

Infant-early childhood mental health (IECMH) at HCA

Office Hours
July 24, 2025

Our time together

Note: Please drop questions in the chat throughout!



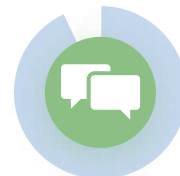
Welcome



Background



IECMH @ HCA



Open Floor – Community Updates

HCA's IECMH team



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Getting to know one another

In the chat box:

- ▶ Your name
- ▶ Your role
- ▶ Your organization
- ▶ What are you hoping to get from joining today?
- ▶ Do you have an update to share today?



Background

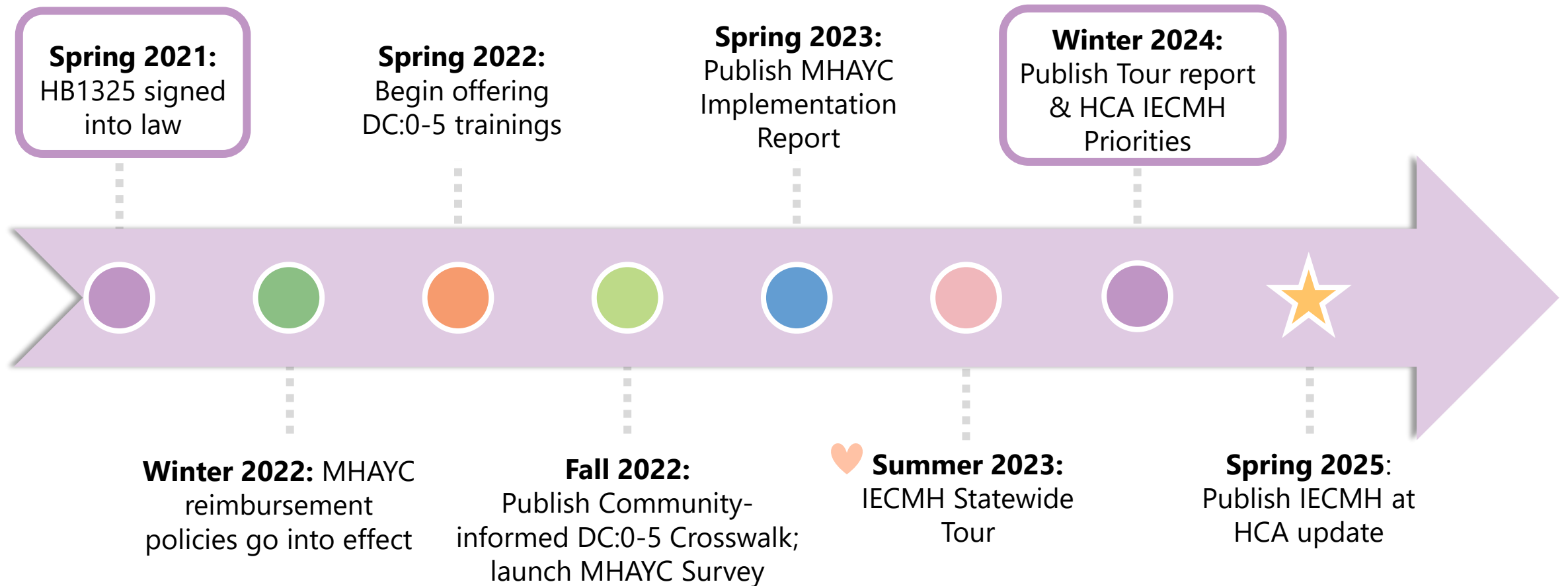
Mental Health Assessment for Young Children (MHAYC)

- ▶ Mental health assessments for children birth through age 5, Apple Health will:
- ▶ Allow reimbursement for:
 - 📅 Multi-session assessments
 - 🚗 Provider travel to home and community settings
- ▶ Require providers to:
 - 📖 Use the DC:0-5™

Assessments include topics such as:



IECMH Timeline



IECMH Statewide Tour

"We need improved connection with other partners agencies who work with prenatal to five [age]. We need more days like today."



By the numbers

10 listening sessions
96 mental health providers
53 organizations
1,720 direct quotes

IECMH @ HCA

Building community-informed priorities

HCA's IECMH priorities

Priority 1

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



1

2



Priority 2

Ensure equitable access to developmentally appropriate IECMH services for young children

Priority 3

Build person- and community centered IECMH systems.



3

4



Priority 4

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

Priority 5

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



5

Priority 1: Strengthen & support a diverse IECMH workforce

745 mental health
professionals & **450+** allied
professionals have received
DC:0-5 training

40 clinicians at **12** behavioral
health agencies (BHAs) are
participating in the current
CPP Learning Collaborative

IECMH Workforce Collaborative

Child Parent Psychotherapy
(CPP) learning collaborative

- Evidence Based Practice (EBP) reporting
- Barnard Center implementation analysis

Partnership with People
Powered Workforce project

Priority 2: Ensure equitable access to developmentally appropriate IECMH services for young children

In October 2025, HCA released new guidance on reimbursement for mental health services with children residing with their parents in residential substance use treatment.

Ongoing updates to Apple Health resources (e.g. MHAYC Referral Guide, IECMH Toolkit, DC:0-5 Crosswalk)

Apple Health billing & clinical policy support

- Defining 'caregiver'
- Multi-/inter-disciplinary assessments

Referral Pathways

- Cross-state agency collaboration
- Within Reach – Help Me Grow
- IECMH within Early Childhood Courts (ECC)
- IECMH Referrals training

Priority 3: Build person- and community-centered IECMH services & systems

IECMH WC sponsored the first
Tribal-specific DC:0-5 trainings
for the Colville Tribe.

The Cowlitz Tribe invited HCA & the
Tulalip Tribes to present on IECMH
services at the Tribal Behavioral Health
Conference in 2024.

Tribal partnerships

IECMH Provider Spotlights

Prenatal – Five Grow & Thrive
Newsletter

Priority 4: Achieve value-based, sustainable IECMH care through aligned payments & systems

Managed care partnerships

Measuring outcomes

- Evaluation study using claims data to understand IECMH services

Alternative payment models

- Identification of commonalities across IECMH treatment models

Managed care organization (MCO) contracts were updated to clarify Early Supports for Infants & Toddlers (ESIT) services, as well as requiring more accessible & updated IECMH information.

Priority 5: Strengthen cross-system alignment to achieve integrated whole person care for young children & their families

Sister-state agencies hosted the first in-person PIE convening in 2024, focused on collaboration and strengthening the PIE system of care.

HCA and our partners are working to intentionally align efforts to prioritize IECMH in the state



Zero To Three Finance and Policy Project (ZTT FPP)

Pregnancy, Infancy, & Early Childhood (PIE) Group

Statewide Early Childhood Convenings

Supporting perinatal mental health



Workforce
survey

Launched
July 10!



Postpartum
coverage
awareness



Community
conversations



Data
exploration



Perinatal
mental health
toolkits

Coming
soon!

Open Floor

Community Updates

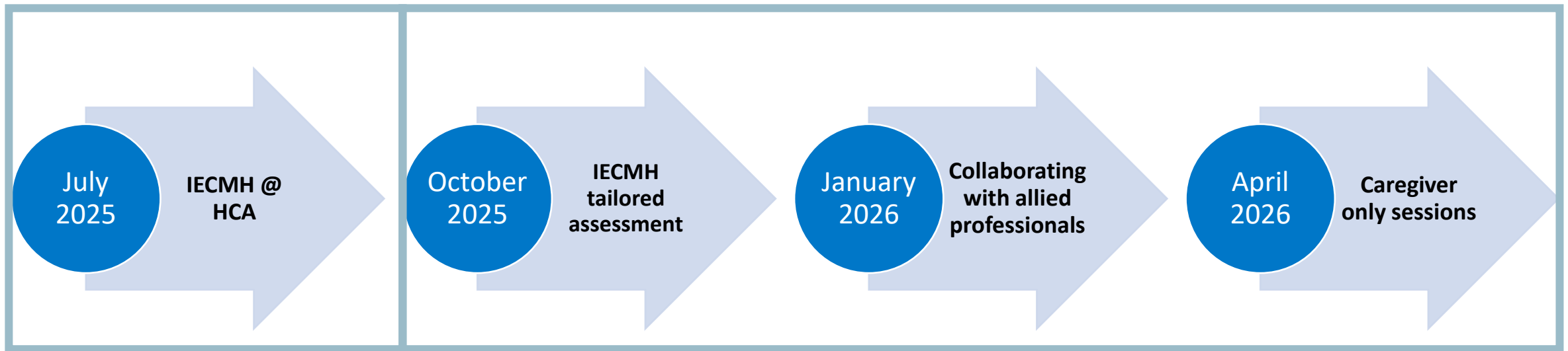


We'd love to hear from you!

- ▶ What's been happening for you & your organization to support IECMH in the past 2 years?
 - ▶ Any exciting wins?
 - ▶ Where are you feeling stuck?

Closing

Tentative IECMH Office Hours



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

[Subscribe for updates](#)


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 &
Christine Cole



Sign up for alerts & updates

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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!