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North Carolina

**More than 80%** of youth served by Youth Villages' Intensive In-Home Services programs have **remained successfully in the home** at least one year after receiving services.

## Background

Reform of treatment options available to North Carolina youth began in 1979 when the Willie M. lawsuit was filed in response to the lack of treatment alternatives for youth with serious emotional disturbances exhibiting violent behavior. The case inspired innovative approaches to children's mental health service delivery and assessment, building a system of care satisfactory enough for the state to reach compliance with the decree terms and thus its dismissal.

From that reform came the creation of an array of enhanced service definitions through the North Carolina Medicaid system. One such definition, Multisystemic Therapy (MST), is the specific service Youth Villages started providing from its first North Carolina office in 2006. Youth Villages is the only statewide provider of MST and has grown from one office in Hillsborough to several across the state.

### YOUTH VILLAGES' NORTH CAROLINA OPERATIONS | OFFICES

- Asheville
- Hickory
- Pinehurst
- Raleigh-Durham
- Wilmington
- Greensboro
- Greenville
- Concord
- Charlotte

### RESULTS AND IMPACT | TOTAL YOUTH SERVED STATEWIDE: 295

- Population served: Variety of youth between ages 12 and 22
- Number of youth: More than 1,700 served since 2005
- Outcome: More than 75% are living at home or in a home-like environment one year after completing their Youth Villages program.

### KEY STATE VALIDATOR

**Dr. Michael Lancaster**, Chief of Clinical Policy, North Carolina Division of Mental Health, Developmental Disabilities and Substance Abuse Services (DMHDDAS)

### PROGRAMS PROVIDED

#### Multisystemic Therapy (MST)

MST is built on the principle and scientific evidence that a seriously troubled child's behavioral problems are multidimensional and must be confronted using multiple strategies.

- Therapy is intensive and is conducted in the child's home by a single counselor.
- As part of the process, the counselor typically works closely with teachers, neighbors, extended family, even members of the child's peer group and their parents.
- A counselor is available to the family 24 hours a day, seven days a week and typically works with the child and family over a three-to-five-month period.

*An additional program can be found on the back of this page*

## New Day Program - Transitional Living (TL)

In addition to MST, in 2008 Youth Villages began a program for youth aging out of care to assist them with the transition to adulthood. This service is currently provided in the Raleigh-Durham and Greensboro areas.

Program success is defined as young adults:

- maintaining stable and suitable housing
- remaining free from legal involvement
- participating in an educational/vocational program
- developing the life skills necessary to become successful, productive citizens