



Today's Date: July 26, 2022

Release Date: IMMEDIATE

Gabriella Smith
*Director of Communications &
Community Engagement*
(434) 238-7727

Horizon Behavioral Health's Multisystemic Therapy (MST) Clinician Awarded Sustained Excellence Award

Lynchburg, VA – Horizon Behavioral Health provides Multisystemic Therapy (MST) along with many other specialty services to support individuals and families in Central Virginia with behavioral health care services.

Doug Poe, MST Clinician at Horizon Behavioral Health, was awarded an MST Sustained Excellence Award (an ESSY) in the category of Therapist Adherence from MST Services.

The Multisystemic Therapy (MST) program focuses on empowering parents and caregivers to assist and help manage challenges their youth or adolescents are experiencing by improving relationships they develop in schools, in their neighborhood, and at home.

MST Services, the purveyor of the Multisystemic Therapy model, presents the ESSY award on an annual basis to therapists to provide public recognition for adherent implementation of MST. Awards are based on feedback from the families about their experience with MST offered by the provider organization and are presented to those therapists who rank in the top one percent among their peers.

“Our therapist immediately relaxed my concerns and had a way about listening without judging and making my son feel safe,” shares a mother of a 16-year-old MST client in Lynchburg, VA.

Within his role at Horizon, Doug has demonstrated outstanding and meritorious service to the youth and families he served in the past year. His dedication to those he worked with and served is highly valued by MST Services and his community.

##

***Multisystemic Therapy (MST)** is research-supported, evidence-based, and trauma-informed. The goal of MST is to keep families together and prevent the need for costly and ineffective out-of-home placements whenever possible. MST teams work toward this goal by providing customized interventions within the home, school, and community of an at-risk youth and their family. Teams are available 24 hours a day, 7 days a week to assist families when and where they need it most.*