

FY 2016 Program Report Card: Multisystemic Therapy: Family Integrated Transitions (MST-FIT)

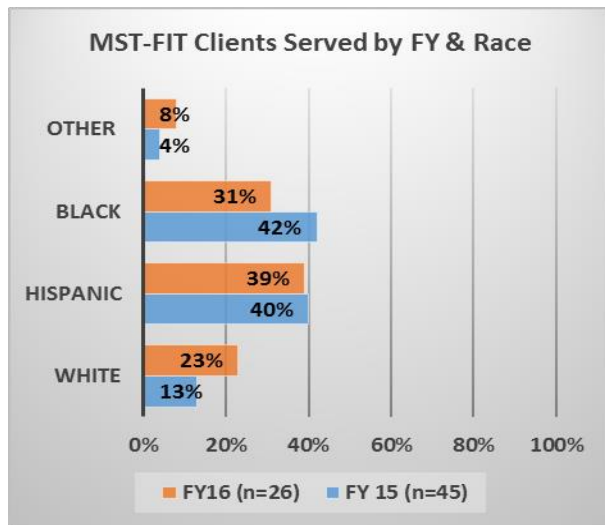
Quality of Life Result: All Connecticut children will be healthy, safe, living in stable environments and be ready for future success.

Contribution to the Result: MST-FIT is an evidence-based intensive in-home model to help youth on parole & their families to re-enter the community following an out of home placement where the youth learned DBT skills & both parents & their youth are coached to use them & other skills at home.

Program Expenditures	DCF State Funding	DCF QA Funding	3 rd Party Reimbursement	Total DCF Funding
SFY 16	\$600,154	\$120,542	Medicaid for clinical & case management; for psychiatric evaluations	\$720,696

Partners: youth, families, CJTS clinical staff, Juvenile Justice Social Workers & their regional managers, University of Washington, Advanced Behavioral Health, Wheeler Clinic

How Much Did We Do?

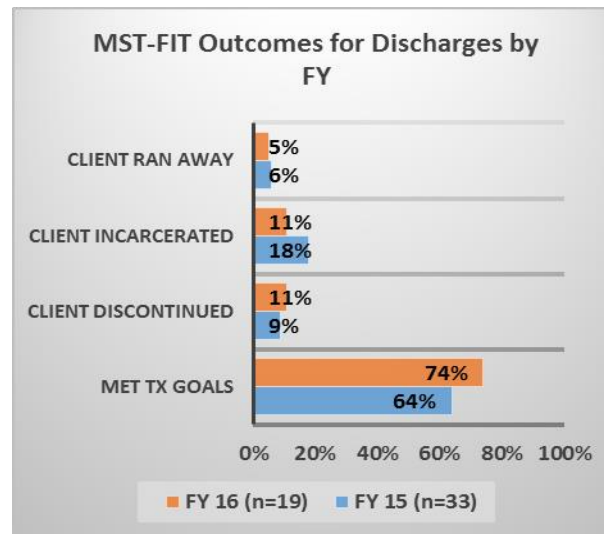


Story behind the baseline:

PIE Data: The trend for youth on parole admitted into MST-FIT matches the racial disparity trend of the overall juvenile justice system with an over-representation of non-white youth (here 87% in FY15 & 77% in FY16). Census is very low in FY 16 due to the decrease in the overall # of youth on parole at CJTS (currently in the mid-40's). PIE data began for MST-FIT in March, 2014, so that FY was not included here.

Trend: ◀▶

How Well Did We Do It?

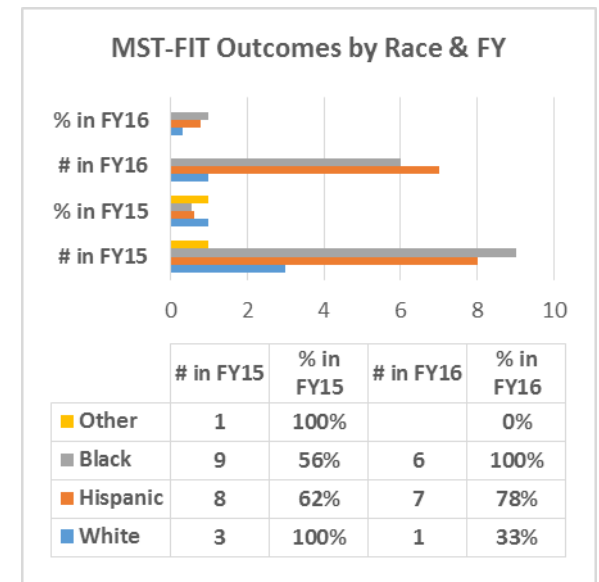


Story behind the baseline:

PIE data: MST-FIT works with the youth's family, community resources, & school, & begins treatment during the last 2 months of the youth's placement. The 10% increase in FY 16 for "met treatment goals" is in part due to the staff stabilizing & having more experience implementing MST-FIT.

Trend: ▲

How Well Did We Do It?



Story behind the baseline:

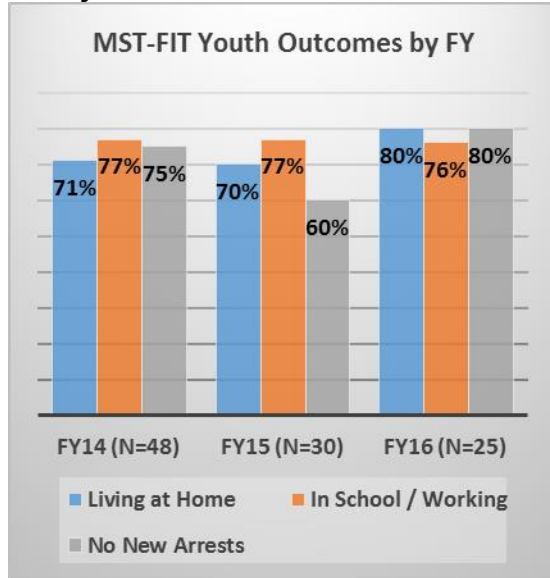
PIE data: Because MST-FIT interventions are determined & developed with the youth & his/her family, treatment goals are generally well met across all of the 4 racial categories.

Trend: ◀▶

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Quality of Life Result: All Connecticut children will be healthy, safe, living in stable environments and be ready for future success.

Is Anyone Better Off?



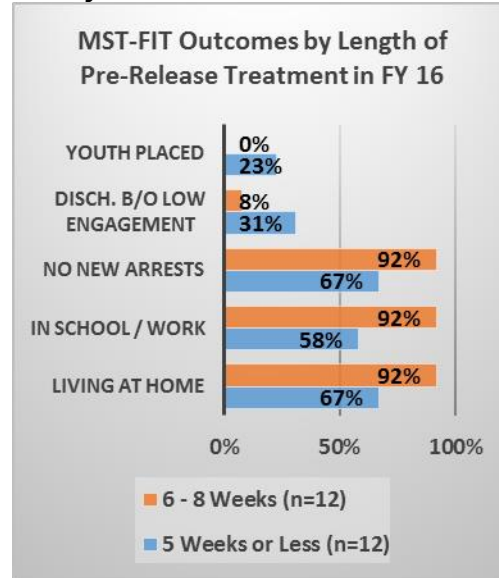
Story behind the baseline:

MSTI data: These measures are tracked by MST Institute on *all discharges with an opportunity for a full course of treatment* (rather than all discharges). Their target is 90% for each of these ultimate outcomes. These outcomes & trends are discussed in the PIR (see data development agenda), & strategies are developed & implemented to improve all downward trends.

The outcomes have improved as the new staff become more experienced with the model.

Trend: ▲

Is Anyone Better Off?



Story behind the baseline:

MSTI data: As this model focuses on youth reentering the community from an out-of-home placement, the pre-release phase of the treatment starts 2 months before the youth is discharged from the facility. However, for a variety of reasons, this does not always happen, & in FY16, 50% (12) of the discharges had 5 or less weeks of pre-release Tx. This latter group had significantly poorer outcomes & engagement than did those whose services started 6 – 8 weeks before discharge from the facility.

Trend: ▲

Proposed Actions to Turn the Curve:

- Regular meetings are now occurring with the CJTS clinical staff, to address how to better coordinate & collaborate services for youth re-entering the community.
- CJTS sends monthly ACR & TPC lists to the PDOC, who removes the client names & sends it to the MST-FIT & RAFT supervisors. One of them attends each of these meetings for youth who live in the catchment areas for RAFT & FIT.
- A meeting & increased contact with the DCF PM at Manson Youth Institution has occurred to get more referrals for MYI youth returning to the community.
- We are currently exploring an expansion of MST-FIT criteria for re-entry services for non-parole youth.

Data Development Agenda:

- The MST-FIT expert, MST-FIT supervisor & administrator, the PDOC, & the DCF regional gatekeepers attend the biannual Program Implementation Review (PIR) to go over the MSTI data, identify strengths & weaknesses, & develop strategies using the MST do-loop & Fit circles tools. The strategies are then implemented & are tracked during the next 6 month cycle, when they are reported in the next PIR.