



# Discussion Regarding Multisystemic Therapy & Request for Approval to Enter into a New Grant Agreement with Seneca Family of Agencies

---

AGENDA ITEM 5

CHIEF KATHERINE W. MILLER

NOVEMBER 8, 2023

# Grant Agreement Request for Approval

Submission of request to enter into a new grant agreement with Seneca Family of Agencies for Multisystemic Therapy Services with a proposed 24-month term and a not-to-exceed amount of \$1,638,000, of which \$1,195,29 is the Grantee's Medi-Cal budget, and \$442,709 is the not-to-exceed amount for the Grantee's operational costs.

# Background: Available Funds & Funding Restrictions

# Family First Prevention Services Act

- The **Family First Prevention Services Act (FFPSA)**—the most significant federal foster care reform in decades—passed in 2018.
- FFPSA went into effect on October 1, 2021.
- FFPSA made major changes to the **Title IV-E foster care program**, the federal entitlement program that funds foster care in the United States:
  - Part 4 created additional requirements for placing youth in short-term residential therapeutic programs (STRTPs, or “group homes”).
  - Part 1 allowed federal dollars to be used to pay for **prevention services** for youth at risk for foster care.
    - Huge expansion in federal funding for services
    - **Funds may only be used for services that meet the federal definition of evidence-based and appear on the federal Title IV-E Prevention Services [Clearinghouse](#).**

# California Five Year State Prevention Plan

- To be eligible for FFPSA Part 1 funding, states were required to submit a **Five-Year State Prevention Plan** to the federal government, identifying the target population and evidence-based prevention services from the federal Title IV-E Prevention Services Clearinghouse.
- California submitted its [final plan](#) in November 2022.
- The state's target population includes all **juvenile justice involved youth** (as well as additional categories of youth).
- The state selected 10 evidence-based practices from the federal Title IV-E Prevention Services Clearinghouse, **ONLY TWO OF WHICH** are identified for **juvenile justice involved youth**:
  - Brief Strategic Family Therapy
  - **Multisystemic Therapy**

# San Francisco Comprehensive Prevention Plan

- In June 2023, San Francisco submitted its **Comprehensive Prevention Plan** to the state, as required, to opt into the state's Family First Prevention Services Program.
- San Francisco included 8 evidence-based prevention services in its plan, including both Brief Strategic Family Therapy and **Multisystemic Therapy**.
  - San Francisco has five current Brief Strategic Family Therapy providers.
  - San Francisco has zero Multisystemic Therapy providers.
- **Multisystemic Therapy** was identified by clinical and probation stakeholders as being a priority to bring back to San Francisco through FFPSA implementation.
  - Previously, Multisystemic Therapy was provided in San Francisco by the Family Mosaic Project.
  - The Director of the Family Mosaic Project said that Multisystemic Therapy was the single most effective behavioral health intervention for juvenile justice involved youth she had seen.

# FFPSA Implementation Grants

- To support FFPSA implementation:
  - The federal government created the **Family First Transition Act Funding Certainty Grant**. JPD received \$448,000, which must be spent by September 30, 2026.
  - The State Budget Act of 2021 included a one-time appropriation: the **Family First Prevention Services State Block Grant**. JPD's allocation is \$346,595, which must be spent by June 30, 2024.

# Background: Multisystemic Therapy Model



# Multisystemic Therapy Model

- Multi-Systemic Therapy (MST) is a federally recognized evidence-based practice for juvenile justice involved youth and their families.
- The goal of MST is to build sustainable youth and family capacity to keep youth in school or working, out of foster care, and out of the juvenile justice system.
- MST therapists work within the youth's ecosystem of parents and natural and community supports to support positive outcomes.
- Studies have consistently shown that MST participants have lower rates of re-arrests and out-of-home placements.

# Multisystemic Therapy Model

- Youth and families receive treatment within their communities via licensed Multisystemic Therapy providers, which consists of a team of 2 to 4 masters-level therapists and a supervisor.
- Central to the MST treatment approach is the view that the MST “client” includes not only the youth, but also the multiple systems within which the youth is embedded: immediate and extended family, peers, school, neighborhood, providers, and other key participants.
- MST teams are on call 24/7 to provide treatment when and where it is needed—within any combination of these systems—and are dedicated to improving youth and family functioning.
- The average duration of treatment is 3-5 months.

# Multisystemic Therapy RFP Process

- State and County FFPSA Prevention Plans include **Multisystemic Therapy**.
- **Time limited funding** to support FFPSA implementation.
- JPD reached out to child-serving partner agencies about bringing Multisystemic Therapy back to San Francisco: DCYF, HSA, DPH.
  - Partners did not have capacity to issue solicitation within grant timelines.
  - DPH explored implementing Multisystemic Therapy at the Family Mosaic Project. Despite significant interest, it was not possible due to capacity issues.

# Proposed Grant

# Proposed Grant Agreement with Seneca Family of Agencies

- Not-to-exceed amount of \$1,638,000:
  - \$1,195,29 is the Grantee's Medi-Cal budget.
    - It is standard City practice to include the Medi-Cal budget in the grant's not to exceed amount. This amount is **not paid by the grant**, it reflects the anticipated Medi-Cal reimbursement total.
  - \$442,709 is the not-to-exceed amount for the Grantee's operational costs:
    - Operational costs include the cost of Multisystemic Therapy licensure, training, and quality assurance, and the projected cost of service delivery to youth who are not Medi-Cal eligible. For Medi-Cal eligible youth, Multisystemic Therapy is 100% Medi-Cal reimbursable.
- Program will be fully funded by FFPSA grants and Medi-Cal.
- FFPSA grant funds have also been set aside for the City's required Medi-Cal match (\$300,000) for Early and Periodic Screening, Diagnostic and Treatment (EPSDT) authority.

# San Francisco Target Population

- Through this grant, JPD seeks to support one team of licensed Multisystemic Therapy clinicians to serve a point in time capacity of up to 15 juvenile justice involved youth, who demonstrate one or more of the following:
  - Multiple referrals to the department or an arrest record of concerning or increasingly serious charges.
  - Behavior patterns beyond parental control or causing difficulties in school.
  - Complex mental health needs
  - Juvenile domestic violence.

Questions?