

Children and Youth Behavioral Health Work Group (CYBHWG)

Recommendations for 2023

January 17, 2023

Senate Human Services Committee

Presenters

Dr. Keri Waterland

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Health Care Authority*

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Overview

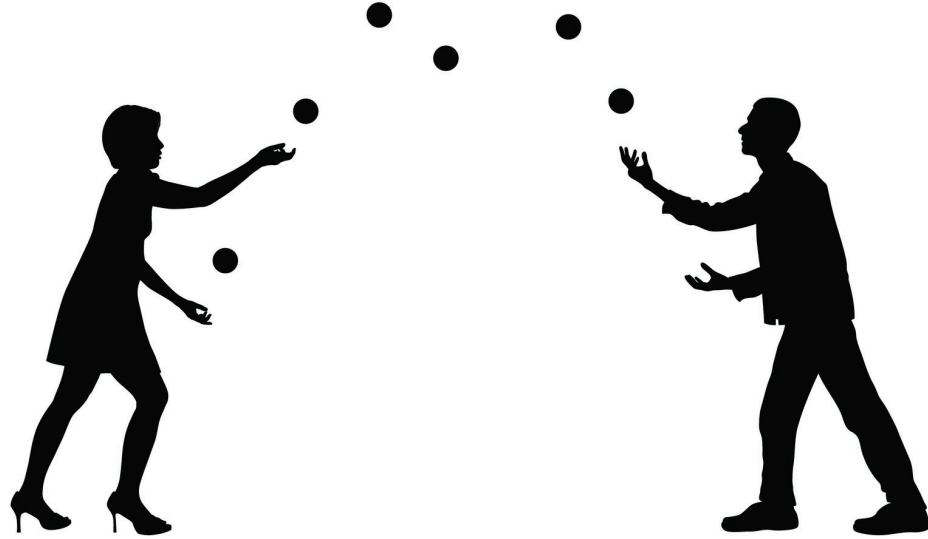
- ✓ Context and challenges for 2023
- ✓ Member panel
- ✓ Recommendations
- ✓ Q & A



2023 Context

➤ The challenge

Meeting the immediate critical needs
of children, youth and families in crisis...



...*and* addressing the foundational
issues that lead to and exacerbate
crises – particularly workforce.

2023 Context

➔ The workforce shortage affects *everything*

*It will be important to note that workforce is a foundational need in any recommendation that includes the language "expand", "increase" or "extend" services.**

*I think the vote speaks to the intensity and urgency of the behavioral health crisis. We need programmatic interventions immediately and we need the workforce to bring it alive.**



**Comments by participants in the work group's November decision-making meeting.*

2023 Goals

Recommendation overview

The 2023 recommendations can be broadly grouped into three areas addressing:

- Workforce capacity
- Immediate crises that youth and families are facing
- Making intentional upstream improvements aimed at preventing crises

Recommendations

Decision-making

The work group prioritized recommendations by:

- Determining whether any recommendations are **overarching** or essential to the success of all other recommendations
- Deciding, through votes, on the next 10 **prioritized recommendations** for the 2023 session
- Passing, by consensus, a list of additional recommendations that are also considered critical

The recommendations are listed in priority order at the end of the slide deck.

The [2023 Recommendations report](#) provides more information about the recommendations and includes statements of support for other groups' initiatives.

Children & Youth Behavioral Health Work Group (CYBHWG)

Thank you!

Youth & young adults

Parents & caregivers

Legislators

Subgroup leads

Advocates

Providers

...and so many other people and organizations...

Advocates and Community Organizations

Building Changes
Center for Children and Youth Justice
Child Care Aware of Washington
ChildStrive
Children's Alliance
Children's Campaign Fund
Children's Home Society of Washington
citiesRISE
Committee for Children
Communities in Schools of Washington State Network
Families of Color Seattle
Family, Youth & System Partner Round Tables (FYSPRTs)
First 5 FUNDamentals
Foundation for Healthy Generations
Friends of Children of Walla Walla
Justice for Girls Coalition
King County Best Starts for Kids
M.H.A SPEAKOUT SPEAKUP
Mockingbird Society
North Central Washington Peer Connection
National Council for Mental Well-being
NorthStar Advocates
Partners for Our Children
TeamChild
The Learning Project Training Center
Treehouse
Washington Association for Community Health
Washington Association for Infant Mental Health
Washington Association of School Social Workers
Washington Chapter of the American Academy of Pediatrics
Washington Council for Behavioral Health

Washington Frontiers of Innovation
Washington Mental Health Counselors Association
Washington National Alliance on Mental Illness Washington PAVE
Washington Psychiatric Association
Washington School-Based Health Alliance
Washington School Counselor Association
Washington State Alliance of Boys and Girls Clubs
Washington State Association of Counties
Washington State Association of School Psychologists
Washington State Community Connectors
Washington State Council of Child and Adolescent Psychiatry
Washington State Hospital Association
Washington State Medical Association
Washington State Parent Teachers Association
Washington State Pharmacy Association
Washington State Psychiatric Association
Washington STEM
World Relief Western Washington
YouthCare

Education and Research

Behavioral Health Institute
Brewster School District
Burlington-Edison School District
Center for the Study of Social Policy
Chief Leschi School District
Educational Service District 101
Educational Service District 105
Educational Service District 113
Educational Service District 114

Educational Service District 171
Educational Service District 189
Forefront in the Schools
Highland School District
Lower Columbia School Gardens
Medical Lake School District
Monroe School District
Mount Vernon School District
Puget Sound Educational Service District
Richland School District
Ridgefield School District
Seattle Public Schools
Skagit Preschool and Resource Center
Snoqualmie Valley School District
South Bend School District
South Kitsap School District
Spokane Public Schools
Sumner-Bonney Lake School District
UW Barnard Center
UW Department of Psychiatry
UW Evidence-based Practice Institute
UW School of Social Work
UW SMART Center
Vancouver Public Schools
Washington Association of Educational Service Districts
Washington Association of School Principals
Washington Education Association
Washington State School Directors Association

Philanthropic Organizations

Ballmer Group
Health Career Fund
Perigee Fund

Children & Youth Behavioral Health Work Group (CYBHWG)

Work group and subgroup member panel

Michelle Karnath

- Parent lead for the Young Adult Continuum of Care subgroup
- Statewide parent tri-lead – Family, Youth & System Partner Round Table (FYSPRT)
- Family Assistance Specialist, Clark County Juvenile Court

Lillian Williamson

- Young adult lead for the Youth and Young Adult Continuum of Care subgroup
- UW student

Recommendations

Addressing workforce capacity

	Recommendation	Relative Cost
Overarching	Medicaid rate increase Implementation of a Medicaid rate increase for all providers of pediatric behavioral health services, as well as a 15% rate increase for the Children's Long-Term Inpatient Program (CLIP).	\$\$\$\$
Prioritized	Reduce the educational debt burden for clinicians Allocate funds to recruit and support master-level students with conditional grants, create a loan repayment fund for individuals employed in community behavioral health agencies, and provide funds to support loan repayment awards to address retention challenges in a variety of settings.	\$\$\$\$
	Teaching clinic enhancement rate Allocate funds for a .5 FTE at the HCA to participate in a public/private partnership to implement the behavioral health teaching clinic demonstration project led by the Washington Council for Behavioral Health.	\$

Key to cost estimates

\$ < \$500,000

\$\$ = \$500,000-\$999,000

\$\$\$ = \$1 million-\$10 million

\$\$\$\$ > \$10 million

These estimates were decided on by subgroups and were not developed by agency staff. They should not be used in legislative proposals.

Recommendations

Addressing workforce capacity

	Recommendation	Relative Cost
Prioritized	Reduce behavioral health workforce barriers Amend the Revised Code of Washington (RCW) to allow inclusion of Washington in the national Counseling Compact; and reduce or eliminate identified administrative burdens.	\$
	Certified Community Behavioral Health Clinics (CCBHCs) Funds to build on existing work to develop a sustainable prospective payment system for comprehensive community behavioral health services by refining the CCBHC model.	TBD
Prioritized	Continue and expand supports for behavioral health integration in primary care Funding to continue and expand behavioral health integration in primary care through the Partnership Access Line (PAL), Mental Health Referral Service for Children and Teens, and First Approach Skills Training (FAST).	\$-\$\$
	Create a flexible fund to pilot the utilization of technological innovations across the behavioral health continuum of care Allocate flexible funds to stimulate broader adoption of technological innovations in the mental health and addiction services sector.	TBD

Recommendations

Addressing immediate crises

	Recommendation	Relative Cost
Prioritized	<p>Expand services and codify a consistent approach to support the needs of youth who are effectively “stuck” in hospitals</p> <p>Funding to expand the capacity in DDA in-home and out of-home services, expand the capacity and capability of the WISe program to serve high-needs youth, provide ABA supports, explore a therapeutic educational residential placement in Washington state through an evaluation/study, and codify a new approach to service and placement plans for children.</p>	TBD
Prioritized	<p>Expand the number of school- and community-based clinicians serving students and expand the Partnership Access Line (PAL) in Schools pilot statewide</p> <p>Funding to increase the service capacity for schools across the state to provide access to and promote positive outcomes for Tier 2 and Tier 3 mental health interventions for all students by expanding the number of school and community-based practitioners and expanding the PAL in Schools program statewide.</p>	TBD
Prioritized	<p>Increase the Early Childhood Education and Assistance Program (ECEAP) and Child Care Complex Need Funds (CNFs)</p> <p>Increase funding for these CNFs to meet the overwhelming unmet need for supports for providers serving children with developmental delays, differing abilities, or challenging behaviors.</p>	\$\$\$\$

Recommendations

➤ Making intentional improvements to prevent crises

	Recommendation	Relative Cost
Prioritized	Targeted investments in behavioral health and suicidality for indigenous youth Provide funds to tribes and Indigenous organizations to spend on behavioral health services as they see fit.	TBD
Prioritized	Scale up culturally affirming mental health care for children and families (CARE project) Fund the next phase of the CARE project by bringing together diverse communities to develop an initiative to expand, train and support a culturally diverse child mental health workforce.	\$-\$\$\$
Prioritized	Behavioral health respite for youth and families Direct HCA to continue to explore Medicaid waiver options for respite care for youth with behavioral health challenges, without adversely impacting the DDA and DCYF respite waivers, and continue to expand the System of Care respite pilots.	TBD

Recommendations

➤ Making intentional improvements to prevent crises

	Recommendation	Relative Cost
Prioritized	<p>Designate a lead agency for students' behavioral health Designate a lead agency for ensuring student access to the continuum of behavioral health and wellness services in school settings. In Year One, allocate funding for this agency to develop a work and project plan. In Year Two, include flexible funding to education service districts (ESDs) and school districts for development of comprehensive behavioral health services, support in becoming a licensed behavioral health provider, and/or partnering with community-based organizations (CBOs) and other licensed providers.</p>	TBD
	<p>Expand Infant Early Childhood Mental Health Consultation (IECMH) to meet need Funding to provide IECMH consultation services by linguistically and culturally matched consultants, expand capacity to provide individualized mental health consultation services to more providers, and address on-going program needs to maintain quality and access to a variety of services.</p>	\$-\$\$\$

Recommendations

➤ Making intentional improvements to prevent crises

	Recommendation	Relative Cost
	<p>Improve awareness and navigation support for parents and caregivers for families in the perinatal stage and children through age 5 HCA should direct a comprehensive analysis of relationally based awareness and navigation supports that is directly informed by parents/caregivers with lived experience seeking support for medical issues, developmental delays, and/or mental health.</p>	\$
	<p>Peer services for youth and families Expand access to peer services for parents/caregivers and youth/young adults accessing behavioral health services by funding Center of Parent Excellence (COPE), to sustain the program.</p>	TBD
	<p>Continue development of a parent portal and tool kit Funds to convene stakeholders including parents, caregivers and youth and young adults to develop a work plan to design the Parent Portal, look for funding partners, and send out an RFP for ongoing care and management of the portal.</p>	\$

Recommendations

Prioritized list of recommendations

- 1. Overarching: Medicaid rate increase**
2. Expand services to support the needs of youth who are “stuck” in hospitals
3. Expand the number of school- and community-based clinicians serving students
4. Increase the ECEAP and Child Care Complex Needs Funds
5. Supports for behavioral health integration in primary care
6. Targeted investments in behavioral health and suicidality for indigenous youth
7. Scale up culturally affirming mental health care for children and families (CARE project)
8. Reduce the educational debt burden for clinicians
9. Behavioral health respite for youth and families
10. Reduce behavioral health workforce barriers
11. Designate a lead agency for students’ behavioral health

Thank You!

CYBHWG Co-chairs:

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cybhwg@hca.wa.gov
To join a subgroup or be added to our mailing list.
- Website:
<https://www.hca.wa.gov/about-hca/behavioral-health-recovery/children-and-youth-behavioral-health-work-group-cybhwg>

*This year's recommendations report is available under **Recommendations** on the home page.*

