

Our Mission

Gulf Coast Teaching Family Services (GCTFS) is now doing business as Gulf Coast Social Services (GCSS). We are a private, non-profit corporation founded in 1983 in Louisiana to provide comprehensive human service programs for Louisiana citizens, children and adults, with various physical and mental challenges.

Our mission is to empower people with mental, physical, behavioral, and other challenges to improve the quality of their lives and to live as independently as possible in the community.

We operate seven regional offices located in Alexandria, Baton Rouge, Hammond, Houma, Lafayette, Lake Charles, and New Orleans.

Areas Served

Lake Charles
(Lafayette satellite office)
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Lake Charles, LA 70601

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Multisystemic Therapy (MST)



Personal Care. Quality Outcomes.

For more information, visit our website at
www.gctfs.org

or contact us at info@gctfs.org

 **Gulf Coast
Social Services**

Program Description

Multisystemic Therapy (MST) is a family- and community-based treatment for youth with complex clinical, social, and educational problems (e.g., violence, drug abuse, school expulsion). The MST approach views individuals as being part of, and influenced by, a complex network of interconnected systems. In MST, this “ecology” of these systems is viewed as the “client”. To achieve successful outcomes with these youth, interventions are generally necessary within and among a combination of these systems.

A crucial aspect of MST is its emphasis on promoting behavior change in the youth’s natural environment. Initial family sessions identify the strengths and weaknesses of the adolescent, the family, and their transactions with extra familial systems (e.g., peers, friends, school, parental workplace). Identified problems throughout the family are explicitly targeted for change, and the strengths of each system are used to facilitate such change. Although specific strengths and weaknesses can vary widely from family to family, several problem areas are typically identified for serious juvenile offenders and their families.

Who is Eligible?

MST recipient must meet the following criteria:

- Be Medicaid eligible
- Be capable of participating in the therapy
- Be 11-17 years of age
- Have serious emotional and/or behavioral problems
- Be involved or at-risk to be involved with the juvenile justice system
- Be at risk of out-of-home placement or returning from out-of-home placement because one or more of the following:
 - Anti-social behavior
 - Aggressive and/or violent
 - Substance abuse



Services Provided

Over a period of three to six months, MST is delivered in homes, neighborhoods, schools and communities by master’s level professionals with low case loads.



MST services are provided through a team approach with the intent to:

- Promote the family’s capacity to monitor and manage the youth’s behavior
- Involve all systems in the youth’s environment (family, friends, school, community)
- Provide 24 hours a day, seven days a week crisis assistance
- Offer structured face-to-face therapeutic counseling