

## Neurodevelopmental Behavioral Treatment Center (NBTC)

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### Overview

In July 2021, HCA received funding for a Neurodevelopmental Behavioral Treatment Center (NBTC) program for youth, formerly known as the Habilitative Mental Health (HMH) program. Once implemented the NBTC program will be the only public funded, long-term inpatient program for youth, 5-17 in Washington State to specialize in serving children and youth with co-occurring mental health (MH) and Intellectual Developmental Delay (I/DD), including autism spectrum disorder (ASD) diagnoses.

A Children's Long-Term Inpatient Program (CLIP) NBTC provides twenty-four (24) hour per day, seven (7) days per week intake, treatment and supervision of children and youth in a safe and therapeutic environment.

The NBTC Program is currently funded as a twelve bed CLIP facility specializing in the provision of habilitative mental health services for children and youth who have intensive behavioral health support needs.

### Current status of implementation

A Request For Information (RFI) to solicit interest from the provider community was issued in January 2022. However, due to workforce shortages, a lack of specialized skills for the population and the unavailability of capital funding, potential applicants did not feel equipped to provide this level of service.

An ongoing stakeholder workgroup made up of experts from various state agencies and hospitals who treat this population, convene monthly to develop the program components and ensure staffing and cost modeling are at par with the need for the scope of treatment the program will provide to a specialized population. HCA submitted a decision package for consideration and an increased daily rate is now included in the governor's budget.

The workgroup is also focusing on rebranding the program and determining a new name/title that provides a clearer description of the expectation that children and youth with co-occurring conditions do make progress and return to their home and community with a higher level of functioning.

### Eligibility requirements

Children and youth admitted to the NBTC have been diagnosed with a co-occurring serious psychiatric illness with I/DD and/ or ASD and need significant behavioral health supports. Most have been served by various systems, have past hospitalizations, and complex needs. Many have histories of suicidal/self-injurious behavior, intense aggression or sexualized behavior and medical needs.

All children and youth admitted to NBTC qualify for Medicaid due to their categorical need. For voluntary admission to NBTC, applicants must be legal residents of Washington and under the age of 18.

### Services offered

- An initial treatment plan listing initial goals will be created with the family, treatment team, young person as able and participating agencies/providers. The treatment plan shall identify youth and family goals of care that will facilitate the readiness for supports and services in a community-based settings or other appropriate services.
- Complex case management/coordination services to convene treatment team meetings driven and informed by parent/guardian participation or other adult caregivers and ensure proactive discharge and treatment planning that includes work with Developmental Disabilities Administration (DDA) and multiple other agencies who may be involved in each child and youth's care.

- A daily routine of well-supervised therapeutic activities consistent with a trauma-informed approach. Evidenced-based practices will be used to promote wellness and psychological and physical safety to support the development of emotional regulation and daily living skills. Milieu based programming, individual, group, family/natural support therapy, skilled behavior management, and other treatment supports and services will be offered.
- Safety and discharge planning with each youth and their family/guardian to identify interventions to develop and demonstrate strengths of the youth and family to build on.
- Opportunities for the individual to engage in age-appropriate structured recreational activities that support activity-based learning and the development of positive social and interpersonal skills.
- Education will be offered through the local school district or educational staff hired by the program.
- All discharge best practices as outlined, shall be integrated into all elements of care from admission.

## Staffing credentials

Staff to be present, on call, or on contract:

- MD, Psychiatrist, prescriber
- Clinical Director
- Board Certified Behavior Analyst
- Behavior Technicians
- Advanced Registered Nurse Practitioner
- Registered Nurse (psych. Certified)
- Licensed Practical Nurse
- Licensed Mental Health Professional
- Licensed Social Worker
- Bachelor Counselors
- Recreation Therapist
- Certified Nurse Assistant
- Family Peer Liaison
- Program Coordinator

## Budget

- \$260,000 of state funds was budgeted for July 1, 2021 through June 30, 2022 to support startup.
- \$3,028,000 of state and federal funds are available July 1, 2022 through June 30, 2023 for HCA to contract for a 12 bed facility.

## Estimated rates

- Estimated daily rate: \$1,700.00

## Key partners

Department of Social Health Services (DSHS);

- Developmental Disability Administration (DDA)
- Department of Child Youth and Families (DCYF), Behavioral Health Organization (BH-ASO), Managed Care Organization (MCO), and other community partners.

## Oversight

HCA's Division of Behavioral Health and Recovery (DBHR) administers the NBTC.

NBTC will be licensed by the state Department of Health (DOH) under licensing requirements for Residential Treatment Facility (RTF) Licensing, RCW 71.12.455  
WAC 246-337

Psychiatric Residential Treatment Facility (PRTF) Designation by CLIP Inspection of Care Team, if program is contracted in the community Accreditation is required by the Joint Commission for Accreditation of Hospitals Organizations.

## More information

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