

Mental Health Assessment for Young Children



We will get started at 12:05!

Community Presentation
May 31, 2023

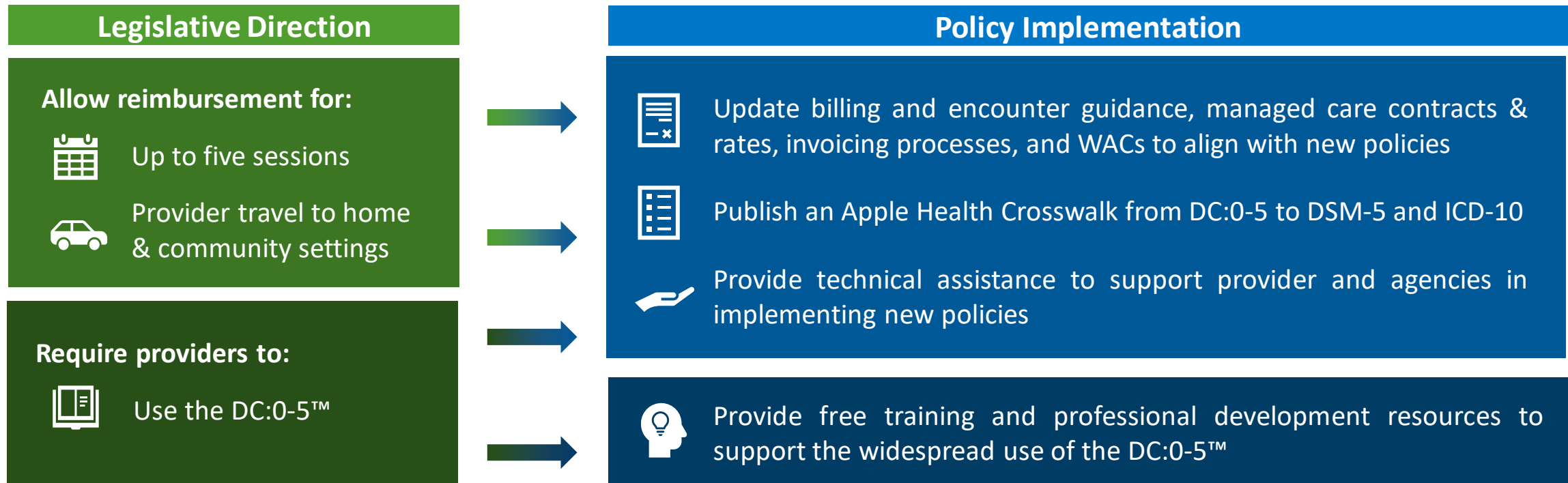
Washington State
Health Care Authority

Introductions & housekeeping

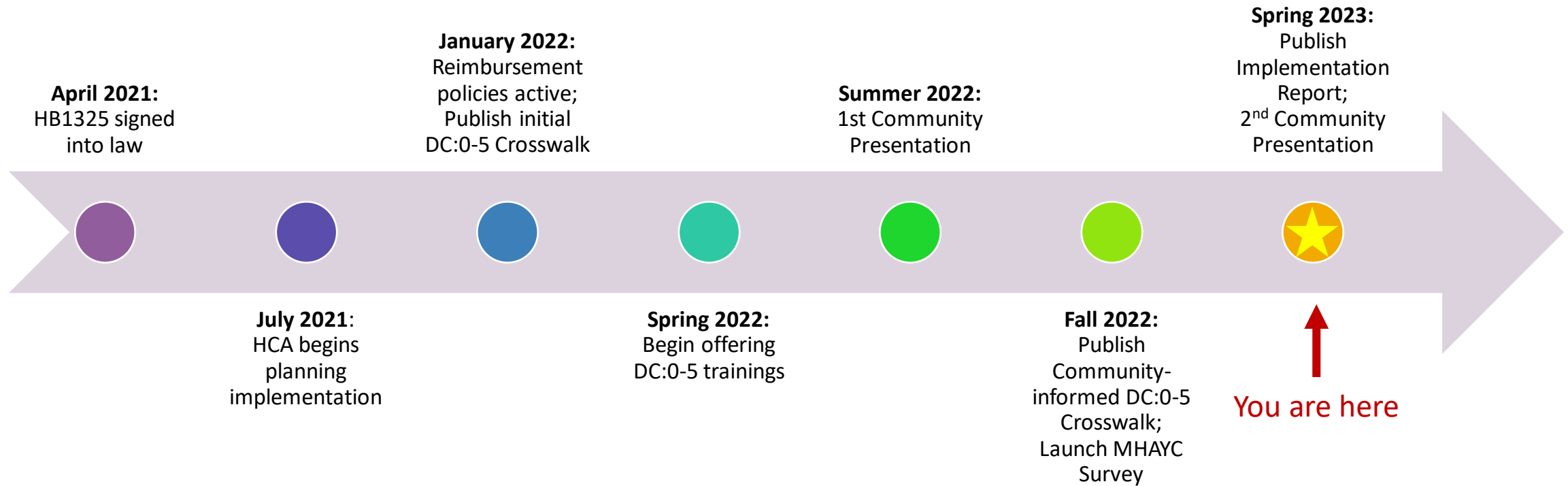


Mental Health Assessment for Young Children (MHAYC) (HB1325, 2021)

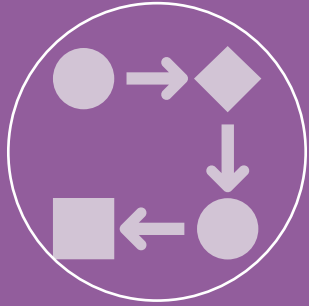
For the purposes of **mental health assessment for children birth through 5 years of age**, Apple Health will:



MHAYC Timeline



MHAYC Implementation (FY23)



Project Updates



Provider
Implementation



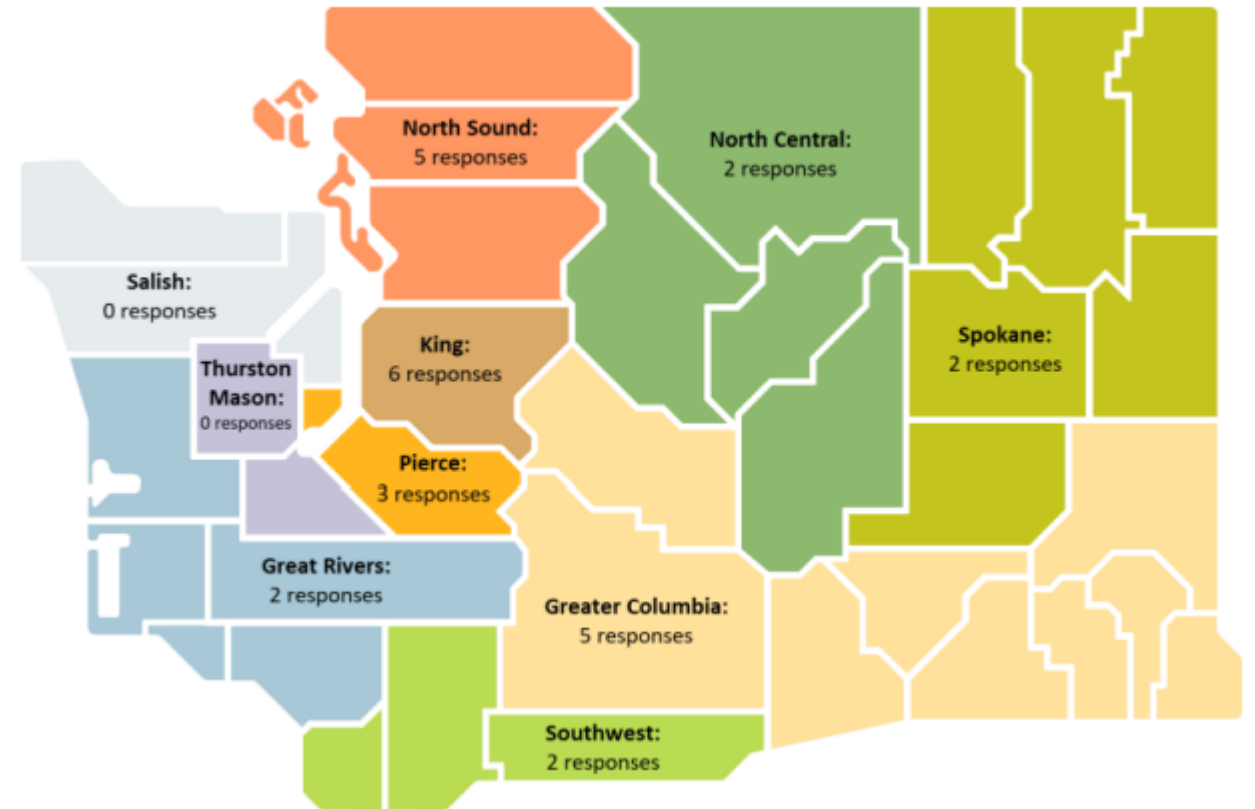
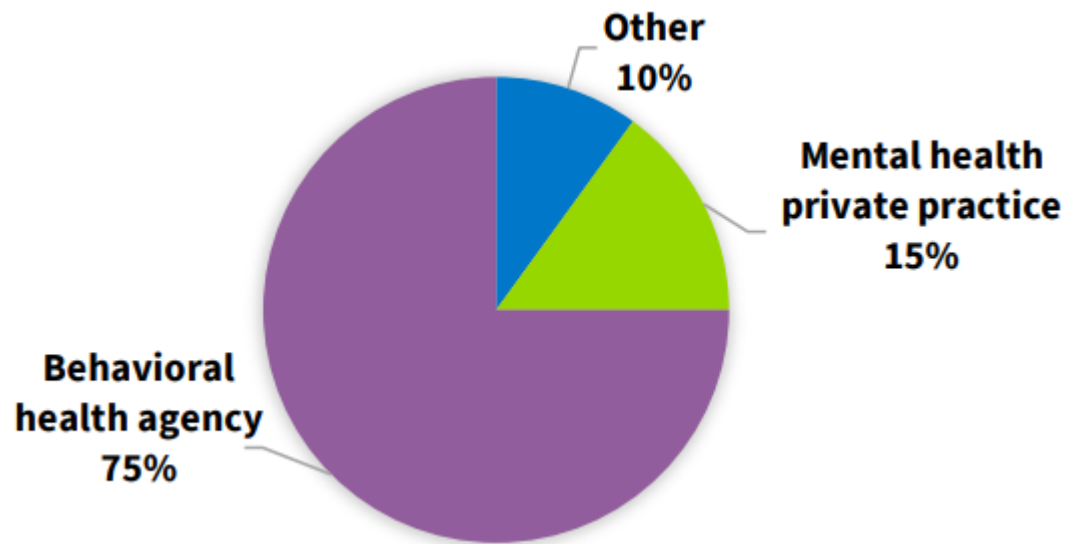
Key Outcomes



MHAYC Survey

▶ Sept – Nov 2022

▶ 20 total respondents





Multi-session assessments

Multi-session assessment updates



Caregiver only sessions



MHAYC within multidisciplinary teams

Provider Implementation



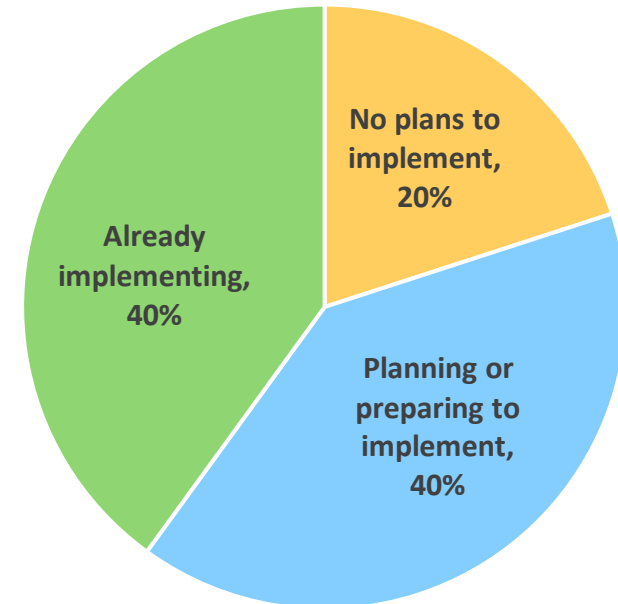
► Strategies

- ▶ Updates to organization-specific intake processes
- ▶ Updates to electronic health records

► Challenges

- ▶ Time & resources required for updates and changes
- ▶ Aligning with agency-specific policies

Multi-session Assessment Uptake



Outcomes



- ▶ Providers feel more supported and aligned with best practice
- ▶ Better reimbursement
- ▶ More comprehensive assessment



Centering Equity

- Supported workforce
- Families with multiple stressors

“We appreciate having the pressure taken off our clinicians to come up with a diagnosis after the initial appointment, which had never felt ethical to us. The 5-session assessment process...feels more aligned with developmentally aligned practice.”

– Behavioral health agency in King County



Provider travel

Provider Travel Update

- ▶ HCA's primary strategy to support this component was seeking provider input to inform continuous quality improvement.

“Additional time travelling means there is limited time to serve more clients...adding home visitation...negatively impacts clinicians' productivity and the quantity [of families] we are able to serve.”
–Multi-regional behavioral health agency

“The paperwork to submit for reimbursement...is so tedious that we have decided not to implement this. This is a shame, because the policy change, that is supposed to lead to improvement, is not leading to any meaningful change.”
– Behavioral health agency in King County

Provider Implementation



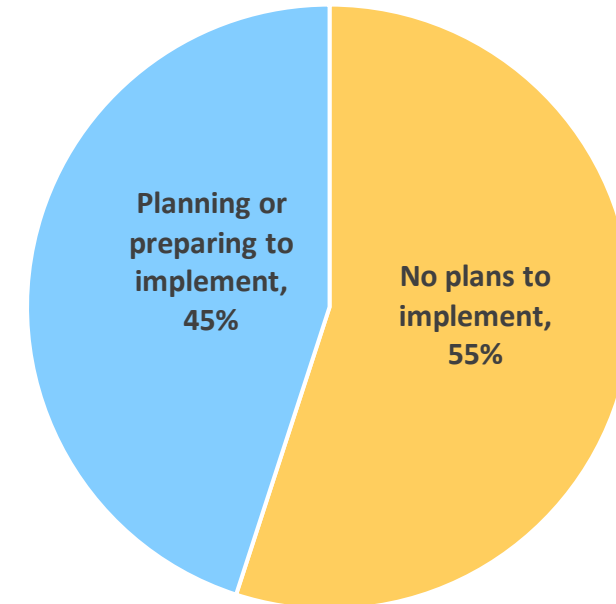
▶ Strategies

- ▶ Incorporating home-based cases
- ▶ Developing internal tools

▶ Challenges

- ▶ Providers aren't traveling often
- ▶ Reimbursement does not cover all costs and the process is complicated

Provider Travel Uptake

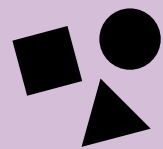


Outcomes



- ▶ Providers actively considering of home-based services as a best practice

“The home-based work...gives providers a better idea of what the child’s environment is, and an opportunity to observe interactions with parents...Some of our families live in very rural areas and don’t have reliable transportation. If we are able to go to them for the assessment and treatment, it is a huge help!”
– Behavioral health agency in Greater Columbia



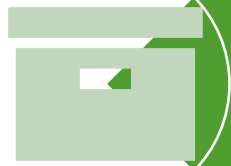
Centering Equity

- Rural families
- Diverse family systems



Use of the DC:0-5

DC:0-5 updates



DC:0-5™ in Clinical/Service Records



Community-Informed DC:0-5 Crosswalk



IECMH-WC

Resources

- [WAC 246-341-0640](#)
- [DC:0-5 Crosswalk](#)
- [IECMH-WC website](#)

DC:0-5™ in Clinical/Service Records



Per [WAC 246-341-0640](#), providers working in licensed behavioral health agencies can use the DSM-5 **or the DC:0-5** when completing a diagnostic assessment statement.

Official allowance of the DC:0-5 per this WAC goes into effect May 1, 2023. DOH released a [policy statement](#) to allow DC:0-5 per this WAC beginning September 1, 2022.

Community-Informed DC:0-5 Crosswalk



- ▶ Workgroup of 13 IECMH providers and advocates, with consultation from experts in neurodevelopmental, eating, and sleeping disorders
- ▶ Updated codes, including “parent-child conflict” Z-codes for Relationship Specific Disorder

“The crosswalk is, in practical terms, a billing tool. However, making sure there is adequate care for the youngest and most vulnerable in our state was always in the mind of work group members.” – Workgroup member

100% of providers who used the crosswalk
found it helpful.

IECMH-WC



IECMH-WC

Washington State's
Infant and Early Childhood Mental Health
Workforce Collaborative



DC:0-5 Trainings

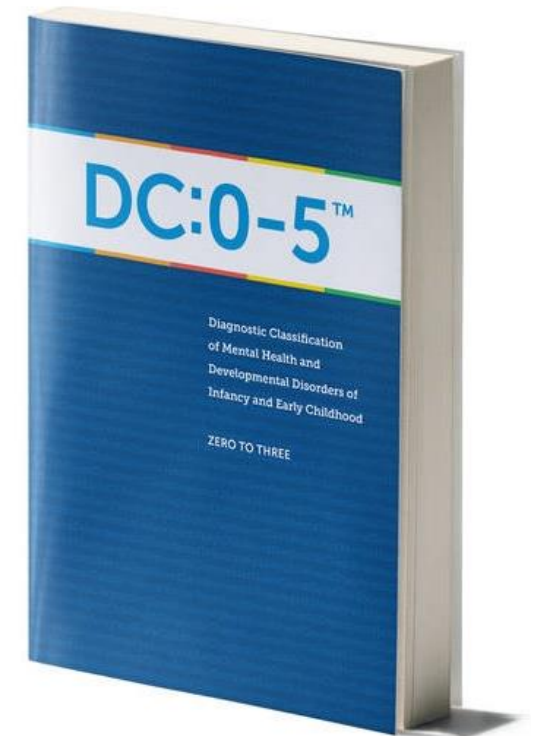


Clinical Training

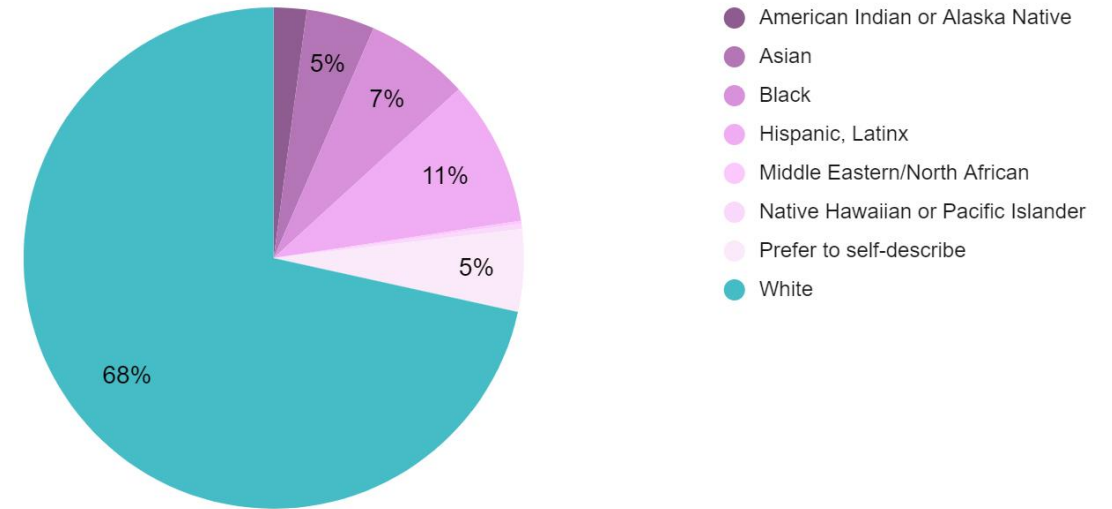
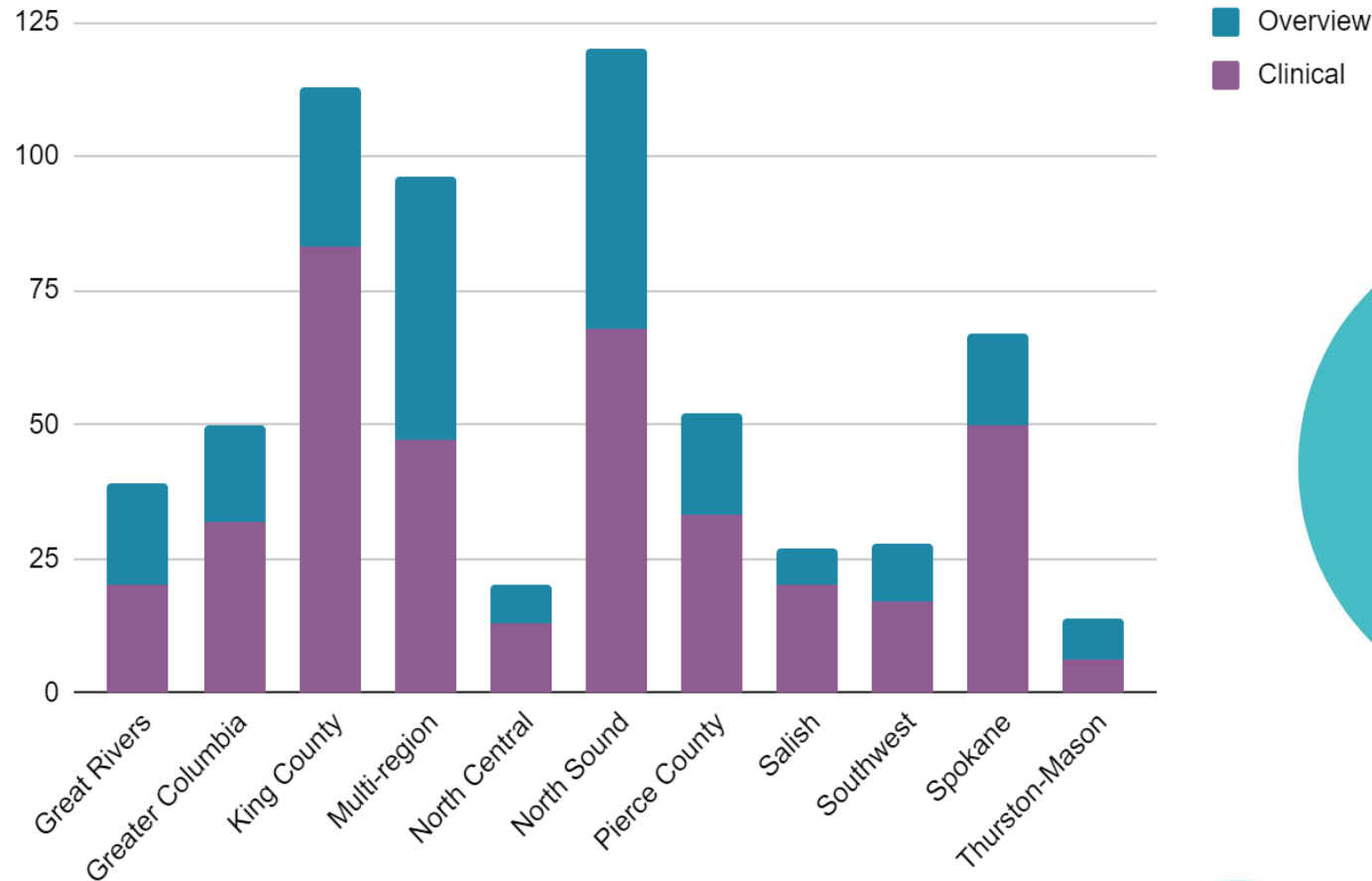
- 17 trainings
- 418 mental health professionals trained
- 125 organizations represented

Overview Training

- 12 trainings
- 298 allied professionals trained
- 95 organizations represented



DC:0-5 Training: Participant profiles



DC:0-5™ Training of Trainers



- Lily Baldwin-Garduno, MS, MIM, LMHC, CMHS, MMHS | Sea Mar Community Health Centers
- Abigail Bocanegra, MA, LMFT | Creative Heart Therapies
- Olivia Gonzales, MA, LMFT | Catholic Charities Eastern Washington
- Christopher Heckert, DSW, LICSW, CMHS | Heckert Counseling & Consultation, PLLC
- Nucha Isarowong, PhD, LICSW, IMH-E | Barnard Center for Infant and Early Childhood Mental Health
- Mary Virginia Maxwell, LMHC | ESD105
- Kathryn McCormick, MA, LMFT, CMHS, EMMHS | Tulalip Tribes
- Lou Olson, LICSW IMH-E | HopeSparks Family Services
- Laura Schrotenboer, MS, LMHC, MHP, CMHS | Mae's Hope
- Sharon Shadwell, LMHC | The Practice NW
- Haruko Watanabe, MA, LMHC, IMH-E | Navos

Joining Jamie Elzea, MSW, MPH, LICSW, IMH-E (Nurtureways) and Dr. Meyleen Velasquez, LCSW, LICSW, PMH-C, RPT-S (Hummingbird Counseling).



WASHINGTON ASSOCIATION FOR
Infant Mental Health

Washington State
Health Care Authority

Professional Development to Support Application of the DC:0-5™



- ▶ Additional workshops
 - ▶ Foundational principles of IECMH
 - ▶ Screening, assessment, and observation
 - ▶ Diverse perspectives on assessment and diagnosis
 - ▶ Find more on the [IECMH Workshops](#) webpage
- ▶ DC:0-5 Communities of Practice



Provider Implementation



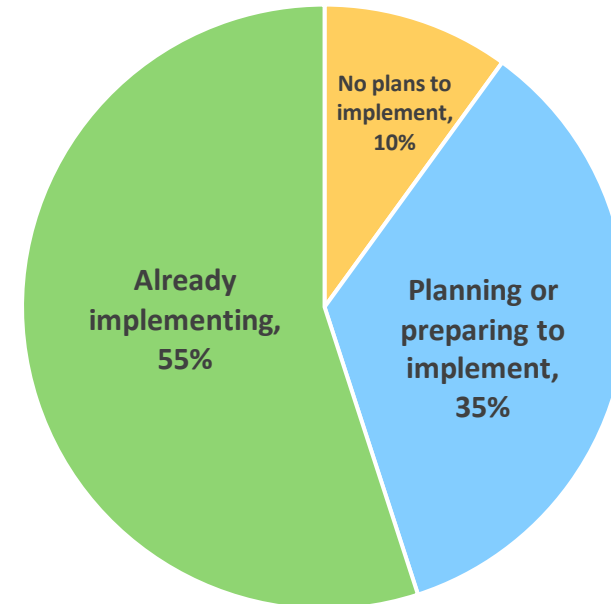
► Strategies

- ▶ Attending training
- ▶ Using the crosswalk
- ▶ Updating electronic health records

► Challenges

- ▶ Time & resources needed for updates
- ▶ Agency-specific policies
- ▶ Need for additional training and PD

DC:0-5 Uptake



Outcomes



- ▶ Providers feel more confident
- ▶ More comprehensive assessment
- ▶ Better family experience

“Infant Mental Health providers [use to have] additional work to try to make everything fit into the DSM-5/older persons system. This helps us accommodate their needs in a more straightforward way.”
– Behavioral health agency in King County



Centering Equity

- Cultural formulation
- Access to professional development

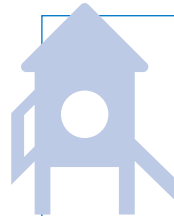
“[DC:0-5 is] increasing clinicians’ competency in infant mental health which, in turn, assists in communicating with caregivers and systems.”
– Multi-regional behavioral health agency

What's next?

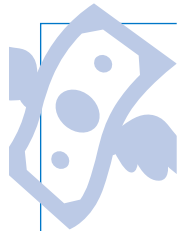
Additional Areas of Need within IECMH System



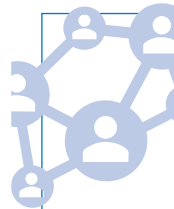
Awareness & access to IECMH services



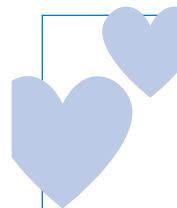
Ability to access childcare for sessions



Rates and productivity standards



DC:0-5™ adoption and clinical training for other IECMH professionals



Training in IECMH treatment models

What's next for MHAYC at HCA?



IECMH Statewide Tour



IECMH Provider Spotlight



MHAYC Analysis Project



Family-focused communication and engagement



More from the IECMH-WC

IECMH Statewide Tour

- ▶ Visiting each region of the state
 - ▶ Provider Listening Sessions
 - ▶ Community Networking
- ▶ Register today!
 - ▶ June 13-14: Spokane & Greater Columbia
 - ▶ July 10-12: North Sound, Pierce, & King
 - ▶ Other locations/dates TBD

Visit our [IECMH statewide tour](#) webpage

Infant-Early Childhood Mental Health



Statewide
Tour

IECMH Provider Spotlight

- ▶ Opportunity to highlight providers and agencies implementing IECMH services, including:
 - ▶ Innovations
 - ▶ Best practices
 - ▶ Lessons learned
- ▶ Hosted during HCA's IECMH Office Hours



MHAYC Analysis Project (pending)



- ▶ Using claims data and other administrative data
- ▶ Focus on:
 - ▶ Multi-sessions assessments
 - ▶ Assessments in the home & community
 - ▶ Assigned diagnoses
 - ▶ Treatment following assessment
 - ▶ Demographics (age, race/ethnicity, region, language)

Family-focused Communication & Engagement



Potential components

- ▶ Partnership with other state agencies, community orgs, family-run organizations, and **parents/caregivers**
- ▶ Listening sessions with parents & caregivers
- ▶ HCA webpage about IECMH for parents & caregivers
- ▶ IECMH promotional materials for parents & caregivers

What's next for the IECMH-WC?



- ▶ Continued provider workshops
- ▶ Continued DC:0-5 Communities of Practice
- ▶ DC:0-5 Clinician Office Hours
- ▶ IECMH-WC Overview Training
- ▶ Diversity, Equity, Inclusion, & Belonging Workgroup



Want to learn more from HCA?



Visit our IECMH webpage

[Infant-early childhood mental health](#)



Find MHAYC Apple Health resources

[MHAYC website](#)

Email us!

Kiki.fabian@hca.wa.gov
Christine.cole@hca.wa.gov

Sign up for alerts & updates

Subscribe to [Prenatal – Age 25 Behavioral Health](#) topics through GovDelivery

Join HCA IECMH Office Hours

Sign-up under **Office Hours** on our [IECMH website](#)








What's available on the MHAYC webpage?

- Billing webinars
- Billing & encounter guidance
- Travel reimbursement forms
- DC:0-5 Crosswalk
- Guidance on the DC:0-5 requirement and documentation
- And more!

MHAYC Communication Channels



-  MHAYC webpage
-  P25 Behavioral Health GovDelivery
-  MHAYC Billing Webinars
-  Quarterly Office Hours
-  Tailored support through presentations and technical assistance

“HCA has been using a variety of ways to communicate. I especially appreciate the office hours, in order to ask questions!” – Behavioral health agency in Greater Columbia

“I think as long as you are signed up and know where to look, the information is excellent. I’m not sure how [HCA] reaches out to providers who provide the service but may not be signed up to receive updates from HCA.” – Behavioral health agency in Greater Columbia