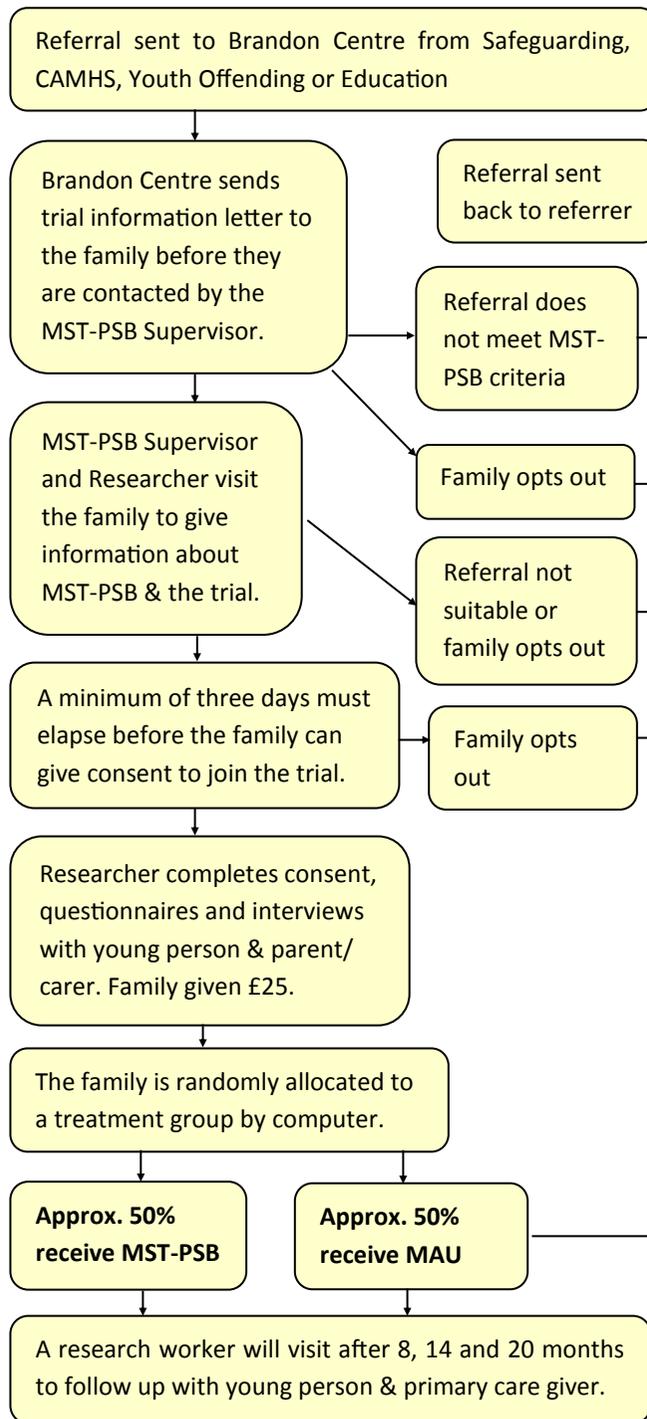


Overview from referral to research



How to make a referral

- Before a referral is made, please contact the MST Supervisor at the Brandon Centre to check that the case meets the inclusionary criteria for the trial
- Please discuss MST-PSB and management as usual with the family. Please remember to explain that there is a **50-50 chance** of receiving MST-PSB or an alternative form of help
- Contact the MST-PSB Project Co-ordinator at the Brandon Centre if you need a referral form
- Please complete the referral form as fully as possible and send it to the MST-PSB Project Co-ordinator

How to contact us

MST-PSB Team

The Brandon Centre
26 Prince of Wales Road
Kentish Town
London NW5 3LG
020 7424 9935

familyservice@brandoncentre.org.uk

Research Team

STEPS-B Trial
University College London
1-19 Torrington Place
London WC1E 7HB

Research Assistants: Chloe and Lauren: **020 7679 1893**

Trial Co-ordinator: Liz: **020 3108 3254**

steps-b@ucl.ac.uk

Services for Teens Engaging in Problem Sexual Behaviour Research Trial



This leaflet provides an overview of the STEPS-B research trial for referrers. For more information, please go to: www.ucl.ac.uk/steps-b/ or call us on **020 7679 1893** to discuss.

STEPS-B : The Research Trial

Services for Teens Engaging in Problem Sexual Behaviour

STEPS-B is a research study investigating an intervention called Multisystemic Therapy for Problem Sexual Behaviour (MST-PSB) as well as other services available for young people displaying problem sexual behaviour. These young people may also be having difficulties at home, school and with the law. The study is spread across fourteen London boroughs.

We want to learn which services are most effective for young people in the UK with problem sexual behaviour, and their families, and we want to know whether services lead to:

- Cessation or reduction of problem sexual behaviour, levels of re-offending and antisocial behaviour
- Less time spent in custody or care
- Improved education outcomes and family relationships

To answer these questions, we are comparing MST-PSB with other services that are currently offered in the UK to young people and their families.

To investigate this we want to meet the primary caregiver and the young person at four different time points to explore whether things have changed (for the better or for the worse) or have stayed the same.

To be able to compare MST-PSB to the other services available in the local area—management as usual (MAU), **half of the families will receive MST-PSB and the other half will receive MAU.**

The MST-PSB Supervisor will discuss with the referrer alternative treatment options that may be available to the family, in case the family does not receive MST-PSB .

Who can take part in the trial?

The parents and carers of young people who are:

- Aged 10-17 years
- Displaying problem sexual behaviour
- At risk of engaging in further problem sexual behaviour which may lead to a risk of being taken into care or custody
- Living in parental home or have been in long-term foster care for at least 18 months. If they are in a short-term out-of-home placement, family reunification must be able to take place within 30-60 days, assuming safety concerns have been addressed
- Whose intellectual functioning is above 65

What would make a family unsuitable for taking part in the trial?

- Young people who have met full criteria for Autism or Asperger's will be excluded. This does not exclude young people who display some features of Autistic Spectrum Disorders
- Primary reason for referral is related to substance misuse, attempted suicide, homicidal, or psychotic behaviours
- MST-PSB Supervisor identifies in a discussion with the primary carer(s), that the primary carer(s) steadfastly denies that there is any possibility that the problem sexual behaviour occurred or that the youth was in any way responsible

Please note: We will consider cases where an interpreter is necessary. However, unfortunately the MST-PSB Team is unable to provide and fund interpreters. This will need to be arranged and funded by your service. All MAU services will need to be funded

What is Multisystemic Therapy for Problem Sexual Behaviour (MST-PSB)?

MST-PSB is a clinical adaptation of Multisystemic Therapy (MST). The underlying premise of MST and MST-PSB is that young people's difficulties are multi-causal and so an effective intervention needs to address the multiple sources of influence in the young person's ecology. These would include family, school, peer group and the neighbourhood.

MST-PSB uses approaches from family therapy, parenting programmes, cognitive behavioural therapy and social-skills building

Summary of MST-PSB and its aims

- The MST-PSB therapist typically sees the family three to four times a week in the family home for a period of five to seven months
- Telephone support is available 24 hours a day, seven days a week
- Comprehensive safety plans are made to minimise the risk of the young person re-offending
- Family and community-based treatment focuses on the aspects of the young person's ecology that are related to the problem sexual behaviour
- The offender's own victimisation, the impact of the abuse and related treatment needs are assessed
- Use of family-based offence clarification work that aims to reduce denial and increase youth accountability
- Empowering parents/carers to manage the young person in different environments through teaching techniques in parenting and behaviour management, safety planning and relapse prevention