

**Cook County Government Behavioral Health Services Quarterly Report  
MARCH 2021 – MAY 2021**

**Name of Department: Circuit Court of Cook County, Juvenile Probation Department**

**Contact Information: Miquel Lewis**

**Clinical interventions: MST/Youth Outreach Services**

**1. General information on the population served, including how patients were identified or applied for services, a breakdown of where patients of the program(s) reside in Cook County and the number of patients served over the last 24-month cycle**

Multisystemic Therapy (MST) is a scientifically proven intervention for at-risk youth. Therapists work in the home, school and community and are on call 24/7 to provide caregivers with the tools they need to transform the lives of youth in their care. Research demonstrates that MST reduces criminal activity and other undesirable behavior. Youth across Cook County can be referred to MST at Youth Outreach Services (YOS), where therapists provide a hybrid of telehealth services and in person services depending on family needs. Therapists maintain small caseloads, of approximately 5 families at a time, to be able to meet the family's needs. Therapists see clients for approximately 5 months in our evidence-based program. For FY21 so far, MST services have been completed for 11 youth. All youth at the time of discharge were: living at home, had no additional arrests, and were in school or working.

**2. Overall goals of behavioral health program(s) including goals unique to the specific population served**

Success is measured in MST through individualized goals for each case tailored to the behaviors of the youth and agreed upon by the youth, caregivers, and key participants. MST's ultimate goals are to keep youth safely at home, in education or working, and out of trouble with the law.

**3. Information on the providers, managers, and/or operators of the behavioral health care program, activity or service and any overlap in funding, to the extent it is known.**

MST therapy at YOS is supervised by Margaret Hensley. Margaret also supervises the adaption of the model for youth with problematic sexual behavior, MST-PSB. MST at YOS uses a braided funding system. Funding is provided through YOS' Comprehensive Community-based Youth Services grant through the state of Illinois. MST services can be billed to Probation and Comprehensive Community-based Network Wrap-around Services (CCN-WRAP) at a daily rate. MST also bills Medicaid services for youth who are not paid through probation or CCN-WRAP but are covered through a managed care organization.

**4. Key performance indicators measuring the results of the program**

Throughout treatment, several clearly defined adherence measures are tracked. The primary caretaker of the family reports how well the MST therapist is adhering to the MST's treatment principles. In addition, the clinicians on the MST team report how well the Therapists, Supervisor and Consultant are adhering to the treatment model. Model fidelity is critically important as research demonstrates that proper adherence and supervision results in a 64% reduction in incarceration. MST provides us an MST specific website (MSTI.org) to track case level outcome data for each youth receiving treatment: 1) is the youth at home? 2) is the youth in school or working? 3) was the youth arrested during MST treatment?

**5. Quality measures or expectations for contracts involved in the program, where applicable**

MST clients who are billed to Probation are provided ongoing consultation and progress reports. MST provides monthly reports for attendance and progress made in therapy that month, as well as updates to the treatment plan the family and therapist made in the month. Stakeholders and referrals sources are included in the assessment process to gather their desired outcomes for the client and family.

**6. Information on how the care being provided in this program serves the best interests of the patient/recipient of care as well as the communities where the patient/recipient of care or services resides.**

Treatment success in MST is measured through individualized goals for each case tailored to the behaviors of the youth and agreed upon by the youth, caregivers, and key participants. MST inherently includes the role of the community in treatment for youth, identifying community strengths and struggles and drivers to behaviors from the community are vital to integrate into treatment. MST therapy provides services in the community to help reduce the number of youth who may be incarcerated. Our daily rate for services is \$75; this is lower than the cost of juvenile detention for a youth per day and can ultimately save the county thousands of dollars by keeping youth safely in the community. MST increases community safety through prioritizing safety planning with families around any risky behavior, and involving youth in positive, prosocial activities.

**7. Information on how the continuum of care may be addressed through this program**

One of the core principles of MST is sustainability and generalization. MST designs interventions with families to target goals with the ultimate goal that interventions are maintaining long term change by empowering caregivers to address family member's needs across multiple systemic contexts. If there are additional needs identified, MST therapists will work with the family and community resources to identify sustainable maintenance of these referrals across the continuum of care.

**8. Information on the best practices in this type of programming**

MST therapy is the only intervention for high risk youth where results have been repeatedly replicated by independent research teams. Best practice for youth with antisocial or delinquent behavior is to keep them in the community safely through implementing services like MST. If youth are removed from the community, they are not afforded the opportunity to change their behaviors in their natural ecology. When youth are placed in residential or detention facilities, and when they are released often nothing has changed in their home setting. MST provides intensive in home therapy services to make this change in their natural ecology to produce sustainable, generalized behavior change.

**9. Information detailing meetings and coordination on patient identification, programs and goals with other Cook County agencies, City of Chicago or other partners or entities on this program, where applicable**

MST champions the voice of stakeholders in treating youth with antisocial or delinquent behaviors. MST therapists frequently collaborate with DCFS workers, Children's Advocacy Centers, Juvenile probation officers, and various other agencies across Chicago to provide sustainable change to youth behaviors.

**10. An evaluation of the program and an overview of any overlap in outreach, communities served, and programs with other Cook County and City of Chicago Agencies, and an evaluation of the impact of the program and an overview of its effectiveness, particularly as it pertains to vulnerable populations, racial and ethnic minorities; and populations facing disparities in behavioral health outcomes, behavioral health care, and behavioral healthcare access.**

MST services recognize the disparity in minority youth coming in contact with the juvenile justice system. MST has shown to be part of the solution. MST is a family driven treatment that is culturally responsive and centered in homes and communities. When partnered with law enforcement and the juvenile justice system, MST plays a unique bridge building role in achieving shared outcomes for marginalized youth, families and communities at large. See the following link for more information: <https://www.mstservices.com/proven-results>

**11. Information with the costs associated with the program(s) and funding source(s)**

MST has a braided funding system. Program costs relates to salaries of dedicated MST therapists as well as travel for therapists, flex funds for families, office and equipment-related costs and administrative overhead. MST services that are billed at a daily rate for Probation are \$75 per day. There is no overlapping funding for these billed services. The daily rate and services billed to Medicaid cover the costs of consultation for ongoing support for the therapy team. MST also applies for grants to offset the cost of program maintenance.

**12. Any additional information which may facilitate the Committee’s understanding of the program, initiative, or activity.**

A list of resources on MST therapy, and long term studies on the efficacy of MST therapy are available upon request.

**13. Any additional information which may foster a more accurate assessment of behavioral health care needs and opportunities for collaboration or growth within the Cook County Government entity’s behavioral health care programs.**

MST therapy currently has a waitlist for about 3-4 months. We have received an increasing number of referrals since COVID began.

A few years ago, the court worked with the County Board and CCH to transfer the responsibility of mental health services at the JTDC from a private provider under the court’s authority to Cermak Hospital. Since that time, the court, along with Juvenile Probation and the JTDC has worked closely with Cermak to plan an integrated system of behavioral health care at the Juvenile Court enterprise, centered on trauma-informed care. We are collaborating with CCH as never before.

**14. Any additional information if patients receive follow up care at a Cook County hospital including medication management as a part of aftercare.**

If clients are deemed to have any medical needs or medication management needs, MST therapists will work with caregivers to create relationships with medical providers that are sustainable, i.e. low cost if necessary, in the client’s community.

Completed by: Margaret Hensley, LMFT, Program Manager for MST at Youth Outreach Services

