

TEMPLATE FOR TRANSFORMATION PROJECT SUGGESTIONS

For projects to be considered for inclusion in the Medicaid Transformation Project List, please provide the information requested in the template. We are looking for summarized information – **2-3 pages maximum per project**. Please email completed templates by **January 15, 2016**, to MedicaidTransformation@hca.wa.gov with the subject **Medicaid Waiver Project**. Thank you for your interest and support.

Contact Information	Katie Klute Owner/CEO Recovery and Wellness Center of Eastern Washington 509-619-0519 katie@recoveryandwellness.org
Project Title	School Based Mental Health Clinics
Rationale for the Project	
<p>Within the United States and certainly in the Tri-Cities and surrounding areas, we are seeing an increase in mental illness in our school systems. Starting at a very young age, children are struggling with anxiety, depression, trauma and eating disorders. Often times the mental illness is generational and often times we see children with mental illness and are unsure of the known cause.</p> <p>Recovery and Wellness Center of Eastern Washington is a new Behavioral Health Agency in Kennewick, WA. We are the first and only agency in the Tri-Cities and surrounding areas that is treating eating disorders and the only agency to start an Intensive Outpatient Program for the treatment of eating disorders and other mental illnesses.</p> <p>Our clients are as young as 7 years old and are presenting with including but not limited to; eating disorders (anorexia, bulimia, binge eating/food addiction and eating disorders not otherwise specified – EDNOS), trauma, sexual abuse, physical abuse, anxiety, depression, co-dependency and borderline personality disorders. While some are successful students and/or adults, many are lost in the ‘system’ with low education or have dropped out, live away from their families, cannot find their place in this community or world and are in a state of feeling lost and helpless. Sadly, we are also seeing some of the same individuals in the justice system.</p> <p>We have seen the damage mental illness can do to an individual’s sense of self and have wondered, ‘if this child would have gotten adequate help in the earlier years or when diagnosed, would their education and place in society have been more successful? If they were given tools to cope, ways in which to effectively communicate would their behaviors or outbursts existed?’</p> <p>We are curious; when we look at two individuals who have mental illness, diagnosed at the same age, living in similar familial situations and separate them according to their access to treatment will we see a distinct difference in a number of areas; attention in class, ability to cope with outside stressors, better nutritional selections, ability to communicate more effectively and a higher level of confidence? Currently, within our practice, we are seeing success in providing awareness and prevention as well as individual and group therapy.</p> <p>Our schools have fantastic school counselors however, most are tied up with managing the student’s academics, are not licensed to provide mental health counseling/support and their schedules do not allow for the high number of students who are in need. Our School Based Mental Health Clinics will provide added support to the school staff.</p> <p>At Recovery and Wellness Center of Eastern Washington we do not turn anyone away due to financial reasons and/or inability to pay. We currently see a number of Medicaid clients and hope to continue to provide services to</p>	

those covered by Medicaid.

Project Description

Which Medicaid Transformation Goalsⁱ are supported by this project/intervention? Check box(es)

- X Reduce avoidable use of intensive services
- X Improve population health, focused on prevention
- Accelerate transition to value-based payment
- Ensure Medicaid per-capita growth is below national trends

Which Transformation Project Domain(s) are involved? Check box(es)

- Health Systems Capacity Building
- Care Delivery Redesign
- X Population Health Improvement – prevention activities

Project Description:

Our Transformation Project (School Based Mental Health Clinics) would include setting up an off-site center located at one of our local High Schools. We have already been approached by three (3) schools which are interested in our School Based Mental Health Program. Phoenix High School, located in Kennewick, has asked if they can be the pilot school.

Phoenix High Schools is one of several Alternative High Schools and an excellent fit for our School Based Programs. The students ages range from 15-21+.

Overview:

School Based Mental Health Clinics will be housed within the High School
 It will be run by a Licensed Mental Health Counselor or Social Worker
 The therapist will run weekly Self Sufficiency Groups (one day for female, one day for male)
 They will also be available for individual sessions during the day
 Students needing additional support can attend our Intensive Outpatient Program at our main facility

Project Goals, Interventions and Outcomes:

If we are included in the Medicaid Transformation Project List, we will start with serving our local High Schools. We understand that children need access to mental health care at a younger age and will look at implementing our program at the Elementary and Middle Schools in the future. We are currently working on a Prevention and Awareness Program at the elementary and secondary schools which is more of an after school program than a treatment site. High School aged kids are between the ages of 14-20. Within our alternative schools there are a handful of 21 year olds.

We truly believe that if we can establish care within the schools, we will see a decrease in the need for Intensive Outpatient or even Inpatient needs as an adult. We also believe that our program which will include a section on nutrition, will help in aiding assistance in eating well which will reflect in medical needs, see a decline in obesity, diabetes and the medical implications of those diseases.

Potential Partners:

It is our intention to work closely with the School Administrators, Government Agencies, Communities in Schools, Benton Franklin Health Department, Crisis Response, Support Advocacy and Resource Center, Domestic Violence Services, our local Mental Health Drug Court and Juvenile Justice Center.

Core Investment Components
<p>Core Investment Components/Proposed Activities: Individual Sessions – weekly or as needed per student Weekly Self-Sufficiency Program (12-weeks in length. Students may attend as many times as they’d like. In addition, we will take new students as needed).</p> <p>Cost Estimates: Licensed Mental Health Counselor – \$30,000 annually Supplies - \$20.00 per student x 50 students = \$1000.00 (workbooks and materials) Location: at this time, we are being offered free space for our pilot program</p> <p>Implementation Time Frame: We currently have our Self-Sufficiency group curricula written and in place within our facility. We have a location for our pilot program, a therapist interested in the off-site location office but need funding support. We could begin our pilot program as soon as possible.</p> <p>Financial Return on Investment: It is our hope that once we have established evidence and success in having School Based Mental Health Clinics within our schools we will work with insurance companies to allow us to bill those students who have insurance, Medicaid, will accept self-pay or ‘out of pocket’ and will continue to see clients pro bono when needed. We will also approach the school administrators to discuss the idea of building our services into their annual budget.</p>
Project Metrics
<p>We have made the first steps in partnering with a University to discuss the idea of using our program to establish Evidence Based Treatment. Our pilot program will provide much needed data, lessons learned and help us to determine outcome measurements when it comes to students pre and post treatment and/or participation in our curricula and programs. Before starting our School Based Mental Health Programs students will take a pre-test so we can establish where they are currently and then after the 12 weeks of Self-Sufficiency group work will have them take a post test. From there we will be able to measure changes.</p>

ⁱTransformation goals as stated in Washington’s Medicaid Transformation waiver, <http://www.hca.wa.gov/hw/Documents/waiverappl.pdf>:

- Reduce avoidable use of intensive services and settings such as acute care hospitals, nursing facilities, psychiatric hospitals, traditional LTSS and jails.
- Improve population health, with a focus on prevention and management of diabetes, cardiovascular disease, pediatric obesity, smoking, mental illness, substance use disorders and oral health; that is coordinated and whole-person centered.
- Accelerate the transition to value-based payment, while ensuring that access to specialty and community services outside the Indian Health system are maintained for Washington’s tribal members.
- Ensure that Medicaid per-capita cost growth is two percentage points below national trends.