



HCA Infant Early Childhood Mental Health Office Hours

April 25, 2024

Washington State
Health Care Authority

Today's Agenda

Note: Please drop questions in the chat throughout. HCA's team will respond during open floor portion.

- ▶ Welcome from the HCA IECMH team
- ▶ IECMH Updates
 - ▶ IECMH Toolkit updates!
 - ▶ IECMH Statewide Tour report
 - ▶ *Coming soon* - Provider Spotlight series
- ▶ Open floor for questions & comments

Getting to know one another

In the chat box:

- ▶ Your name
- ▶ Your role & agency (if applies)
- ▶ What are you hoping to get from joining today?



Welcome from HCA's IECMH team



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IECMH Updates

Infant-Early Childhood Mental Health Service Models Toolkit

- ▶ This toolkit provides guidance and best practices on topics including:
 - ▶ **NEW!** Core service elements of IECMH treatment
 - ▶ Avenues to provide mental health services & billing Apple Health
 - ▶ Requirements to become a licensed mental health provider or behavioral health agency (BHA)
 - ▶ Additional resources and supports



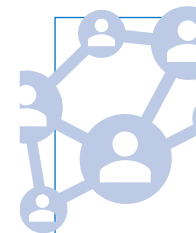
Mental health assessment & diagnosis

- Multisession assessment
- Caregiver only sessions
- Developmentally-appropriate diagnostic tool



Mental health treatment

- Joint child-caregiver sessions (i.e. dyadic family therapy)
- Caregiver only sessions
- Developmentally-oriented approaches



Additional considerations

- Natural settings
- Collaboration & coordination
- Concrete assistance

IECMH Statewide Tour report

- ▶ **20+** partner orgs
- ▶ **10** listening sessions
- ▶ **96** mental health providers
- ▶ **1,720** direct quotes



Key findings & action steps



Taking action

Everyone has a role to play in building a stronger IECMH system for Washington state. The report outlines concrete steps that [mental health providers](#), [allied providers](#), [agency administrators](#), and [state policy & system partners](#) can take to support best practices and address challenges, as well as [HCA's priorities](#) and [next steps](#) for continued IECMH work.

Building community-informed priorities

1



Priority 1

Strengthen and support a diverse infant-early childhood mental health workforce

2



Priority 2

Ensure equitable access to developmentally appropriate IECMH services for young children

3



Priority 3

Build person- and community centered IECMH systems.

4



Priority 4

Achieve value-based, sustainable IECMH care through aligned payments and systems.

5



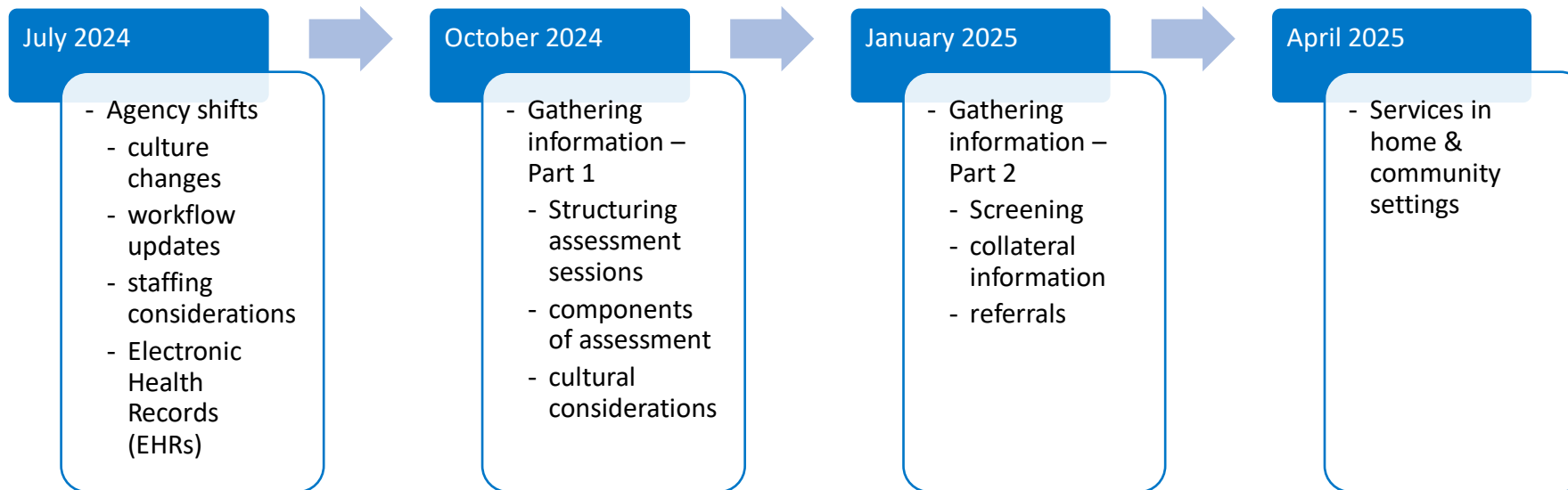
Priority 5

Strengthen cross system alignment to achieve integrated whole person care for young children and their families.

HCA's IECMH priorities



MHAYC Provider Spotlight Series



Look for our upcoming series to hear from providers like you about how they are making these changes.

Subscribe for updates

Open Floor

Comments & Questions

Resource sharing

If Apple Health providers have already done their best to work through issues with managed care organizations, how can they get support from HCA?

- Email the [HCA MC Programs mailbox](#).

How can providers share their ideas and connect with others around policy change and advocacy?

- Get involved with the [Children & Youth Behavioral Health Work Group](#), which includes 5 subgroups and a Strategic Planning Committee. Email the [CYBHWG mailbox](#) to be added to meeting invites.

How can Apple Health providers get DC:0-5 manuals or DC:0-5 training?

- Sign up for no-cost DC:0-5 training through the [IECMH-WC](#). Training is available for mental health professionals and systems partners. A DC:0-5 manual is provided at no-cost to all mental health professionals who go through DC:0-5 Clinical Training.
- Zero To Three, the publishers of the DC:0-5, also sell the manual [on their website](#).