Multi-systemic Therapy for Juveniles, per 15 minutes
HCPCS H2033
Modifiers: HM – for CYFD use only
HN – Bachelor’s degree level
HO – Master’s degree level
Revised 7-9-2010

Service Definition: Multi-systemic therapy (MST) provides an intensive home/family and community-based treatment for individuals who are at risk of out-of-home placement or are returning home from placement and their families. The MST model is based on empirical data and evidence-based interventions that target specific behaviors with individualized behavioral interventions. Services include an initial assessment to identify the focus of the MST interventions to be used with the individual and family. Specialized therapeutic and rehabilitative interventions are available to address specific areas of need such as substance abuse, delinquency, violent behavior etc. Services are primarily provided in the home, but workers also intervene at school and in other community settings.

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<th>Source of Funding</th>
<th>CYFD, HSD/MAD</th>
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Target Population

Individuals between the ages 10-18 diagnosed with serious emotional/behavioral disturbances and their families who:
- are involved in or at serious risk of involvement with the juvenile justice system;
- have antisocial, aggressive/violent, substance-abusing behaviors; and
- are at risk of out-of-home placement; and/or
- are returning from out of home placement where the above behaviors were the focus of treatment.

Program Requirements

Intent of team approach

MST services are provided through a team approach to individuals and their families. The service
1. promotes the family’s capacity to monitor and manage the youth’s behavior;
2. involves families and other systems such as the school, probation officers, extended families and community connections;
3. provides access to a variety of interventions 24 hours a day, 7 days a week, by staff that will maintain contact and intervene as one organizational unit; and
4. includes structured face-to-face therapeutic interventions to provide support and guidance in all areas of functional domains: adaptive, communication, psychosocial, problem solving, behavior management, etc.

Service components

Services include the following:
1. An initial assessment to identify the focus of the MST intervention,
2. Therapeutic interventions with the individual and his or her family,
3. Case management, and
### Areas addressed:
Specialized therapeutic and rehabilitative interventions are available to address all areas seen as contributing to an individual’s delinquency such as substance abuse, sexual abuse, and domestic violence.

### Service environments
MST providers must have the ability to deliver services in various environments, such as homes, schools, homeless shelters, street locations, etc.

### Duration
The duration of MST intervention is typically 3 to 6 months. Weekly interventions may range from 13 to 20 hours a week, less as a case nears closure.

### Provider Requirements
MST services are provided by an agency that has been licensed to provide such services by MST Services, Inc. of Mt. Pleasant, S.C., or any of its approved subsidiaries. The organization must be a legally recognized entity in the US, qualified to do business in New Mexico, and must meet standards established by the State of New Mexico or its designee, and requirements of the funding source.

### Staffing Requirements
Both clinical services and supervision by licensed behavioral health practitioners must be in accord with their respective licensing board regulations.

**Multi-systemic Therapy Team Members must include at minimum:**
- A Master’s level Clinical Supervisor who is an independently licensed behavioral health professional.
- Licensed Master’s and Bachelors level behavioral health staff able to provide 24-hour coverage, 7 days per week.
- Licensed Master’s level behavioral health practitioners are required to perform all therapeutic interventions. Bachelor’s level behavioral health practitioners are limited to performing functions defined within the scope of their licensure and/or practice.
- Bachelor’s level staff must have a degree in social work, counseling, psychology or a related human services field and must have at least 3 years’ experience working with the target population of children/adolescents and their families.
- Staffing for MST services shall be comprised of no more than one-third Bachelor’s level staff and, at minimum, two-thirds licensed Master’s level staff.

### Clinical Supervision
- Weekly supervision is provided by an independently licensed Master’s level behavioral health practitioner who is MST trained. This supervision, following the MST supervisory protocol, is provided to team members on topics directly related to the needs of MST individuals and their families on an ongoing basis.
A minimum of one hour of local group supervision per week and one hour of telephone consultation per week with an MST systems supervisor.

Training
All clinical staff are required to participate in and complete a prescribed 5-day MST introductory training and subsequent quarterly trainings.

Staff ratio
MST direct-service staff to family ratio shall not exceed 1:6.

**Documentation Requirements**
- Standardized documentation only.

**Service Exclusions**
- This service may not be billed in conjunction with:
  - Family Stabilization Services;
  - Partial Hospitalization;
  - Day Treatment;
  - Respite care;
  - Behavior Management Services (BMS);
  - Behavioral Health Assessment;
  - Behavioral Health Treatment Plan Update;
  - Behavioral Health Screen;
  - Outpatient therapies (individual, family, and group);
  - Comprehensive Community Support Services, or
  - Residential Services, including Treatment Foster Care.