

# MST TX Quarterly Report (Q3 FY24)



# Table of Contents

<b>Hiring, Recruitment, and Program Development</b> .....	3
○ MST Texas Service List	
<b>MST Texas Service Provider Map</b> .....	4
<b>March 2024 – May 2024 Data Overview</b> .....	5
○ Cases Served, Referrals, Discharges, and outcomes	
<b>Preliminary Q4 Activities: <i>What's Next</i></b> .....	8

## Hiring, Recruitment, and Program Development

In the summer of 2022, through Executive Action, seven Local Mental Health Authorities (LMHAs) across Texas received funding to implement Multisystemic Therapy (MST). In September 2023, fifteen additional teams were awarded funding through the Health and Human Services Commission following the 88<sup>th</sup> Texas Legislative session. 16 of 39 Texas LMHA/LBHA's can provide MST through their agency.

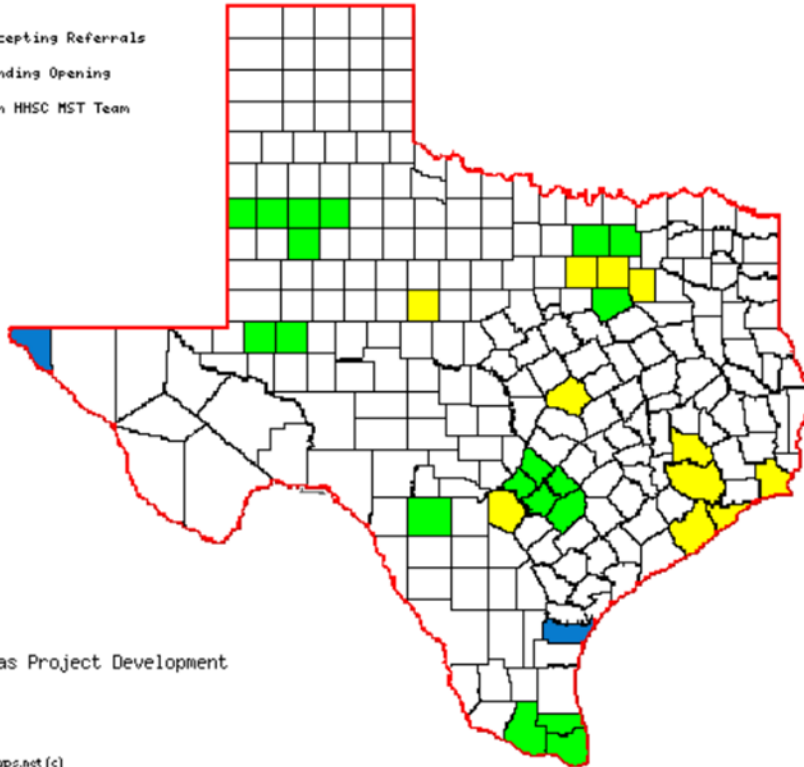
As of May 31, 2024, nine teams are actively accepting referrals. Three teams are scheduled to begin accepting referrals in June 2024, five in July 2024, and five in August 2024.

**Hiring highly qualified professionals** to facilitate the model with fidelity remains the priority prior to each provider hosting an on-site stakeholder meeting to introduce the opportunity to accept referrals. As of this writing, 18 of 20 supervisors (**90%**) have been hired to lead their MST team and 58 of 84 therapists (**69%**) have been hired to facilitate the model throughout multiple communities.

LMHA	Team	Organization	Cohort	Open/Pending
1	1	StarCare	1	Open
2	2	Bluebonnet Trails	1	Open
3	3	Denton MHMR	1	Open
4	4	Hill Country	1	Open
5	5	NTBHA (Team 1- Ellis County)	1	Open
	6	NTBHA (Team 2- Dallas County)	2	Pending
	7	NTBHA (Team 3- Kaufman County)	2	Pending
6	8	LifePath Systems (Team 1)	1	Open
	9	LifePath Systems (Team 2)	2	Open
7	10	Tropical Texas (Team 1)	1	Open
	11	Tropical Texas (Team 2)	2	Pending
8	12	Tarrant County (Team 1)	2	Pending
	13	Tarrant County (Team 2)	2	Pending
9	14	CHCS ( Team 1)- SWK	2	Pending
	15	CHCS (Team 2)- SWK	2	Pending
10	16	Gulf Coast- SWK	2	Pending
11	17	Betty Hardwick	2	Pending
12	18	Central Counties	2	Pending
13	19	Spindletop	2	Pending
14	20	Tri-County	2	Pending
15	21	Harris Center	2	Pending
16	22	PermiaCare	2	Open

### Health and Human Services Commission Funded MST Teams

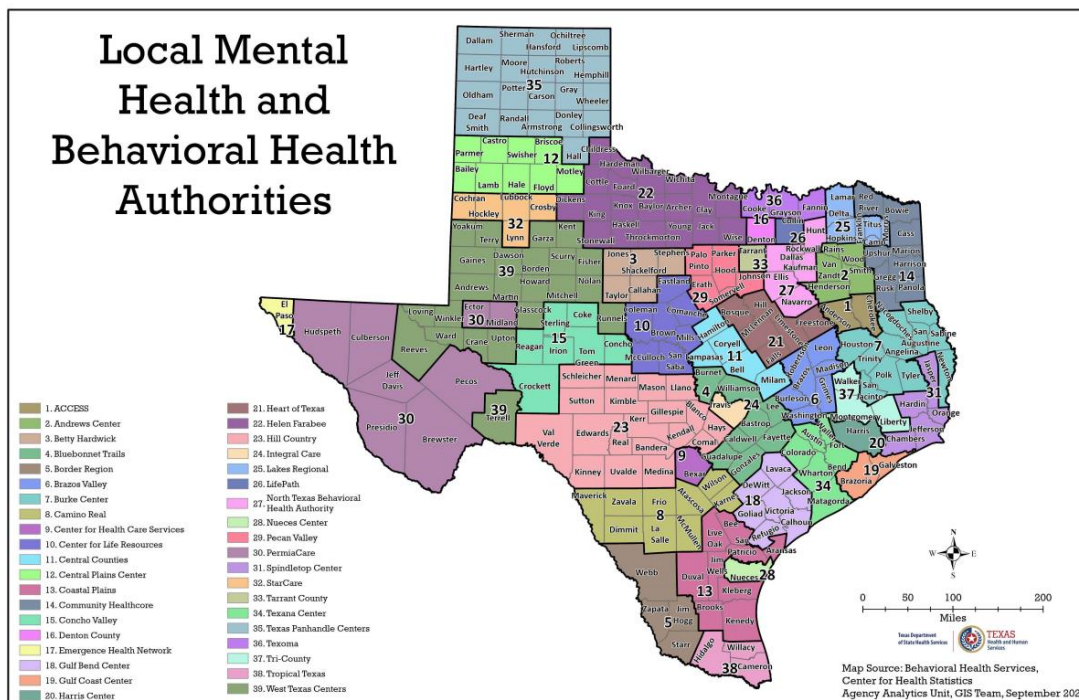
- - Accepting Referrals
- - Pending Opening
- - Non HHSC MST Team



**NOTES:**  
MST Texas Project Development

Source: diymaps.net (c)

### MST Texas Service List and Provider Map



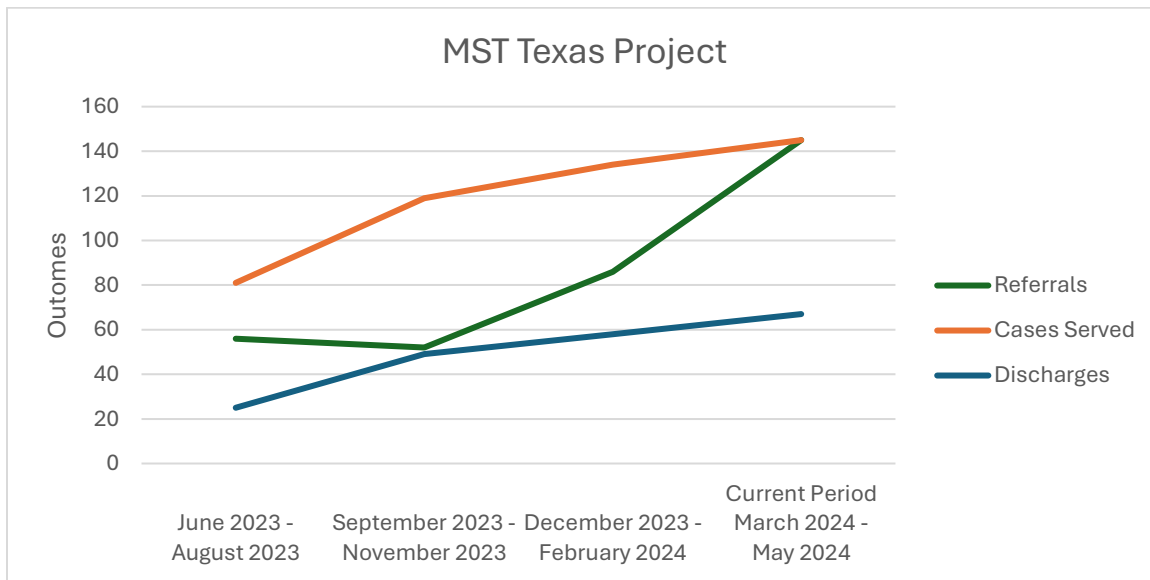
## March 2024 – May 2024 Data Overview

The MST Texas Project continues to develop at a rapid pace. Texas Local Mental Health and Behavioral Health Authorities continue to rely on MST Services and Evidence-Based Associates (EBA) for successful program start up, recruitment and hiring strategies, training, consultation, and quality assurance in preparation to provide Multisystemic Therapy (MST) across the state.

From March 2024 to May 2024, **145 cases were served** and received timely specialized community-based counseling services through MST. *280 total cases* have received Multisystemic Therapy services since project inception in September 2022.

There was a 75% increase in total referrals received from March 2024 to May 2024 in comparison to previous quarters. Approximately 43% of the total referrals received for this project were acquired from March 2024 to May 2024. 400 total referrals have been received since providers have been able to accept referrals. 145 total **referrals** were received during this quarter (see below). As MST teams continue to increase awareness and inform schools, juvenile probation, child welfare, police and local stakeholders of how to access MST in their community, it can be anticipated that the number of referrals will continue to increase.

A total of 67 cases were **discharged** during this quarter. *203 total discharges* have occurred since the project’s inception in September 2022.



**Number of referrals, cases served, and discharges per quarter ending May 2024.**

The following data is the result of third-party data collection via Multisystemic Therapy Institute. The following outcomes are based on families that received a full course of treatment. The Therapist Adherence Measure-Revised (TAM-R) is completed by caregivers of the referred youth and assesses the therapist's fidelity to the MST treatment principles. The MST target value for measuring adherence is .61. Collectively, the teams operating, are implementing MST with fidelity with a threshold score of .82. Cases not included in the below either received no services, were closed for administrative reasons, or were still receiving services.

<b>Reporting Period: March 2024 – May 2024</b>		<p>A <b>referral</b> is described as a youth that has been submitted to the MST Supervisor (written) for screening of MST inclusionary and exclusionary criteria.</p> <p><b>Cases served</b> are referrals screened and approved for MST criteria and assigned to a Family Intervention Specialist (i.e. <i>therapist</i>).</p> <p>Cases with opportunity for <b>full course of treatment</b> are youth discharged based upon the mutual agreement of the primary caregiver(s) and the MST team.</p> <p><b>Discharge</b> is cases that were clinically closed based upon evidence from multiple sources (i.e., parent, school, probation officer, etc.). Examples of discharges include yet are not limited to cases that have met and sustained overarching goals, <i>therapist</i>, and supervisor agreement that the caregivers have the knowledge, skills, resources, and support needed to handle subsequent problems, the youth is involved with prosocial peers and is not involved with, or is minimally involved with negative peers, etc.</p> <p>MST model <b>target value</b> of youth living at home, in school/working, and youth with no new arrests is 90%.</p>
Number of Referrals Received	145	
Number of Cases Served	145	
Total number of cases with opportunity for full course of treatment	56	
Number of Discharges	67	
Percent of youth living at home	83.93%	
Percent of youth in school/working	87.50%	
Percent of youth with no new arrests	91.07%	

**The MST Experts are coaching providers to improve and maintain overall target measures through weekly individual consultation and quarterly booster training.**

Multisystemic Therapy Institute

## Program Implementation Data Report

Report Period: 03/01/2024 - 05/31/2024

Team Performance Over Time	Previous Period June 2023 - Aug 2023	Previous Period Sept 2023 - Nov 2023	Previous Period Dec 2023 - Feb 2024	Current Period 01 Mar 2024 - 31 May 2024
	Score	Score	Score	Score
Total cases discharged	25	49	58	67
Total cases with opportunity for full course treatment	23	40	48	56
<b>Ultimate Outcomes Review</b>				
Percent of Youth Living at Home (Target: 90%)	82.61%	85.00%	87.50%	83.93%
Percent of Youth in School/Working (Target: 90%)	86.96%	87.50%	87.50%	87.50%
Percent of Youth With No New Arrests (Target: 90%)	82.61%	95.00%	89.58%	91.07%
<b>Case Closure Data</b>				
Average length of stay in days for youth receiving MST (Target: 120)	98.61	116.75	117.77	125.34
Percent of youth completing treatment (Target: 85%)	65.22%	77.50%	77.08%	76.79%
Percent of youth discharged due to lack of engagement (Target: <5%)	16.00%	14.29%	10.34%	8.96%
Percent of youth placed (Target: <10%)	16.00%	4.08%	8.62%	10.45%
<b>Adherence Data</b>				
Overall Average Adherence Score (Target: .61)	0.784	0.742	0.789	0.822
Percent of youth with average adherence above threshold (Target: 80%)	77.55%	73.85%	77.11%	83.84%
Percent of youth with at least one TAM-R interview (Target: 100%)	77.27%	89.13%	62.75%	90.16%
Percent TAM-R due that are completed (Target: 70%)	60.00%	58.15%	54.12%	58.37%
Total cases with a valid TAM-R	48	65	83	93
<b>Operations Data</b>				
Average FTE for active therapists (Target: 3 to 4)	2.83	3.43	3.29	3.63
Average number of open cases per therapist (Target: 4 to 6)	2.76	2.56	3.41	2.87

## Preliminary Q4 FY24 Activities

### What's next?

The FY24 Q3 goals to increase the number of overall referrals received across the state and increase staff retention have been met and will continue to be an ongoing goal. FY24 Q4 goals are to increase the average number of open cases per therapist and to onboard all teams in pending status so that each provider can begin accepting referrals.

### Referral partners and stakeholders can anticipate:

Local level on-site stakeholder meetings: These meetings can ensure that the program is meeting the needs of the community, aligning with local priorities and is prepared to implement MST with fidelity. These meetings also increase stakeholder engagement and support local referral sources.

EBA and MST Services remain committed to supporting each LMHA as recruitment needs arise. The target is 4-6 open cases per therapist, with a goal of maintaining an average of 5 cases over time. MST Services and EBA Texas leadership teams will continue to collaborate and work to improve outcomes to meet MST model targets. EBA is also in the beginning stages of identifying referral trends impacting youth specifically in Child Welfare and in Juvenile Probation.

Through continued commitment to excellence in service delivery, collaboration with community partners, and a dedication to the well-being and success of youth and families; Multisystemic Therapy will continue to make a significant and positive impact on the lives of those it serves. By maintaining a strong focus on quality services and continuous improvement, the program will continue to fulfill its mission of helping at-risk youth and families thrive independently and achieve positive outcomes.



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