teaching modules (Linehan, 1993). A core skill set taught as part of DBT is mindfulness, and it is also the first module. The other three modules of DBT include emotion regulation, interpersonal effectiveness, and distress tolerance skills (Linehan, 1993). Sensory approaches have also been used in combination with CBT and DBT by occupational therapists to enhance what these evidence-based programs offer (Champagne, 2011b).

Multisystemic Therapy

Another intensive therapeutic approach that integrates elements of cognitive behavioral and family therapy principles is MST. MST is an evidence-based therapeutic approach used with children between the ages of 12 and 17 years with severe emotional disturbance, antisocial and conduct behaviors, and/or engagement in substance abuse (MST Institute [MSTI], 2012). It specifically targets variables related to each youth and the natural environment, including the family system, social networks, school, and community (Henggeler, Sheidow, & Lee, 2007). The overarching goals of the MST interventions generally include the following:

- Increasing the parent/caregiver skills and confidence to effectively discipline
- Improving family relationships
- Decreasing deviant peer contact and increasing prosocial peer relationships and contact
- Enhancing participation in school or vocational skills
- Engaging youth in pro-social leisure and recreational interests
- Co-creating a community-based support network to help caregivers achieve and maintain goals

MST has demonstrated positive outcomes in the reduction of hospitalization rates and improvements in child, adolescent, and family functioning, and in juvenile justice systems with youth with mental health problems and deviant behaviors (MSTI, 2012). Eight randomized trials have been conducted with MST and showed lower reoffending rates and a reduction in out-of-home placements (MSTI 2012). It is important to also mention that research in MST indicates that a system-based approach is required for