

# Developmentally appropriate mental health assessments for young children

## Overview

In 2020, Governor Inslee signed into law Sec. 215. 2019 c 415 s 215 Proviso 62, otherwise known as Proviso 62. Proviso 62 called for the Health Care Authority (HCA) to conduct an analysis on the impact of changing policy in Apple Health (Medicaid) to match best practices for mental health assessment and diagnosis for infants and children from birth through five years of age.

Approximately 10-14 percent of children birth to 5-years-old experience emotional, relational, or behavioral disturbances<sup>i</sup>. In light of the Covid-19 pandemic, analyses indicate an impending statewide increase in behavioral health impacts and an expected increase in child abuse occurrences<sup>ii</sup>. These disorders, if properly identified using diagnostic criteria relevant to infant and early childhood development, can be effectively treated. Appropriate assessment leads to more effective treatment and reduces behavioral, school, and physical health risk factors over the long term.

The Diagnostic Classification of Mental Health and Developmental Disorders of Infancy and Early Childhood (DC:0-5™) is the internationally accepted system for developmentally appropriate assessment of young children's mental health. It includes disorders that are specific to that stage of development (e.g., Excessive Crying Disorder), as well as general disorders that manifest themselves in particular ways in the infant-toddler population (e.g., Autism Spectrum Disorder). Assessment using the DC 0-5™ system requires multiple assessment visits, must involve caregivers, and must include observing children in their natural environments, such as their home or child care setting<sup>iii</sup>.

Several statewide policy changes would be required to fully implement the DC 0-5 system in the Apple Health program.

In partnership with Mercer, HCA is conducting an analysis of cost estimates associated with the following policy changes:

- (a) Allow reimbursement for three to five sessions for intake and assessment;
- (b) Allow reimbursement for assessments in home or community settings, including reimbursement for clinician travel; and
- (c) Require clinician use of the diagnostic classification of mental health and developmental disorders of infancy and early childhood.

[A final report](#) summarizing the results of the analysis and cost estimates will be provided to the Office of Financial Management (OFM) and the appropriate committees of the Legislature by December 1, 2020.

## Authority

Sec. 215. 2019 c 415 s 215 Proviso 62;  
Washington State Health Care Authority.

## Budget

\$31,000 of the general fund—state appropriation for fiscal year 2020, \$94,000 of the general fund—state appropriation for fiscal year 2021, and \$125,000 of the general fund—federal appropriation.

## Partners


The Health Care Authority contracted with Mercer for the actuarial analysis and cost estimates. Input to the cost estimate work was provided by key infant & early childhood mental health stakeholders from Navos, Hope Sparks, King County Division of Behavioral Health and Recovery (DBHR), and Washington Association for Infant Mental Health.

## Oversight

Health Care Authority

## For more information

Kimberly “Kiki” Fabian, Infant & Early Childhood Mental Health Manager, 360-725-5725,  
[kiki.fabian@hca.wa.gov](mailto:kiki.fabian@hca.wa.gov).



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<sup>i</sup> Brauner CB, Stephens CB. Estimating the prevalence of early childhood serious emotional/behavioral disorders: challenges and recommendations. *Public Health Rep.* 2006;121(3):303-310. doi:10.1177/003335490612100314

<sup>ii</sup> Statewide High-Level Analysis of Forecasted Behavioral Health Impacts from COVID-19. August 2020. Drawn from the web 11/20:

<https://www.doh.wa.gov/Portals/1/Documents/1600/coronavirus/BHG-COVID19StatewideSummaryForecastofBHImpacts-Aug2020Update.pdf>.

<sup>iii</sup> Zeanah, C. H., & Lieberman, A. (2016). Defining relational pathology in early childhood: The diagnostic classification of mental health and developmental disorders of infancy and early childhood DC: 0–5 approach. *Infant Mental Health Journal*, 37(5), 509-520.