* + - * 1. Treatment

Youth and families receive individualized, therapy which is available 24 hours a day, seven days a week in the community setting. The MST therapy services is designed to decrease symptoms of the mental health diagnosis, reduce

maladaptive referral behaviors and increase pro-social behaviors at home and across the multiple interconnected systems. The interconnected systems include the family, extended family, peers, neighbors, and the community that exists in the youth's world. The positives that are found in these systems are used as leverage for change. MST is an evidence-based practice.

The family receives family therapy in order to understand and implement how to assist their child based on the child's diagnosis.

* + - 1. MST Providers

Providers that may assess a member for MST services include the following: Physicians; Psychiatrists; Certified Psych/Mental Health Advanced Registered Nurse Practitioners; Licensed Psychologists; Provisionally Licensed Psychologists; Licensed Marriage and Family Therapists; Licensed Independent Social Workers; or Licensed Mental Health Counselors acting within their scopes of practice.

MST treatment providers may be any of the following: Physicians; Psychiatrists; Certified Psych/Mental Health Advanced Registered Nurse Practitioners; Licensed Psychologists; Provisionally Licensed Psychologists; Licensed Marriage and Family Therapists; Licensed Independent Social Workers; Licensed Mental Health Counselors; Temporary Licensed Mental Health Counselors; Provisionally Licensed Marriage and Family Therapists; or Licensed Social Workers acting within their scopes of practice.

Treatment Provider Qualifications: MST treatment providers must meet qualifications detailed in the State’s Behavioral Health Services Provider Manual. Certification for MST is also a requirement, as is being a member of an active MST team. An active MST team requires MST certification of a Clinical Supervisor and at least three MST certified treatment providers working collaboratively with one another using the MST framework as defined by the international MST Services program.

Supervision:

MST Clinical Supervisors may be any of the following: Physicians; Licensed

Psychologists; Licensed Mental Health Counselors; Licensed Marriage and Family Therapists; or Licensed Independent Social Workers. Clinical Supervisor must meet education and licensure requirements detailed in the State’s Behavioral Health Services Provider Manual.

The MST Treatment Providers that require clinical supervision include: Provisionally Licensed Psychologists; Temporary Licensed Mental Health Counselors; Provisionally Licensed Marriage and Family Therapists; and Licensed Social Workers. The following table provides the MST Clinical Supervisor types and the MST Treatment Providers they may supervise:

|  |  |
| --- | --- |
| **MST Clinical Supervisor** | **MST Treatment Provider Who Supervisor Can Oversee** |
| Physician | Any provider type requiring supervision |
| Licensed Psychologist | Provisionally Licensed Psychologists |
| Licensed Independent Social Worker | Temporary Licensed Mental Health Counselor; Licensed Social Worker |
| Licensed Marriage and Family Therapist | Provisionally Licensed Marriage and Family Therapist |
| Licensed Mental Health Counselor | Temporary Licensed Mental Health Counselor; Licensed Social Worker |

1. FFT

FFT is an evidenced-based family therapy that provides clinical assessment and treatment for

the youth and their family to improve communication, problem solving, and conflict

management in order to reduce problematic behavior of the youth. It is a short-term treatment

strategy that is built on a foundation of respect of individuals, families, and cultures.

The services include an emphasis on assessment in understanding the purpose behavior

problems serve within the family relationship system, followed by treatment strategies that

pave the way for motivating the youth and their families to become more adaptive and

successful in their lives.

FFT is designed to improve family communication and supports, while decreasing intense

negativity and dysfunctional patterns of behavior. Therapy also includes training parents how

to assist their child based on the child's diagnosis.

* + - 1. FFT Services
         1. Assessment

An Initial Diagnostic Interview (IDI) is a comprehensive assessment that identifies the Clinical need for treatment and the most effective treatment intervention/level of care to

meet the medical necessity needs of the client. The IDI is completed prior to service

provision and the IDI documentation accompanies the referral information to the

rehabilitation program provider. The recommendations of the licensed supervising

practitioner following the IDI serves as the treatment plan until the comprehensive treatment plan is developed.

* + - * 1. Treatment

The services the youth and family will receive with FFT include frequent therapy assisting the youth and family in learning and demonstrating the benefits of positive, respectful, strength-based relationships. Positive outcomes are anticipated through the therapy which includes conflict resolution and strategies to enhance the relationships within the family. The youth and family will also gain the ability through therapy to extend their acquired competencies into accessing additional resources to prevent relapse as they continue developing their independence.

* + - 1. FFT Providers

Providers that may assess a member for FFT include any of the following: Physicians; Psychiatrists; Certified Psych/Mental Health Advanced Registered Nurse Practitioners; Licensed Psychologists; Provisionally Licensed Psychologists; Licensed Marriage and Family Therapists; Licensed Independent Social Workers; or Licensed Mental Health Counselors acting within their scopes of practice.

FFT treatment providers may be any of the following: Physicians; Psychiatrists; Certified Psych/Mental Health Advanced Registered Nurse Practitioners; Licensed Psychologists; Provisionally Licensed Psychologists; Licensed Marriage and Family Therapists; Licensed Independent Social Workers; Licensed Mental Health Counselors; Temporary Licensed Mental Health Counselors; Provisionally Licensed Marriage and Family Therapists; or Licensed Social Workers acting within their scopes of practice.

Treatment Provider Qualifications: FFT treatment providers must meet qualifications detailed in the State’s Behavioral Health Services Provider Manual. An active FFT team requires FFT certification of a Clinical Supervisor and at least three FFT certified treatment providers working collaboratively with one another using the FFT services as defined by FFT, LLC or FFT Partners.

Supervision:

FFT Clinical Supervisors may be any of the following: Physicians; Licensed Psychologists; Licensed Mental Health Counselors; Licensed Marriage and Family Therapists; or Licensed Independent Social Workers. Clinical Supervisors must be certified in the FFT model with experience in the practice of psychotherapy. FFT supervisors must meet qualifications detailed in State’s Behavioral Health Services Provider Manual.

The FFT Treatment Providers that require clinical supervision include: Provisionally Licensed Psychologists; Temporary Licensed Mental Health Counselors; Provisionally Licensed Marriage and Family Therapists; and Licensed Social Workers. The following table provides the FFT Clinical Supervisor types and the FFT Treatment Providers they may supervise:

|  |  |
| --- | --- |
| **FFT Clinical Supervisor** | **FFT Treatment Provider Who Supervisor Can Oversee** |
| Physician | Any provider type requiring supervision |
| Licensed Psychologist | Provisionally Licensed Psychologists |
| Licensed Independent Social Worker | Temporary Licensed Mental Health Counselor; Licensed Social Worker |
| Licensed Marriage and Family Therapist | Provisionally Licensed Marriage and Family Therapist |
| Licensed Mental Health Counselor | Temporary Licensed Mental Health Counselor; Licensed Social Worker |