



Multisystemic Therapy

Multisystemic Therapy (MST) is a family and community-based treatment that addresses the core causes of juvenile delinquency and antisocial behaviors, such as aggressive/violent behaviors, criminal behaviors (e.g. theft), substance use, or chronic school absences. The ultimate goal is to reduce unwanted behaviors by empowering families to create healthier environments using existing youth, family, and community strengths and resources. Therapists work with clients for an average of 3-5 months.

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Proven outcomes include:



Reduced rates of criminal offending, arrests, and recidivism



Reduced rates of out-of-home placements



Extensive improvements in family functioning



Reduced mental health problems and substance use

Infinity Counseling & Wellness Center, LLC is currently accepting referrals for Lake & Porter counties. To refer families for MST, email referrals@icandwc.com or call 219-472-8277



Services provided by MST therapists include but are not limited to:

- Individualized treatment plans
- Mental health services for youth and families
- 24/7 crisis intervention
- Drug and alcohol intervention
- Social skills training
- Parent skills training
- Educational and vocational support
- Healthy relationship education

Eligibility Criteria

We serve youth ages 12-17 who are:

- At risk of placement out of the home due to their challenging behaviors
- Involved with the justice system or at risk of involvement
- At risk of abuse or neglect amongst other factors