

The White Foundation is built upon a history of caring for children & families.

The Henry and Rilla White Foundation is a Florida-based, not-for-profit corporation founded to serve troubled youth and their families. It was established in 1988 in memory of two of Levy County's most respected citizens, Henry and Rilla White. Henry was a teacher, school board member and superintendent of the Levy County School System. His wife, Rilla Drummond, owned White's Grocery Store, a gathering place for youth. She was widely known for her commitment to her family, church and the youth of the community.

The White Foundation Multi-Systemic Therapy Program

Doing whatever it takes to empower families to meet the needs of youth.

What is the White Foundation Multi-Systemic Therapy (MST) Program?

The White Foundation Multi-Systemic Therapy (MST) Program is a brief (3-5 months), in-home and community-based alternative treatment program for delinquent youth (ages 12-17) who are at risk for placement in residential care away from home. Youth, who must be referred to the program by the Juvenile Court or the Department of Juvenile Justice (DJJ), remain in the community with their families, while therapists provide services for the family in the home, school, and other areas of the community. Therapists use a treatment model called Multisystemic Therapy (MST), which has been proven to improve family relations, decrease drug use, increase school attendance, and decrease re-arrest in delinquent youth.

The White Foundation MST Program is licensed by MST Services (affiliate of the Medical Univ. of South Carolina where MST was developed) and operates in Escambia, Alachua, Baker, Bradford, Gilchrist, Levy, and Union counties.

How does the White Foundation MST Program work?

Upon admission to the program, the MST therapist evaluates the youth's behavior at home, at school, with peers, and in the neighborhood to identify risk factors that lead to or maintain undesirable behavior (e.g., curfew violation, truancy, substance use) and protective factors that lead to or maintain desirable behavior. The MST therapist then helps the family to develop treatment goals and services that reduce risk factors and increase protective factors.

The therapist provides intensive services (typically 2-3 face-to-face sessions & one or more telephone calls between sessions per week), meeting with family members (mainly with parents and other adults; only occasionally with youth) in the home, school, and other settings within the neighborhood. Homework is usually assigned during each session.

Treatment sessions mainly involve coaching and supporting parents or primary care givers to take actions that will lead to positive behavior changes in the youth. For example, therapists encourage the family to establish and consistently implement clear home rules and rewards for compliance. Families are also encouraged to meet with school staff to improve parental monitoring of school behavior.

In addition to providing multiple in-home treatment sessions per week, the therapist is available 24 hours per day, seven (7) days per week, to help the family address crises.

During the last five weeks of treatment, the family plans for services to end, with the therapist's help as needed. This includes, but is not limited to: 1) summarizing positive changes in the youth's behavior; 2) summarizing actions taken by the parents or primary care givers that led to positive behavior changes; 3) anticipating areas/issues in which the youth is likely to have challenges in the near future; 4) outlining steps (actions) to be taken in response to anticipated challenges; and 5) meeting with the juvenile probation officer to discuss the family's plan to maintain the gains made during treatment.

How are quality and effectiveness assured in the White Foundation MST Program?

The quality and impact of the White Foundation MST Program is assured through the following:

- Program licensure by MST Services, which conducts regular review of program implementation to ensure adherence to the MST treatment model.
- Initial, intensive training (5 days) of therapists and supervisors in the MST treatment model.
- Ongoing training of therapists and supervisors each quarter (every 3 months).
- Weekly supervision of service delivery - the supervisor reviews service delivery to each family every week during a two-hour team meeting, to help ensure adherence to the MST treatment model. Immediately after each team supervision meeting, an MST expert (hired by MST Services, the licensing authority) meets (via telephone) with the treatment team (therapists and supervisor) to review the progress of services to each family, and recommends changes as needed, again to ensure adherence to the MST treatment model.
- At least monthly, each family completes a survey (administered via telephone by an outside agency) that measures the therapist's adherence to the MST treatment model.
- Ratings of adherence to the MST treatment model and other quality assurance data are maintained and are readily accessible to therapists and supervisors. This quality assurance data is used to determine the focus of individual professional development plans for each therapist and supervisor.

MISSION, VISION AND VALUES

MISSION

To ensure that individuals and families receive the help they need to have more meaningful, productive lives. The primary focus is helping individuals and families build their lives based on knowledge of their own worthiness, strength and dignity.

VISION

We will:

- Be part of the effort to create excellence through the most productive interface between the public and private service offerings.
- Become increasingly adept at teamwork to identify goals, solve problems and achieve excellence.
- Continuously upgrade services that recognize no upper limit in programming quality.
- Remain committed to community-based programming as the key to successful service delivery based on the mutually supportive relationship between the community and the program.

VALUES

We believe:

- In helping individuals and families acquire skills and other supports needed for successful community living.
- In treating individuals and families in a manner that confirms their dignity and self respect.
- That collaboration and compassionate dialogue are the best ways to support individuals and families in their efforts to achieve their goals.
- That all people should be provided with a continuum of care based on individual needs.
- The quality of the environment is maintained and improved through a continuous sensitivity to local concerns regarding physical, social and moral issues.

MST PROGRAM OFFICES

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Working in partnership with
the Department of Juvenile Justice,
Department of Children and Families,
County Courts, Office of the State Attorney,
and Office of the Public Defender

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**THE HENRY & RILLA WHITE YOUTH
FOUNDATION, INCORPORATED**

The White Foundation Multi-
Systemic Therapy Program

*Helping to reduce juvenile
delinquency and placement
of youth in expensive
residential treatment*

Multi-Systemic Therapy Program

Serving the children,
families and individuals
of Florida