work intensively with the parent/carer and wider ecology

MST-FIT Therapists will remain involved for 4 months following the 12 week placement at Tŷ Nyth

Aims of the service



Support reunification of children and young people from residential settings back to their parent/family or support them into foster care.



Empowering families – DBT Skill, FIT circles, 24/7 support, promote prosocial behaviours.



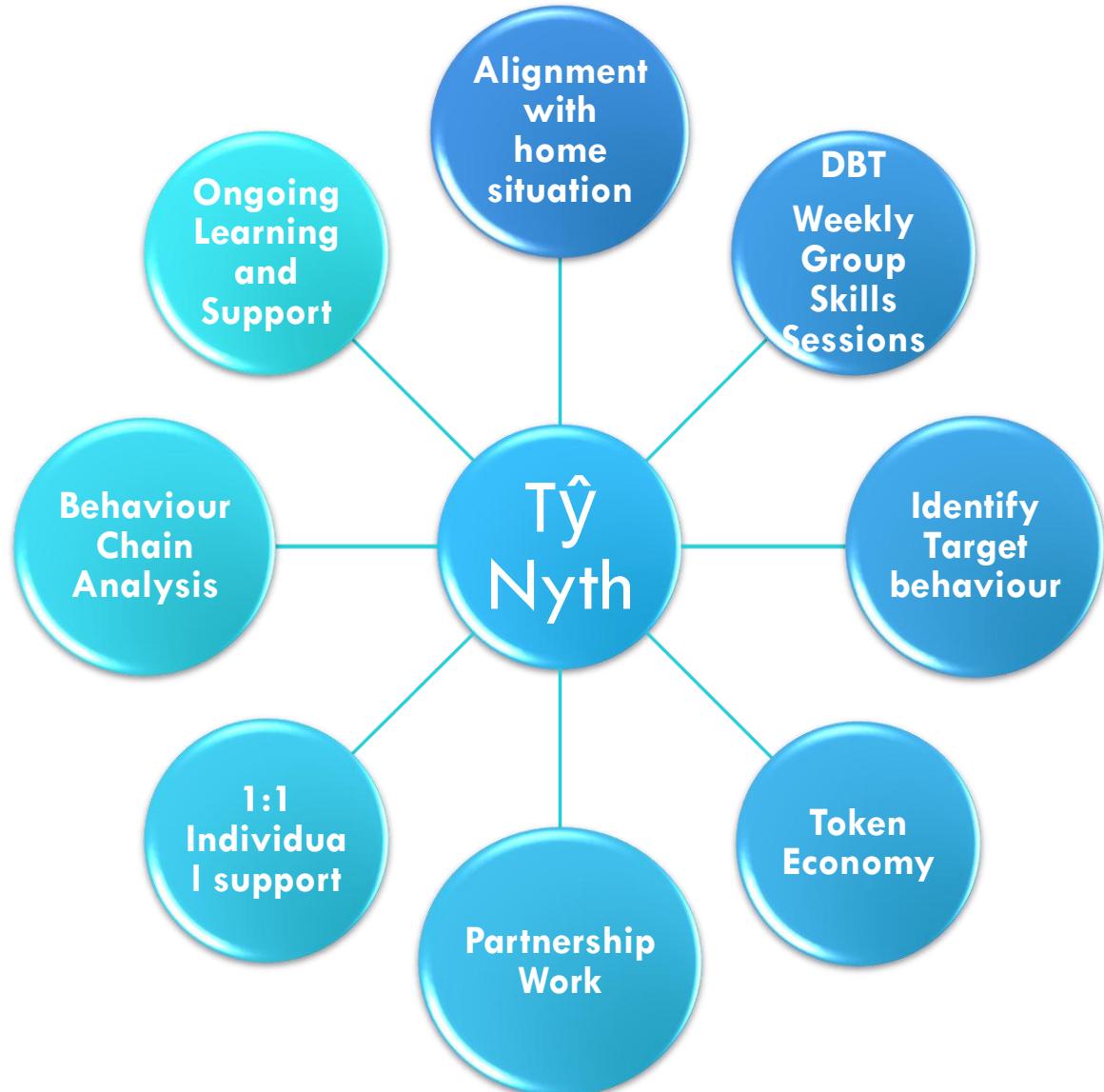
Create stability and enable the family to take control and build the skills together so that this can be maintained.

TŶ NYTH IS AN ITM HOME



ITM: Integrated Treatment Model which means deliver evidenced based interventions including Dialectical Behaviour Therapy (DBT) in a supportive and therapeutic environment.

Tŷ Nyth is a registered children's home and up to 4 young people can stay at the home at a time and receive 24/7 support by the residential team.





**4 DAY
INTENSIVE DBT
TRAINING**



**3 MONTHLY
TRAINING
BOOSTERS**



**WEEKLY
TELEPHONE
CONSULTATION
WITH ITM
EXPERTS**



**MONTHLY
SUPERVISIONS**

WHAT IS DBT?

Dialectical Behaviour Therapy

The model of therapy we use in the home to engage the young people and motivate them to achieve their targets. DBT is a programme where we teach and practice skills to help the young people manage their emotions and to communicate effectively.

Specific Goals of DBT

Behaviors to Decrease

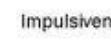
Cognitive Dysregulation



Behaviors to Increase: Skills Building

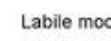
Core Mindfulness

Impulsiveness



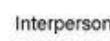
Distress Tolerance

Labile moods & emotions



Emotion Regulation

Interpersonal Chaos



Interpersonal Effectiveness

DBT Skills Training

CORE MINDFULNESS * EMOTION REGULATION *

DISTRESS TOLERANCE * INTERPERSONAL EFFECTIVENESS

Taught in skills groups

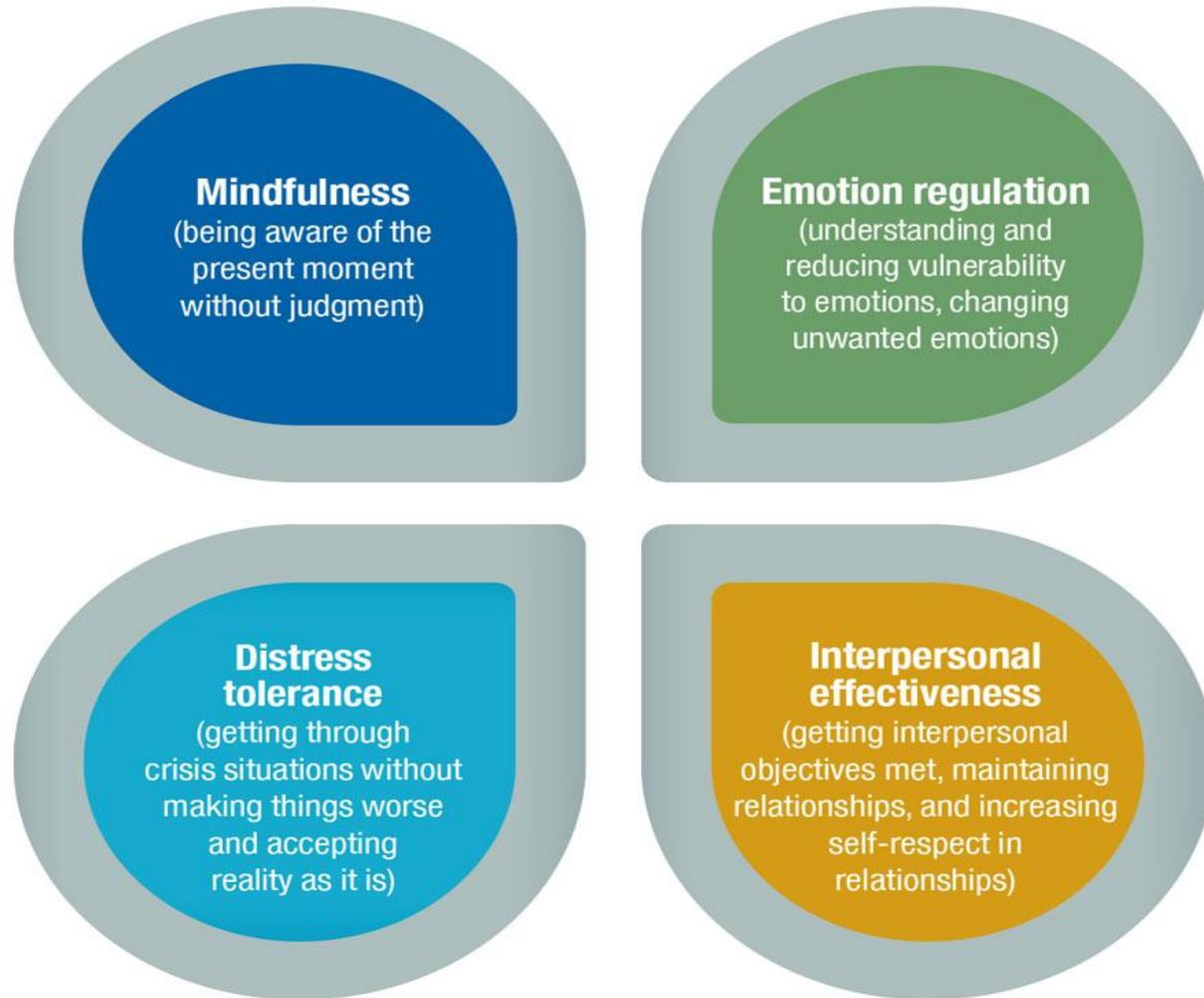


Developed
over time



Like building
muscles

Will eventually become
integrated into everyday
life



CRITERIA

Inclusion

Age 11-17

Parent/Carer willing to have the young person home and are able to provide a safe environment

Young person wants to return and move home

Care experienced

Exclusion

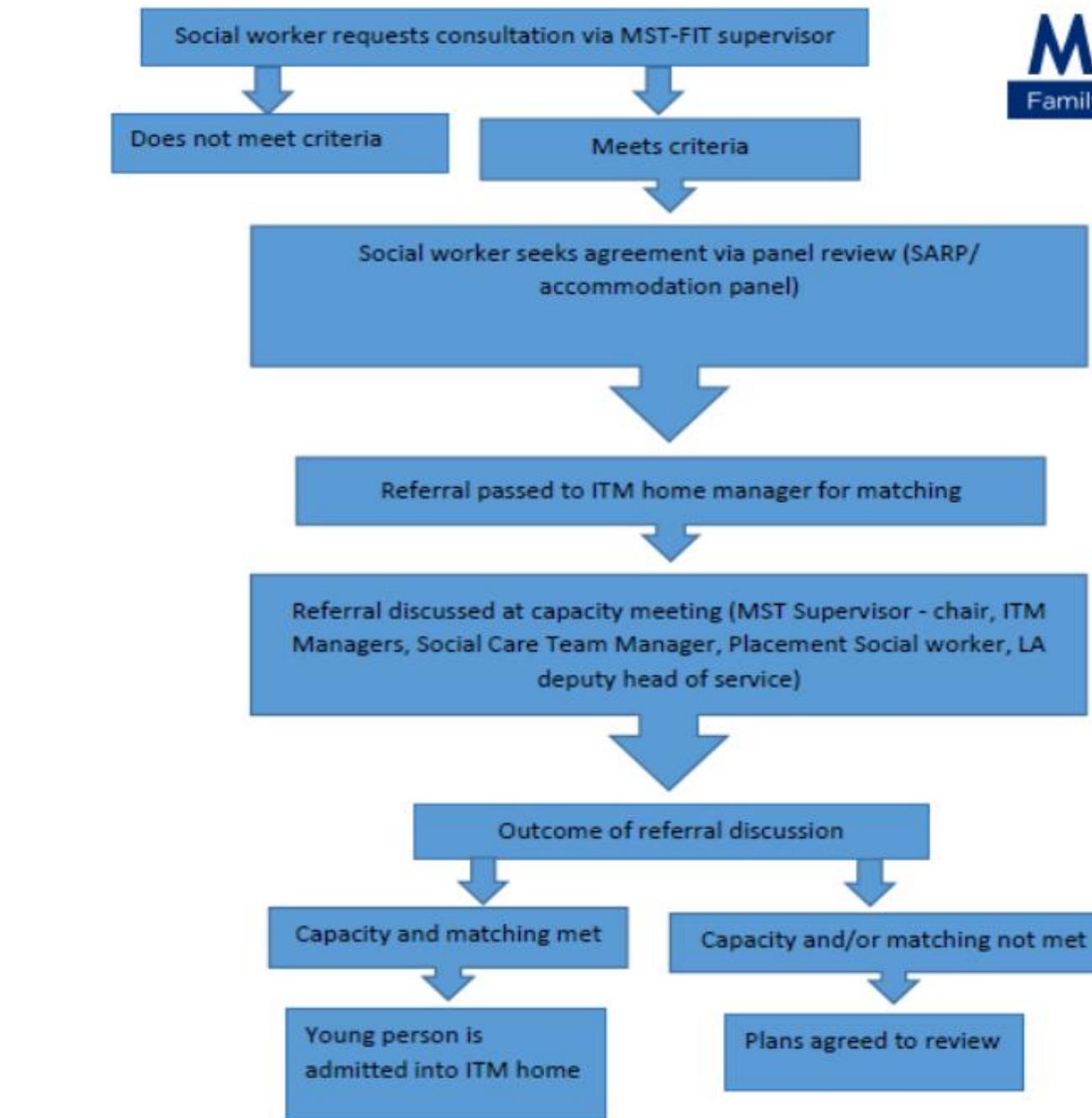
Lack of primary caregiver or plan to live independently

Significant mental health challenges

Sexual offences

Pervasive developmental delays

REFERRAL PATHWAY



What have been the challenges?

Shaping our identity as a service

Developing and creating a positive culture

Purchasing all the items required to turn the house in to a home

Purchased Pineapple wardrobes unable to get up the stairs

Recruitment, selection and retention

Training, development and experience

Developing all policies, processes, procedures

Documentation for the home – what should this look like, what do we need.

Financial challenges budgets, spending

Internet for the young people to access

Access system within the home

20 mile per hour speed limit, close to border of 30 on England

Maintenance – response, understanding of service

Partner agencies change in workforce

Culture change – different way of thinking about risk, collaborative risk, no blame culture, evidenced based model

Implementing a new model of working into a Childrens residential home and regulation

Fidelity to the model within the Welsh context and local need

Working across Wrexham, Flintshire and health

Education providers and their understanding of the model and how residential care works

Forming relationships with partners, agencies, local groups, Social Workers, Police, counsellors, youth offending teams, housing teams etc

Pay structure and been competitive within the current market

Processes within the local authority – IT, Legal, Procurement, vehicle/fleet

Neighbors and local community

Risk and dignity

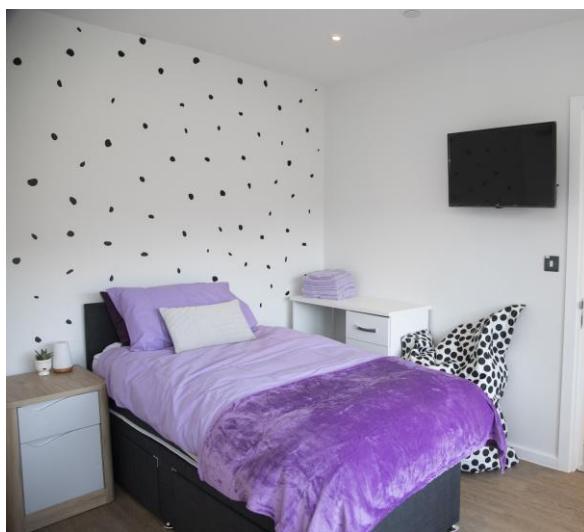
THE STORY SO FAR...

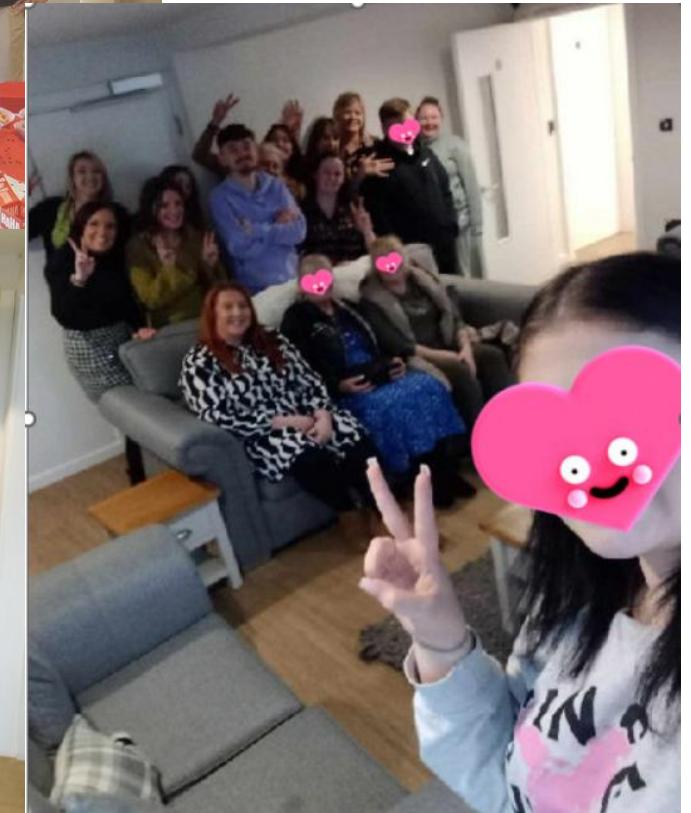
6 young people have engaged in the service

2 young people successfully reunified with families

2 young people has completed 12 week programme and is living at home with parents receiving MST FIT support

2 young people currently residing in Ty Nyth engaging in the programme





THANK YOU FOR
LISTENING I WOULD BE
HAPPY TO TAKE ANY
QUESTIONS ?

