



Proven Results  
for Families and Communities



# Multisystemic Therapy (MST)

*Scientifically-proven to Transform the Lives of Youth and Families*

A photograph of a group of people, likely young adults, holding their hands together in a circle. The focus is on the hands in the foreground, which are stacked on top of each other. In the background, a young woman with dark hair, wearing a black and white striped shirt, is smiling warmly at the camera. The setting appears to be an indoor space with large windows or glass panels in the background.

Overview of MST in Kentucky

# Presenting Team and MST Services Staff



## Presenters

- CHNK Behavioral Health
  - Julie Raia, Chief Strategy Officer, [jraia@chnk.org](mailto:jraia@chnk.org)
- Home of the Innocents
  - Jenny Mullins, Vice President, Community Based Services, [jmullins@homeoftheinnocents.org](mailto:jmullins@homeoftheinnocents.org)
- KVC Kentucky
  - Megan Moore, Senior Director, Innovation and Impact, [mmoore@kvc.org](mailto:mmoore@kvc.org)
- MST Services Staff (available for Q&A)
  - Michelle Dean, Team Support Services Director, [michelle.dean@mstservices.com](mailto:michelle.dean@mstservices.com)
  - Jamie Bunch-Sanfilippo, MST Manager of Network Partnerships, [jamie.bunch-sanfilippo@mstservices.com](mailto:jamie.bunch-sanfilippo@mstservices.com)
  - Sara Epperson, MST Expert for CHNK, HOTI and KVC, [sara.epperson@mstservices.com](mailto:sara.epperson@mstservices.com)
  - Tom Pietkiewicz, Director of Business Development, [tom.pietkiewicz@mstservices.com](mailto:tom.pietkiewicz@mstservices.com)



## CHNK Behavioral Health

### Teams and Coverage Area

- One MST Team
- Serving twelve county Northern Bluegrass Region
  - Primarily Boone, Campbell, Grant and Kenton Counties

### Referral Sources/Youth Served

- DCBS per contract with CHNK
- Average caseload per therapist is 5 (full capacity)





## CHNK Behavioral Health (continued)

### Program Strengths

- Program has been maintained for two years under DCBS contract and CHNK has helped families achieve positive outcomes
- From 11/21 to 10/23 (last Program Implementation Review)
  - 58 cases closed with 46 having opportunity for full course of treatment.
  - 89% of youth living at home.
  - 91% of youth in school/working.
  - 96% of youth with no new arrests.

### Program Needs

- More staff to meet community demand (team at capacity)
- Support in finding new staff given challenges/requirements of MST.
  - In-home work/24-7 team coverage (on call services are rotated among team members).
  - Educational and qualifications requirements (Masters-level clinicians)



## Home of the Innocents

### Teams and Coverage Area

- Two MST Teams
- Serving Jefferson County-Salt River Trail and the surrounding counties within 90 minutes from downtown Louisville office.

### Referral Sources/Youth Served

- Various Community Partners including but not limited to:
  - DCBS, DJJ, Family & Criminal Court, Mental Health agencies, schools, parents/caregivers, insurance companies, residential facilities, police (LMPD).
- Projected to serve 66 youth/families annually.



## Home of the Innocents (continued)

### Program Strengths

- Stable leadership and staff with consistency in MST program.
- Programmatic support for MST from agency.
- Strong stakeholder relationships and financial stability through existing contracts.
- History of consistent positive outcomes and strong referral pipeline.
  - Effectively manages referral process.
- Strong relationship with other MST teams in Kentucky (to promote MST).

### Program Needs

- Streamlining referral process to reduce wait times and keep team at capacity.
- Challenge to attract qualified MST clinicians for expansion.
- Better coordination/input from MST team with other systems on youth placement process. Some youth being referred to HOTI MST team “too late” in behavioral cycle.



## KVC Kentucky

### Teams and Coverage Area

- One MST Team
- Serving Southern Bluegrass area (ten counties)-Boyle, Clark, Estill, Fayette, Garrard, Jessamine, Lincoln, Madison, Mercer, Powell).

### Referral Sources/Youth Served

- All MST referrals are received through DCBS TWIST system.
- Capable of serving 60 families per year with full team and adequate referrals.





# Provider Overview: MST in Kentucky



KVC Kentucky (continued)

## Program Strengths

- Collaborative relationships with key stakeholders (Program Specialist, MST Consultant, DCBS Regional Leadership, Myers-Stauffer).
- Positive outcomes from MSTI Program Implementation Data Report (8/1/22 to 10/26/23) include:
  - 40 cases discharged with 30 having opportunity for full course treatment.
  - Average cases per therapist has been 5.23 (full capacity).
  - Therapist adherence scores of fidelity to MST model is 0.774 vs target of 0.61.
  - 93.33% of youth served have had no new arrests and 86.67% are working or in school.
  - Only 5% of youth discharged due to lack of engagement.
  - 75% of youth with substance use as a treatment target show reduced substance use (based on any measurement) and 62.5% show reduced substance use based on an objective measure (such as a drug screen).

## Program Needs

- Staffing. KVC meets weekly to implement a focused marketing strategy to recruit and retain qualified MST therapists and works with MST consultant to support clinician training and development.
- Appropriate Referrals (36% of referrals have not met referral criteria or have been unable to be accepted/initiated).



Questions and Answers