

## Multi-Systemic Therapy Clinical Guideline

MVP Health Care, as part of its continuing Quality Improvement Program, adopted the *Youth.gov Multi-Systemic Therapy* guide. The full guideline is available at:

<https://youth.gov/content/multisystemic-therapy-mst>

### **Impact of The Condition**

Multisystemic Therapy (MST) is an evidence based, short term, intense treatment for adolescents who have exhibited serious antisocial behavior including arrests.

MST is a strength based approach to working with the member in the context of family and identifies issues in the home, school, peers and community environment that may be impacting the adolescent. It works to promote prosocial behavior while decreasing problem and delinquent behavior. With MST families learn more effective ways to manage behavior problems. Goals include reducing arrest rates, keeping adolescents in school, and reducing the risk of out of home placement. <sup>ii</sup>

### **Summary of the Guidelines**

MST is typically home based, and is scheduled to optimize the family's access to treatment. MST therapists focus on empowering parents by identifying strengths and developing support systems. Treatment is typically for 4 months with multiple therapist family connections a week.

Additional tools to assist providers with educating their patients on behavioral health conditions are included in the Provider Quality Improvement Manual under Behavioral Health.

### **[Quality Programs and Initiatives | MVP Health Care](#)**

For providers in New York State who care for children and adolescents with mild-to-moderate behavioral health needs, an additional resource, Project TEACH, is available. Project TEACH is funded by the New York State Office of Mental Health and aims to strengthen and support the ability of New York's pediatric primary care providers to deliver care to children and their families experiencing mild-to-moderate mental health concerns including anxiety, depression, and ADHD, in children, adolescents, and young adults up to age 22. Project TEACH offers providers consultations, referrals, and training at no cost. Project TEACH may be accessed at <https://projectteachny.org/>.

### **[Read about Project TEACH](#)**

In conjunction with these guidelines, MVP Health Care offers Case Management for members with behavioral health conditions. If you would like to refer your patients to the Case Management program, please call the MVP Case Management Department at **1-800-852-7826**.

This guideline is not intended to replace the role of clinical judgment by the physician in the management of this, or any other disease entity. It is an educational guideline to assist in the delivery of good medical care. All treatment decisions are ultimately up to the physician. Where medication recommendations are made, please refer to each health plan's formulary for coverage considerations.

MVP Health Care updates its clinical guidelines at least every two years. The review process is also initiated when new scientific evidence or national standards are published. Practitioners are alerted via the web site and by written notices from the plan via fax or newsletter. A hard copy of the clinical guideline can be requested by calling the MVP Quality Improvement Department at **(800) 777-4793 extension 2247**.

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