

Multi-Dimensional Treatment Foster Care Clinical Guideline

MVP Health Care, as part of its continuing Quality Improvement Program, adopted the Multi-Dimensional Treatment Foster Care youth.gov guide. The full guideline is available at: [Multidimensional Treatment Foster Care: An Alternative to Residential Treatment for High Risk Children and Adolescents \(nih.gov\)](https://www.youth.gov/youth-topics/multidimensional-treatment-foster-care)

Impact of The Condition

Multidimensional Treatment Foster Care (MTFC) is a behavioral treatment alternative to residential placement for youth who have problems with chronic antisocial behavior, emotional disturbance, and delinquency.¹

Summary of the Guidelines

Multi-Dimensional treatment has several components and occurs in multiple settings.

The program places a youth in a family setting with specially trained foster parents for 6 to 9 months. The foster parents are trained and supported to become part of the treatment team. They provide close supervision and implement a structured, individualized program for each child.

Other components of the treatment plan include behavioral training and support for the foster parents, family therapy and supports for the biological parents, supportive therapy, skills training, academic supports for the youth in addition to medication management and therapy services when needed.

Additional tools to assist providers with educating their patients on behavioral health conditions are included in the Provider Quality Improvement Manual under Behavioral Health. [Quality Programs and Initiatives | MVP Health Care](#)

For providers in New York State who care for children and adolescents with mild-to-moderate behavioral health needs, an additional resource, Project TEACH, is available. Project TEACH is funded by the New York State Office of Mental Health and aims to strengthen and support the ability of New York's pediatric primary care providers to deliver care to children and their families experiencing mild-to-moderate mental health concerns including anxiety, depression, and ADHD, in children, adolescents, and young adults up to age 22. Project TEACH offers providers consultations, referrals, and training at no cost. Project TEACH may be accessed at <https://projectteachny.org/>.

[Read about Project TEACH](#)

In conjunction with these guidelines, MVP Health Care offers Case Management for members with behavioral health conditions. If you would like to refer your patients to the Case Management program, please call the MVP Case Management Department at **1-800-852-7826**.

This guideline is not intended to replace the role of clinical judgment by the physician in the management of this, or any other disease entity. It is an educational guideline to assist in the

delivery of good medical care. All treatment decisions are ultimately up to the physician. Where medication recommendations are made, please refer to each health plan's formulary for coverage considerations.

MVP Health Care updates its clinical guidelines at least every two years. The review process is also initiated when new scientific evidence or national standards are published. Practitioners are alerted via the website and by written notices from the plan via fax or newsletter. A hard copy of the clinical guideline can be requested by calling the MVP Quality Improvement Department at **(800) 777-4793 extension 2247**.

ⁱ <https://youth.gov/content/multidimensional-treatment-foster-care%E2%80%93adolescents>