

# Multisystemic Therapy - Family Integrated Transitions (MST-FIT)

Easing transitions, changing lives.

## About MST-FIT:

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Wheeler Clinic's Multisystemic Therapy-Family Integrated Transitions (MST-FIT) program provides youth, ages 12 to 17-1/2, and their families with the tools to successfully navigate the critical transition period following their incarceration. The program focuses on youth with substance abuse and mental health issues. MST-FIT clinicians work with the youth before they are scheduled for release and work with their families to help them anticipate and prepare for the re-entry period. Both youth and family then take part in intensive, home-based therapy sessions following release and focus on cultivating natural supports within the family system and community. MST-FIT promotes behavioral change by helping parents learn to monitor and intervene positively with their adolescents.

## Our outcomes:

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Our MST-FIT program has demonstrated:

- Reductions in illegal behaviors
- Higher engagement in school and prosocial activities
- Enhanced family functioning

## We serve adolescents and their families in:

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Towns served by the Hartford, Middletown, Torrington, Manchester, New Britain or Waterbury offices of the Connecticut Department of Children and Families

## The Starting Point

Youth are referred to this program by the Connecticut Department of Children and Families Juvenile Parole Services. For information only, call 860.520.6247.

## Location

91 Northwest Drive  
Plainville, CT 06062

## Main Office/Mailing Address

91 Northwest Drive  
Plainville, CT 06062

## Funding Source

Connecticut Department of  
Children and Families

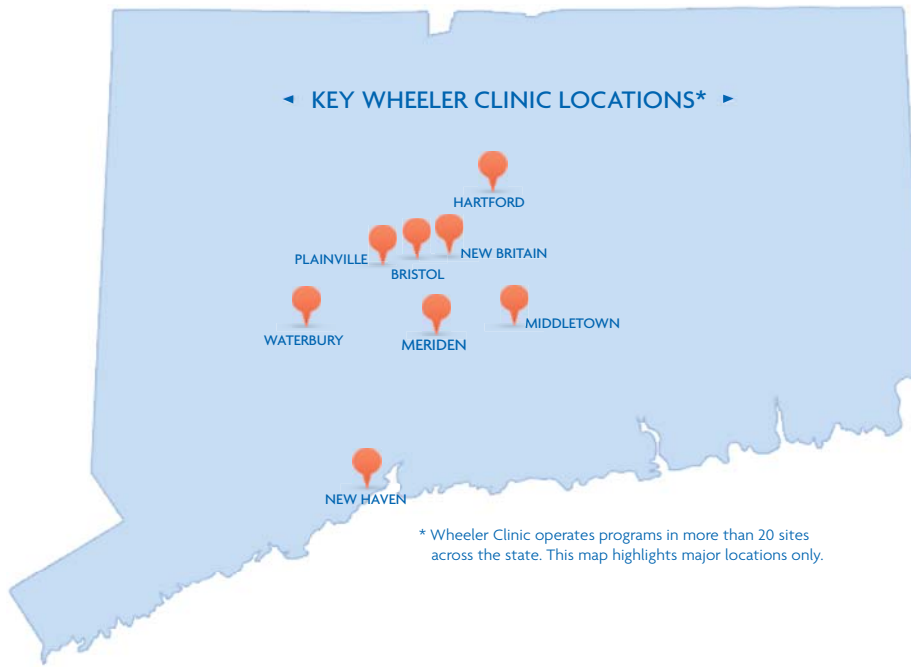


Wheeler

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