

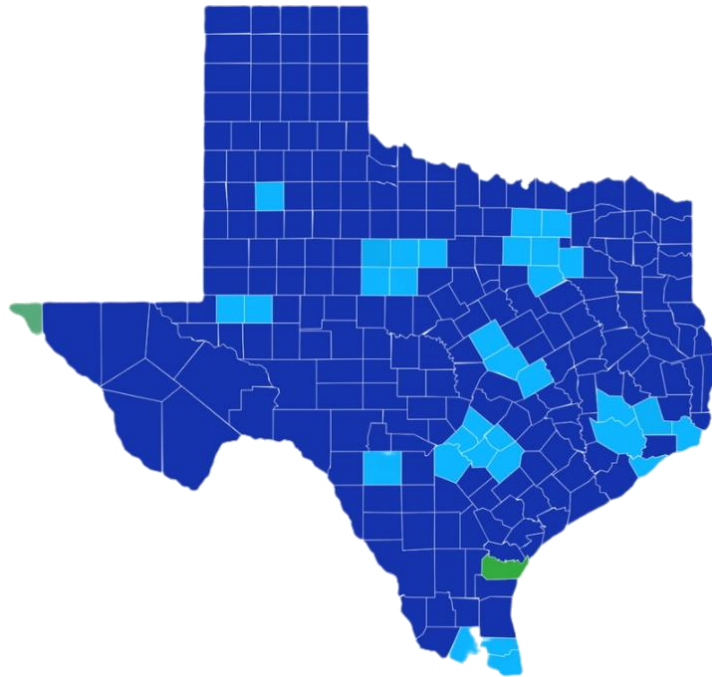


MULTISYSTEMIC THERAPY (MST) TEXAS PROJECT QUARTERLY REPORT

December 1, 2024- February 28, 2025

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Map of Texas MST Providers in light blue (HHSC Funded Teams) and green (non-HHSC Funded Teams)

EXECUTIVE SUMMARY

In the summer of 2022, through Executive Action, seven Local Mental Health Authorities (LMHAs) across Texas received funding to implement Multisystemic Therapy (MST), a highly rigorous and evidence-based therapeutic model that provides therapy for youth at-risk of severe system consequences and in need of mental health care. In September 2023, fifteen additional teams were awarded funding through the Health and Human Services Commission following the 88th Texas Legislative session. 16 of 39 Texas LMHA/LBHA's can provide MST through their agency. LMHA's continue to rely on MST Services (MSTS) and Evidence-Based Associates (EBA) for successful program start up, recruitment and hiring strategies, training, consultation, quality assurance, and ongoing continuous quality improvement to implement Multisystemic Therapy (MST) across the state.

As of February 2025, 20 MST teams are actively accepting referrals and providing services to youth and families. Additional teams awarded funding following the 88th Texas Legislative session, The Center for Health Care Services (CHCS- two teams) of Bexar County, will begin accepting referrals at the end of March 2025 following a stakeholder meeting and MST training for their MST professionals. The stakeholder meeting occurred on March 7, 2025, with approximately 50 stakeholders in attendance. CHCS, along with their subcontractor- Clarity Child Guidance Center, has successfully staffed one full team of four Family Intervention Specialists (FIS), and one supervisor. The team is scheduled to complete their MST training by mid-March 2025.

"CJ is noticeably calmer and has stopped leaving the house without permission. He no longer displays physical and verbal aggression toward his family. He has shifted his focus towards academics, is more engaged in school and performing well academically. These positive changes have contributed to a more stable and supportive home environment. Mom expressed her gratitude for the support and services provided, acknowledging the positive changes in behavior. The probation officer stated that CJ's referral behaviors are no longer present."

-Lorna Pares, MST Therapist, Gulf Coast/Southwest Keys



Q2 HIGHLIGHTS

Goals:

1. Increase the overall number of referrals received across the state and ensure a **consistent and robust referral flow**.
2. Expand the stakeholder network and strengthen relationships with **existing partners**.
3. Enhance **staff retention** efforts.
4. Successfully **onboard and fully staff two additional teams** in Bexar County to begin accepting referrals.

Outcomes:

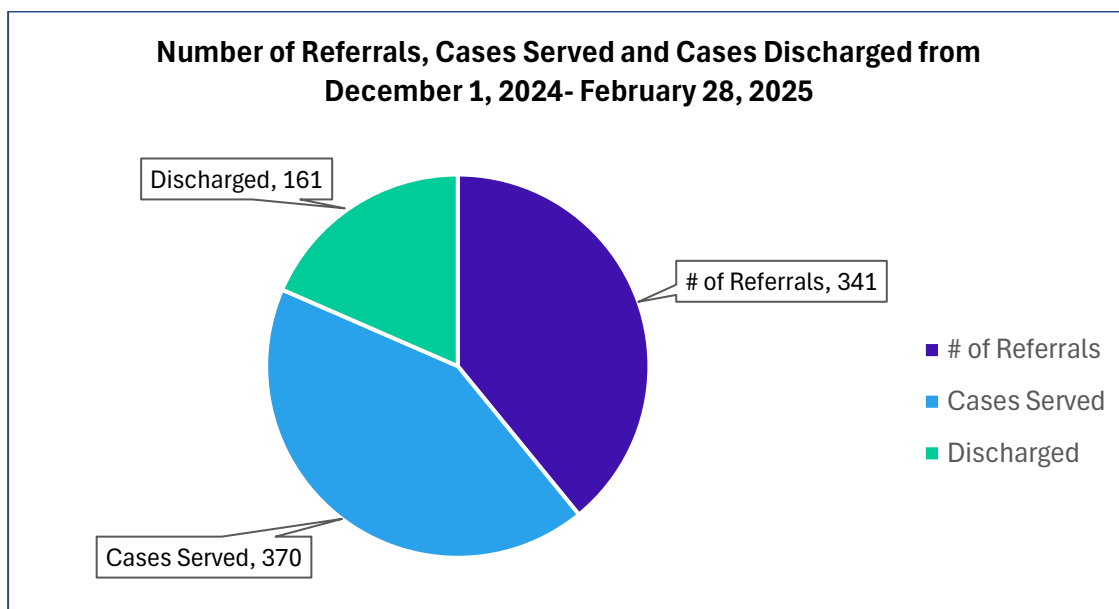
1. The number of cases served this quarter (n=370) has increased by **20%** compared to the previous quarter (September 1, 2024 – November 30, 2024; n=309). There is a consistent increase in monthly referrals.
2. MST Services continues to provide weekly consultations, development planning for supervisors and therapists, booster trainings, and Program Implementation reports that were due during this period.
3. Efforts to strengthen relationships with **the Texas Department of Family and Protective Services (DFPS)** included:
 - o Provider **presentations** to DFPS within local regions.
 - o The **creation of a child welfare profile** to assess referrals and outcomes.
 - o Development of **communication tools** to enhance understanding of MST.
 - o **Connecting providers** with DFPS Regional staff for youth referrals.
 - o These efforts resulted in **forty-four referrals** from DFPS this quarter.
4. Improving staff retention remains a **collaborative priority** between providers, MSTs and EBA. EBA provides a rigorous recruitment and hiring process, job postings, and screening of applicants for all Texas providers. Additional efforts this quarter include:
 - o EBA developed a **hiring profile** to analyze hiring trends within the MST Texas workforce. This resource is available on request.
 - o EBA conducted a **presentation on turnover and retention strategies** on February 28, 2025, for all Texas providers.
5. Two additional MST teams in Bexar County, Center for Health Care Services/ Clarity Child Guidance Clinic, have completed the program development process and MST training with MSTs, fully staffed one team (**1 Supervisor and 4 Therapists**), and conducted a well-attended stakeholder meeting on March 7, 2025. They will accept referrals at the end of March 2025.

DATA OVERVIEW

Since project inception in September 2022, approximately **750** youth and their families have received Multisystemic Therapy services. From December 1, 2024, to February 28, 2025, **approximately 370 youth received specialized community-based counseling services** through MST this quarter. The MST Texas project received **341 referrals** this quarter.

In this quarter, **161 youths were discharged**, a 58% increase from the previous quarter. Additionally, 77% of youths completed a full course of treatment, a 12% increase from the previous quarter. Since 2022, a total of 573 total discharges have occurred.

Based on the inclusionary criteria where all youth were referred due to being at risk of serious system consequences, including out of home placement, it is notable that **87% of the time, MST was able to help the families maintain a safe, stable home environment** – thereby avoiding an out of home placement, and **maximizing cost savings** relative to incarceration and alternative treatments. Out of those discharged, **86% of youth were in school or working**, and **88% did not have any new arrests**. The data speaks to the significant impact that MST has on youth and families in need of community-based services to prevent out-of-home placements and further system involvement. The chart below displays the number of referrals, cases served and discharged from December 1, 2024, to February 28, 2025.



KEY OUTCOMES



87%

Lived at Home



86%

In School/ Working



88%

No New Arrests

#	Q2	FY2025	
Number of Referrals Received	341	645	<p>A referral is described as a youth that has been submitted to the MST Supervisor (written) for screening of MST inclusionary and exclusionary criteria.</p> <p>Cases served are referrals screened and approved for MST criteria and assigned to a Family Intervention Specialist (i.e. therapist).</p> <p>Discharge 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, therapist 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>
Number of Cases Served	370	474	
Number of Cases Discharged	161	265	
Number of Probation Referrals	136	243	
Number of Child Welfare Referrals	44	79	

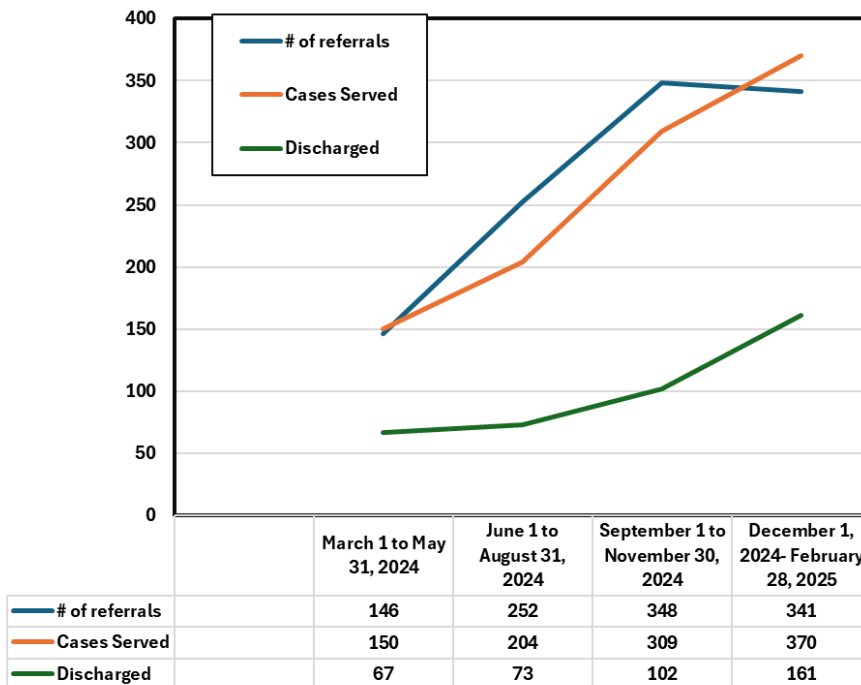
REFERRAL TRENDS

The total number of referrals of youth remained stable from 348 referrals last quarter (September 1, 2024- November 30, 2024) to 341 referrals in the current quarter, of youth who were yet to receive MST as an intervention. The total number of referrals since inception **exceeds 1000** (not including discharges). This trend reflects the outstanding outreach efforts to increase awareness of MST among stakeholders and the access to MST services for youth and families in Texas. The number of cases served with a full course of MST intervention increased by **20%** this quarter compared to the previous quarter. The distribution of referrals, cases served, and discharges across the last four quarters is displayed below.

“The youth is no longer hanging with his negative peer group. He has a strong relationship with the caregivers and his siblings. The youth is now on track to graduate. At the time of the succession of services, the youth had alleviated all behaviors for at least a month.”

-Oreoluwa Abidakun, MST Therapist, Harris Center

**Referrals, Cases Served, and Discharges :
March 1 2024 through February 28 2025**

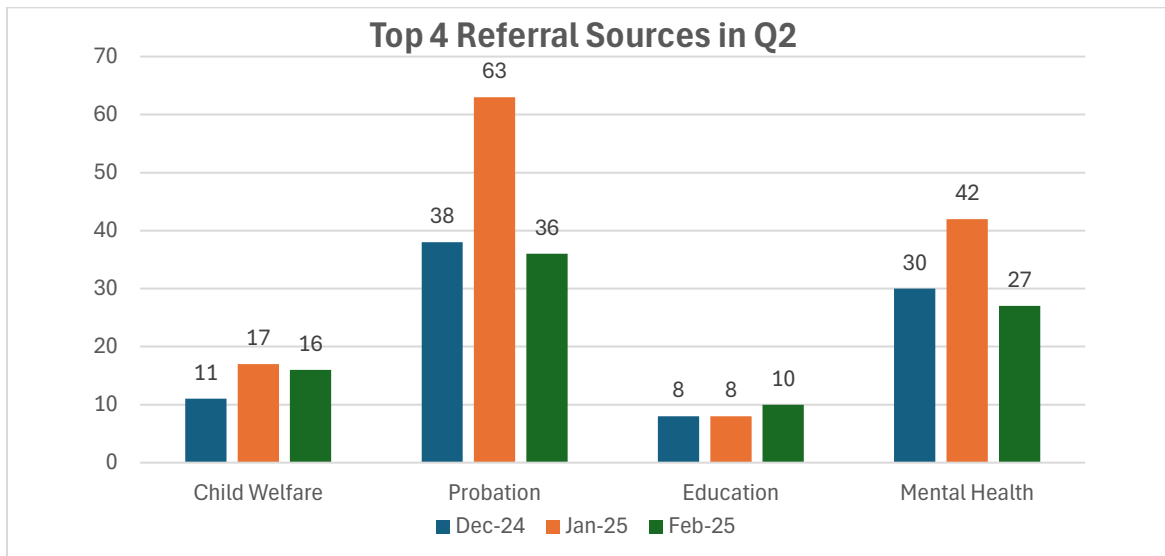


Discharges

There was a **58% increase** in the number of discharges this quarter, compared to the previous quarter. The ultimate outcomes reflect the impact made with youth and families served by MST Texas Project.

REFERRAL SOURCES

Our Texas Providers received referrals from multiple referral sources (i.e. child welfare, juvenile probation, mental health, juvenile courts, education/schools, parole, police, etc.). More than half of the referrals were received from the Juvenile Probation department, followed by Mental Health sources, Child Welfare, and Education. The chart below reflects the trends of the top four referral sources this quarter.



MST utilization

The increase in referrals has supported the increase in the number of cases served per MST Professional (referral utilization) from 3.24 in the last quarter to 3.84 this quarter. As the referrals continue to increase from different referral sources, MST Professionals are expected to reach an average caseload of five (5) per FIS.

New Coding System

A new coding system went into effect February 2025 to track the number of youth involved in the Child Welfare System and/or the Juvenile Probation System at intake and at discharge as recommended by the Health and Human Services Commission (HHSC). This Texas specific internal coding implementation allows a better measurement of system involved youth served by the MST project in Texas.

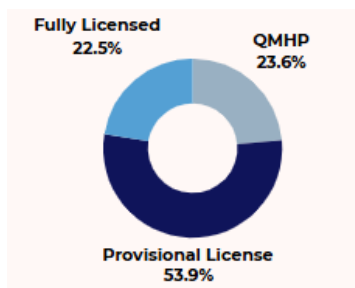
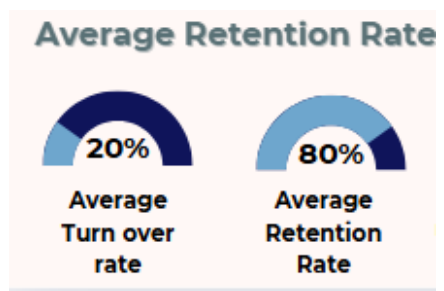
My Counselor was really cool - she helped a lot - she taught me how not to do things impulsively, to stop and think, some breathing tricks when I get angry/frustrated and also how not to give in to peers when they want me to sneak out at night, or do other bad stuff. She helped me understand why I keep getting into trouble all of the time, and really cared and wanted me to stay out of trouble."

-13 year old youth with a single mom, Denton MHMR

HIRING AND RECRUITMENT

Texas Local Mental Health and Behavioral Health Authorities continue to rely on MST Services (MSTS) and Evidence-Based Associates (EBA) for successful statewide recruitment of qualified mental health professionals. Ensuring the hiring of highly qualified professionals to deliver the MST model with fidelity remains a top priority. Each Texas MST team follows a structured staffing model, consisting of one supervisor and three to four therapists per team, depending on location and service need. Once staffing is complete, providers conduct an on-site stakeholder meeting to introduce MST to referral sources in preparation for service delivery. As of February 28, 2025, **all 20 MST supervisors (100%)** have been hired, including the supervisor for two newly added MST teams in Bexar County (Center for Health Care Services/Clarity Child Guidance Center). While the recruitment of qualified mental health clinicians has been a national challenge, the MST Texas project has made noteworthy progress, with **86% fully staffed positions** filled this quarter—an increase of 6% from the previous quarter.

Additionally, an analysis of Texas MST project workforce trends revealed an **80% staff retention rate**, underscoring the success of EBA, MST Services, and LMHAs in executing a rigorous and collaborative recruitment process. This achievement can be further attributed to the comprehensive training, quality assurance, and supervision



LMHAs, fostering staff commitment and retention. The chart on the left illustrates the composition of the Texas MST workforce- **Fully Licensed Professionals (LCSW, LPC, LMFT): 22.5%**, **Provisionally Licensed Professionals (LMSW, LPC-A, LMFT-A): 53.9%**, and **Qualified Mental Health Professionals: 23.6%** (an allowable designation in Texas since September 15, 2023).

PROVIDER SPOTLIGHT

It has been **TWO years** since the launch of MST project in Texas, and we are excited to celebrate this milestone! We proudly acknowledge and congratulate **four LMHAs** that began providing MST in **2023**, making a **meaningful impact** on the youth and families they serve:

- ☑ **Denton MHMR** (Denton County) – **Launched January 2023**
- ☑ **StarCare Specialty Health System** (Lubbock County) – **Launched January 2023**
- ☑ **LifePath Systems** (Collin County) – **Launched February 2023**
- ☑ **Bluebonnet Trails Community Services** (Guadalupe, Caldwell, Gonzales Counties) – **Launched March 2023**

We applaud their **dedication and commitment** to transforming lives through **Multisystemic Therapy (MST)** over the past two years! Contact information for the Texas providers in celebrations is as follows:



Denton MHMR
MST Supervisor: Sherri McCarthy
940-390-6805
sherrim@dentonmhmr.org
<https://www.dentonmhmr.org>



Lifepath Systems
MST Supervisor: Ebony McGrew
469-247-2420
emcgrew@lifepathsystems.org
<https://www.lifepathsystems.org>



Starcare Specialty Health System
MST Supervisor- Jon Martinez
806-620-7497
jmartinez@starcarelubbock.org
<https://www.starcarelubbock.org>



Bluebonnet Trails Community Services
MST Supervisor: Lauren O'Brien
830-305-3850
Lauren.obrien@bbtrails.org
<https://bbtrails.org>

"Ebony has been a shining star since she has entered the world of MST. It is evident that she values serving families and supporting them with having the best outcomes for their children. In the last 6 months, Ebony has been promoted from MST Therapist to Supervisor and has thrived in her position by effectively supporting team members in their growth and achievements while working with families in LifePath Systems."
- Kimberly Duncan, MST Expert for Lifepath Systems

"Working with Dusty Burrows, our MST therapist gave me my child and my life back. I am beyond grateful for where we are today because of the program. I never would have thought that my son would be in a place at 15 where he is willing or able to work at a job, be in extracurriculars at school, manage his own homework successfully, and have a positive social life. Right now, we are there!"
-Parent Testimonial, Lifepath Systems

GOALS AND OBJECTIVES FOR QUARTER 3

(March 1, 2025- May 31, 2025)

Goals

1. Referral acceptance following the MST training and launch of two new Texas MST teams in Bexar County- Center for Health Care Services/ Clarity Child Guidance Clinic.
2. Fill open Therapist positions (11 remaining open positions project wide, 93 of 104 filled)
3. Increase average caseload size/utilization to 5 cases per FIS.
4. Improve ultimate outcome percentages to 90% as per MST goal.
5. Increase family & stakeholder engagement.
6. Review demographic profile of referrals and cases served for the next quarter.
7. Strive to collaborate and educate DFPS regarding referral criteria and flow.
8. Implement MST with high fidelity across the state.

What can Stakeholders expect?

1. Continue collaboration with Texas Providers to identify qualified professionals to fill open positions.
2. Virtual and/or in-person stakeholder meetings for existing teams to increase awareness of MST, strengthen relationships with local referral sources, and increase successful referrals.
3. Enhanced referral utilization through active collaboration with MST Services, adherence to MST model fidelity, quality assurance, training, and ongoing improvement efforts.
4. Increase family engagement strategies and stakeholder relationships to better support families.
5. An enhanced quarterly report which includes demographic information of referrals.
6. New communication tools and education on MST.

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