



# Indiana Statewide Implementation of Multisystemic Therapy (MST)

## What is the opportunity?

Indiana Family and Social Services Administration (FSSA) Division of Mental Health and Addiction and the Indiana University School of Medicine Department of Psychiatry have partnered to implement Multisystemic Therapy (MST) in agencies across Indiana. *Our goal is for every Indiana child to be able to access MST services within 1 hour of their home.*

## Proven outcomes include:

-  Reduced rates of criminal offending and arrests
-  Reduced rates of out-of-home placements
-  Extensive improvements in family functioning

## What is MST?

Multisystemic Therapy (MST) is a family and community-based treatment that addresses the core causes of juvenile delinquency and antisocial behaviors in youth ages 12-17. Through individualized treatment plans, therapists establish interventions in the home, school, and community with the ultimate goals of reducing unwanted behaviors and strengthening the family.

## What is required by agencies?

Participating organizations will work with IUSM and *MST Services* to:

- Assemble at least 1 team consisting of 1 supervisor and at least 2 full-time MST therapists
- Complete program development activities
- Complete MST orientation and participate in ongoing program support & training activities
- Provide MST to local eligible youth

## How can agencies fund MST sustainably?

In addition to psychotherapy codes billed to insurers, MST services can be funded through the Indiana Department of Child Services (DCS) for cases that meet eligibility requirements. *MST Services* will collaborate with organizations to work through funding and referral models to ensure sustainability.

## Who is eligible to participate?

Any youth-serving organization in Indiana that treats youth with serious externalizing behaviors (including aggressive/violent behaviors, criminal behaviors, substance use, and chronic truancy) and/or justice-involved youth.

## Which costs are covered by FSSA funds?

- Start-up costs, including program development and blended in-person/virtual orientation training
- Program support and licensing fees for up to 2 years
- Support for administrative costs, hiring and recruiting services, cell phone plans, and hiring and retention bonuses
- Flex funds for MST families
- **Participating organizations can save upwards of \$100,000 in MST start-up costs!**