



# HCA Infant Early Childhood Mental Health Office Hours

January 26, 2023

Washington State  
Health Care Authority

# Today's Agenda

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**Note:** Please drop questions in the chat throughout. HCA's team will respond during open floor portion.

- ▶ Welcome from the HCA IECMH team
- ▶ IECMH Updates
  - ▶ IECMH at BHAs Report
  - ▶ MHAYC Report
  - ▶ MHAYC Billing Webinar
  - ▶ IECMH Apple Health Service Models Toolkit
- ▶ Open floor for questions & comments

# Getting to know one another

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In the chat box:

- ▶ Your name
- ▶ Your role & agency (if applies)
- ▶ What are you hoping to get from joining today?





# Welcome from HCA's IECMH team

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**Kimberly “Kiki” Fabian, M.Ed.**

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# What does the HCA IECMH team do?

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Implement and support policies for Apple Health IECMH services



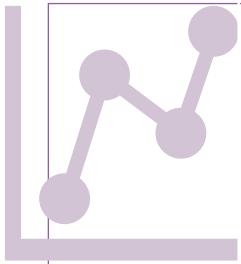
Manage contracts and programs that support the IECMH field



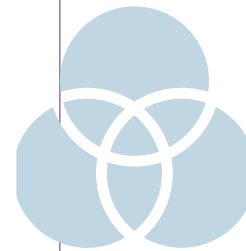
Partner with sister agencies and organizations on IECMH projects

# IECMH Updates

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IECMH at BHAs Report



MHAYC  
Implementation Report



MHAYC Billing Webinar

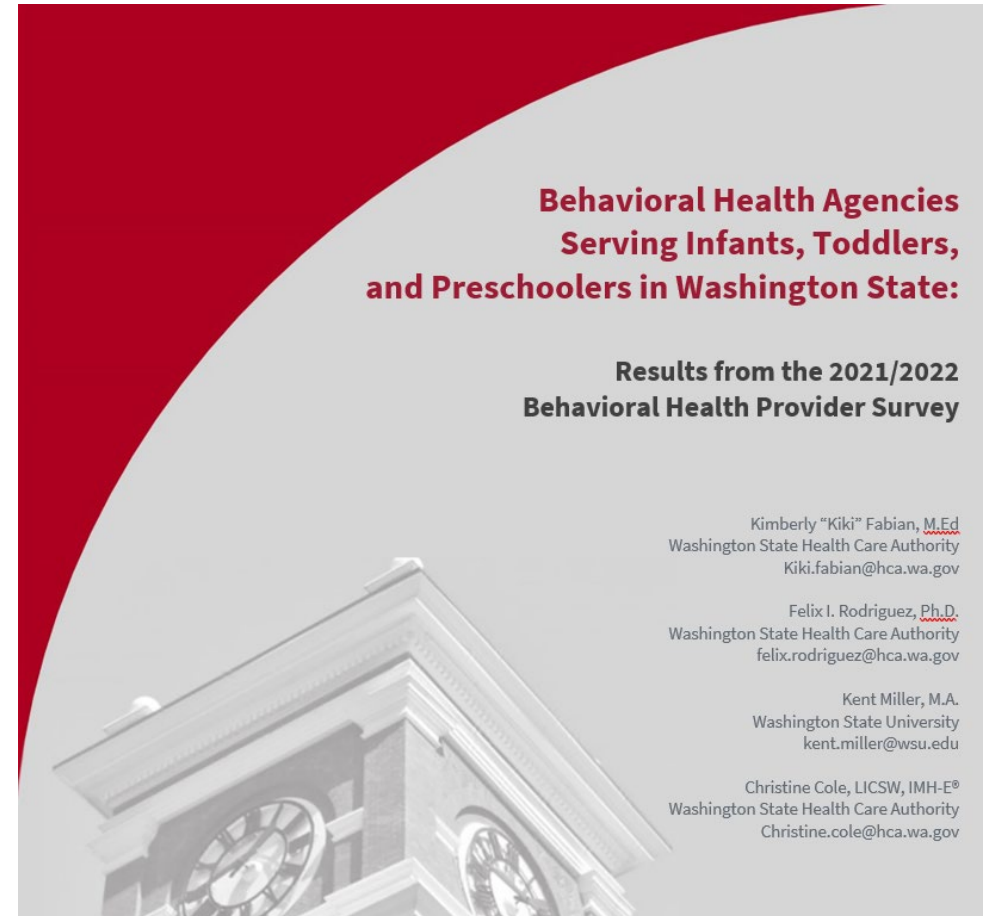


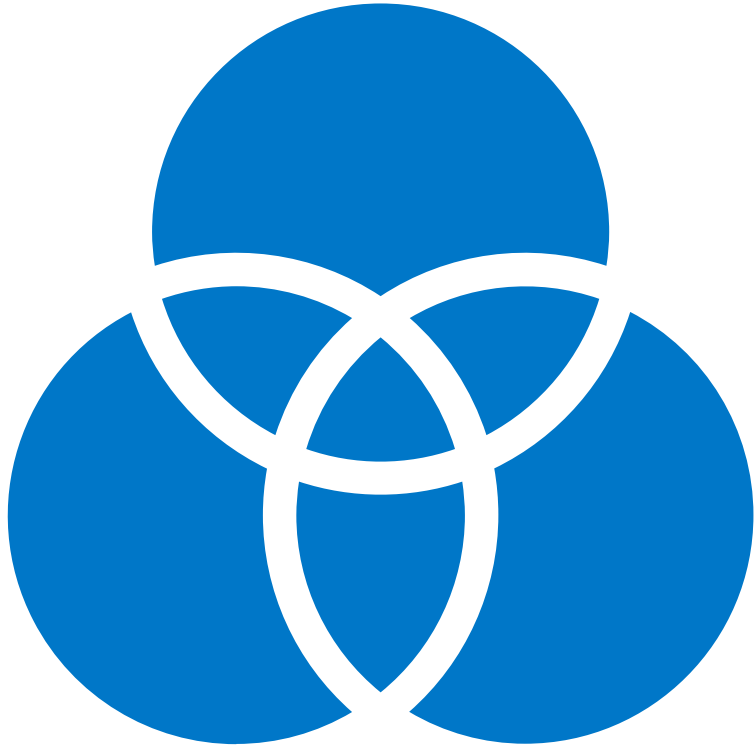
IECMH Apple Health  
Service Models Toolkit

## B-5 at BHAs Report

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- ▶ 2022 survey of licensed Behavioral Health Agencies (BHAs)
- ▶ Six questions about IECMH
- ▶ Over 200 responses
- ▶ Report to be released soon!





## Mental Health Assessment for Young Children (MHAYC) Implementation Report

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- ▶ 2022 survey of all Apple Health mental health providers on implementing:
  - ▶ Multi-session assessments
  - ▶ Provider travel reimbursement
  - ▶ Use of the DC:0-5
- ▶ 20 responses total
- ▶ Report to be released this Spring



# MHAYC Billing Webinar

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- ▶ February 23<sup>rd</sup>, 10-11:30am
- ▶ What's new:
  - ▶ Use of the DC:0-5™ in Clinical Records
  - ▶ Who are mental health professionals?
  - ▶ Caregiver only sessions
- ▶ Slides & recording will be available



# Apple Health Infant-Early Childhood Mental Health Service Models Toolkit

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- ▶ Intended to support individuals and/or organizations who want to provide Apple Health-reimbursable infant-early childhood mental health (IECMH) services

## What it covers

- Overview of Medicaid and Apple Health
- Compares service models for providing Apple Health IECMH services
- Resources for IECMH providers

## What it doesn't

- Billing for transdisciplinary care (OT, PT, ST, ABA, etc.)
- Contracting with managed care organizations (MCOs)
- Publicly funded behavioral health services outside of Apple Health

# Medicaid

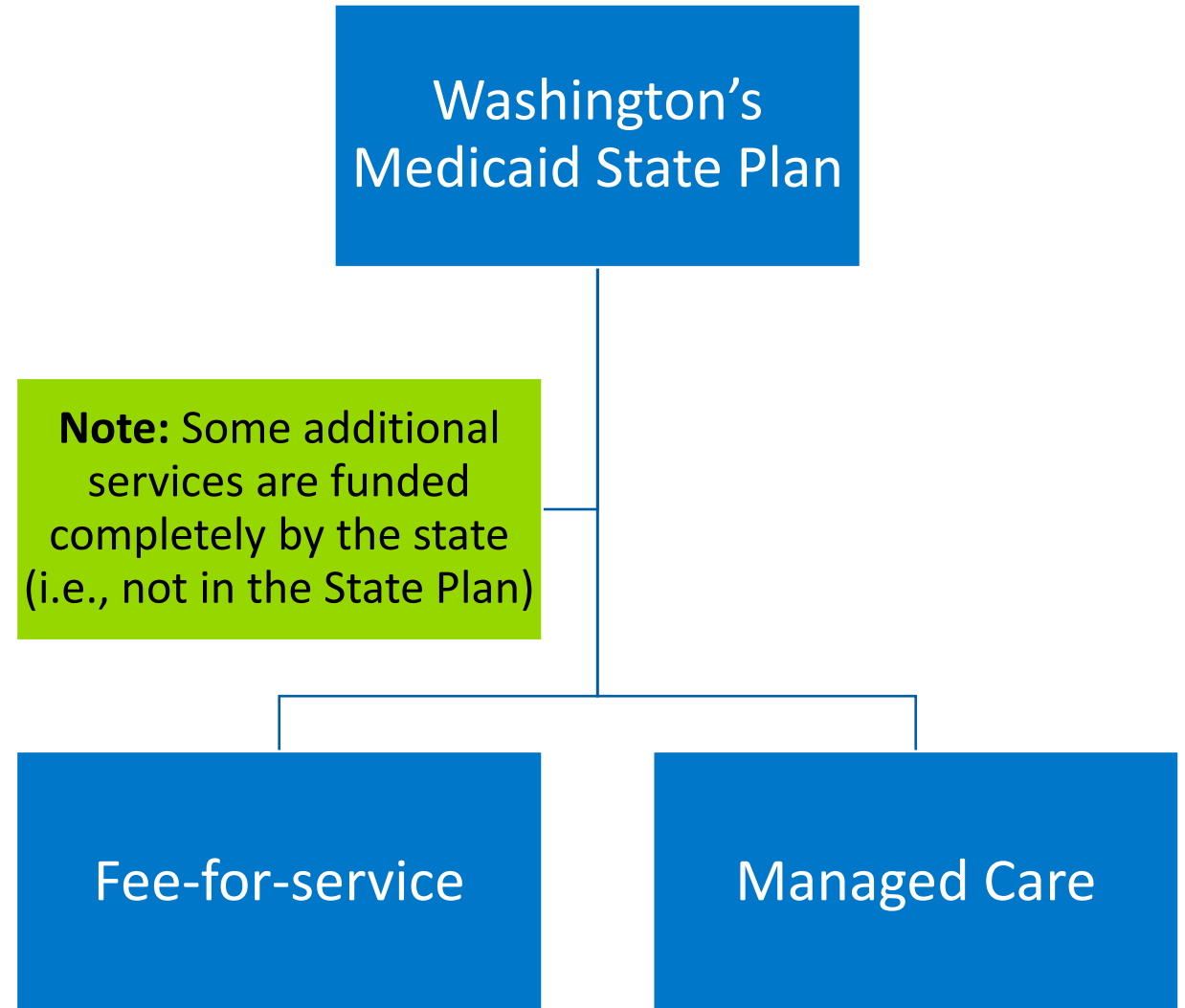
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- ▶ Provides coverage for health and other related services
  - ▶ Medicaid is funded by both the federal and state government
  - ▶ Eligible populations include low-income children and their families, low-income seniors, and low-income people with disabilities.
- ▶ Centers for Medicare and Medicaid Services (CMS) = Federal Medicaid
  - ▶ Establish federal mandates requiring states to cover core (i.e., required) benefits
  - ▶ Each state has the option of including additional benefits beyond Federally required components

# Washington Medicaid = Apple Health

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- ▶ State Plan: an agreement with CMS about what services will be covered and how by Medicaid by the state
- ▶ Managed care
  - ▶ Delivery system organized to manage cost, utilization, and quality.
  - ▶ HCA contracts with managed care organizations (MCOs) who then contract with providers
- ▶ Fee-for-service: Coverage without a managed care plan
  - ▶ HCA pays providers directly for each service they provide



# Two options for Apple Health reimbursement

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- Become or hire independently licensed mental health professionals (MHP)

Option 1



- Become a licensed behavioral health agency (BHA)

Option 2







## Or...partner with an existing Apple Health provider

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Existing Apple Health LMHPs or BHAs can offer their services at an organization, while managing Apple Health reimbursement themselves.

# Open Floor

Comments & Questions

# Federally Qualified Health Centers (FQHCs)

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## ▶ We are an FQHC. Are there special rules for us?

- ▶ Refer to HCA's billing guide for FQHCs on the [Provider Billing Guide](#) webpage
- ▶ Contact the [FQHC/RHC inbox](#) with any questions

## ▶ Where can we find out where there is an FQHC?

- ▶ Use this dashboard from HRSA: <https://findahealthcenter.hrsa.gov/>

# Resources for parents & caregivers

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## ▶ How do parents find a mental health provider who serves young children?

- ▶ [Mental Health Referral Service \(MHRS\) line](#) connects families of children younger than 17 with mental health providers in their community who are accepting new patients, work with their insurance, and fit their child's treatment needs.
- ▶ [Help Me Grow \(HMG\)](#) connects parents of young children to resources in their community, such as developmental screening, parenting classes, food banks, and/or mental health services

## ▶ What other resources are available for parents and families?

- ▶ [Family, Youth, & System Partner Roundtables](#) provide a forum for families, youth, systems, and communities to strengthen sustainable resources by providing community-based approaches to address the individual behavioral health needs of children, youth, and families
- ▶ [Center of Parent Excellence \(COPE\)](#) provides a pathway for Washington State parents who are accessing and navigating the children's behavioral health system to have peer support to ease their journey, whenever possible

# Want to learn more from HCA?



## Visit our website

Infant-early childhood mental health services



## Find MHAYC Billing Supports

Webinars, billing guides, and forms under  
**How Do I Bill?** on our MHAYC [website](#)

## Email us!

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[Christine.cole@hca.wa.gov](mailto:Christine.cole@hca.wa.gov)

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