
CHAPTER 42: MULTI-SYSTEMIC THERAPY

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COVERED SERVICES

Multi-Systemic Therapy (MST) services are provided through a team approach and provided exclusively to Medicaid eligible youth. The intent of the team approach is to:

- Promote the family's capacity to monitor and manage the youth's behavior;
- Involve families and other systems, such as the school, probation officers, extended families and community connections;
- Provide access to a variety of interventions 24 hours per day, seven days per week by staff that will maintain contact and intervene as one organizational unit; and
- Include structured face-to-face therapeutic interventions to provide support and guidance in all areas of functional domains (adaptive, communication, psychosocial, problem solving, behavior management, etc.).

NOTE: MST services are exempt from the CommunityCARE Program and do not require a PCP referral.

Services

MST services include:

- An initial assessment to identify the focus of the MST intervention;
- Therapeutic interventions with the individual and his or her family;
- Peer intervention which refers to the practice of intervening in peer relationships which may be unhealthy and thus hinder the recovery of the recipient.
- Specialized therapeutic and rehabilitative interventions which address all areas seen as contributing to an individual's delinquency including, but not limited to:
 - Substance abuse
 - Sexual abuse; or
 - Domestic violence
- Crisis stabilization.

Non-Covered Services

The following services/activities are not covered services and are *not* reimbursable:

- Tutoring activities;
- Teaching of job related skills (management of symptoms and appropriate work habits may be taught);
- Vocational rehabilitation;

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- Transportation;
- Training of staff;
- Preparation for group activities;
- Attempts to reach the recipient by telephone to schedule, confirm, or cancel appointments;
- Supervision of staff;
- Completion of paper work (including but not limited to service logs, weekly reviews; individual treatment plans) when the recipient and/or their significant others are not present;
- Team meetings and collaboration exclusively with staff employed or contracted by the provider where the recipient and/or their significant others are not present;
- Recreational outings;
- Observation of the recipient;
- Staff research on behalf of the recipient; and
- Requiring recipients to be present for documentation purposes.

NOTE: This list is not all-inclusive.

Service Location

Services are provided primarily in the home but may also be provided at other community settings such as places where natural supports for the recipient may be found. In addition to the home and school, service locations may include a community center, church, library, Boys and Girls Club or local park. The service may not be provided in an inpatient setting such as a hospital or residential treatment facility.

Service Documentation

Service logs are the means for clearly documenting allowable services billed. The following information must be entered on the service log (Appendix A) to provide a clear audit trail:

- Service log number;
- Name of recipient;
- Name of employee providing the service and licensure (e.g. LCSW, etc.);
- Date of service contact;
- Begin and end time for service rendered;
- Indication if crisis occurred during the contact,
- Place of service contact;
- Type of contact; (i.e., phone or face-to-face)

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- Service provided;
- Service participants;
- Purpose of service contact; and
- Content and outcome of service contact.

NOTE: The service log content must clearly note the overarching goal(s) addressed, current status, as well as the interventions and progress made.

Providers must document team coordination on each case at least once per week. Weekly standardized MST documentation is mandatory as required by MST Inc. The provider must allow the Bureau access to the standardized MST documentation.

Service Duration

The duration of a MST intervention is typically three to six months with 244 units of service, (e.g., each unit equals fifteen minutes of service) delivered during that time period. Weekly interventions may range from 3 to 20 hours per week and may be less as a case nears closure.

Prolonged treatment time in excess of the maximum hours per week will be subject to review by the Bureau.

Service Exclusions

MST services are comprehensive of all other behavioral health services, with the exception of psychiatric/psychological evaluation or assessment and medication management. These may be provided and billed separately for a recipient receiving MST services.

MST shall not be billed in conjunction with the following:

- Mental Health Rehabilitation (MHR), Community Mental Health Centers (CMHC), or Mental Health Clinics (MHC) other than medication management and assessment;
- Partial hospitalization;
- Day treatment;
- Residential services including Therapeutic Family Care;
- Respite care; or
- Any other outpatient therapies (individual, family and group).

NOTE: It is the provider's responsibility to determine at intake whether the recipient is currently engaged in treatment through other entities which may cause conflicts with this policy. The recipient must be allowed freedom of choice of providers, but is not entitled to duplicated services in violation of this policy.