

Mental Health Assessment for Young Children

Learnings from implementing
SSHB 1325 Sec (2)(11)

Community Presentation
July 21, 2022

Washington State
Health Care Authority

Introductions

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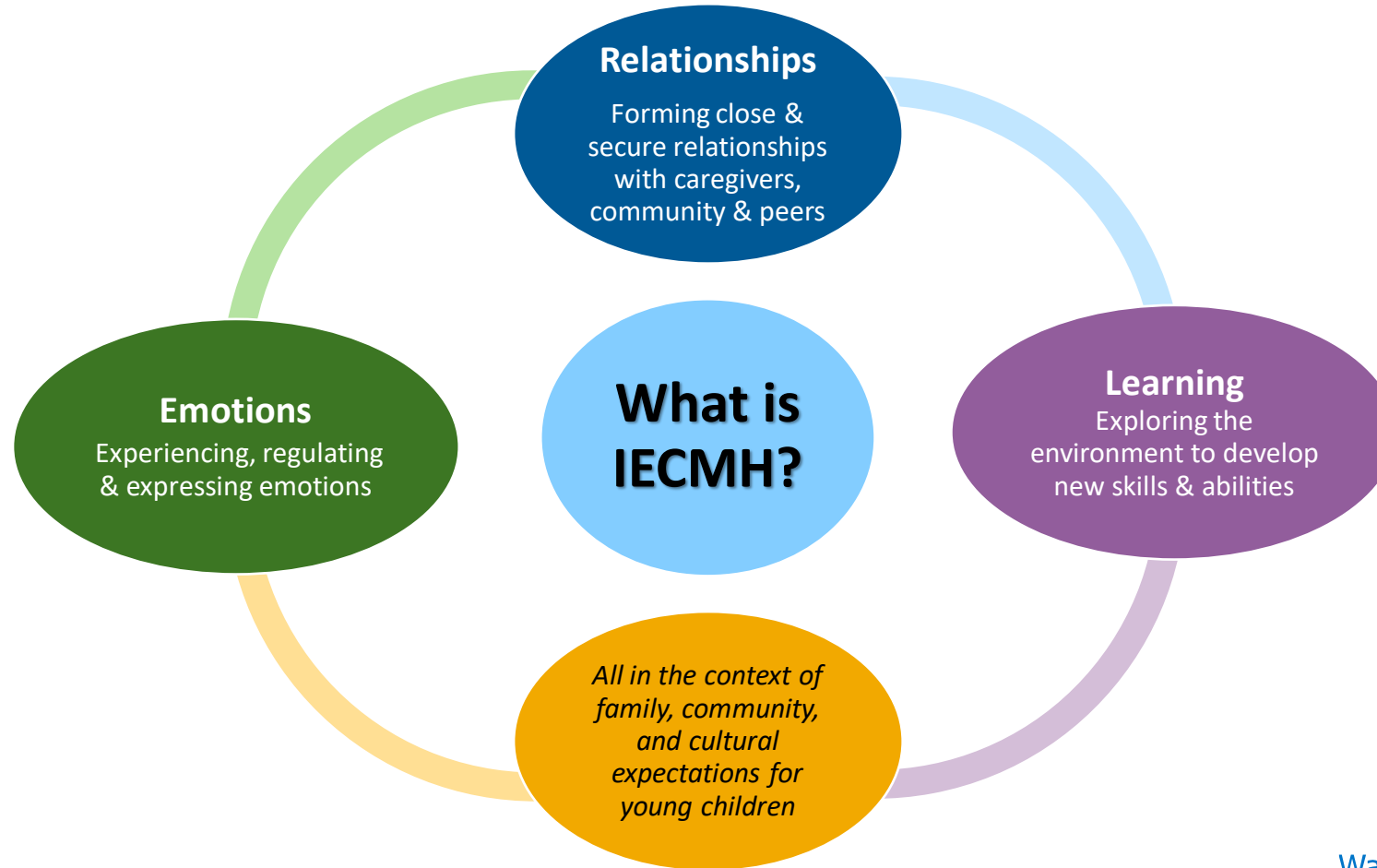
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Background

What is infant-early childhood mental health?





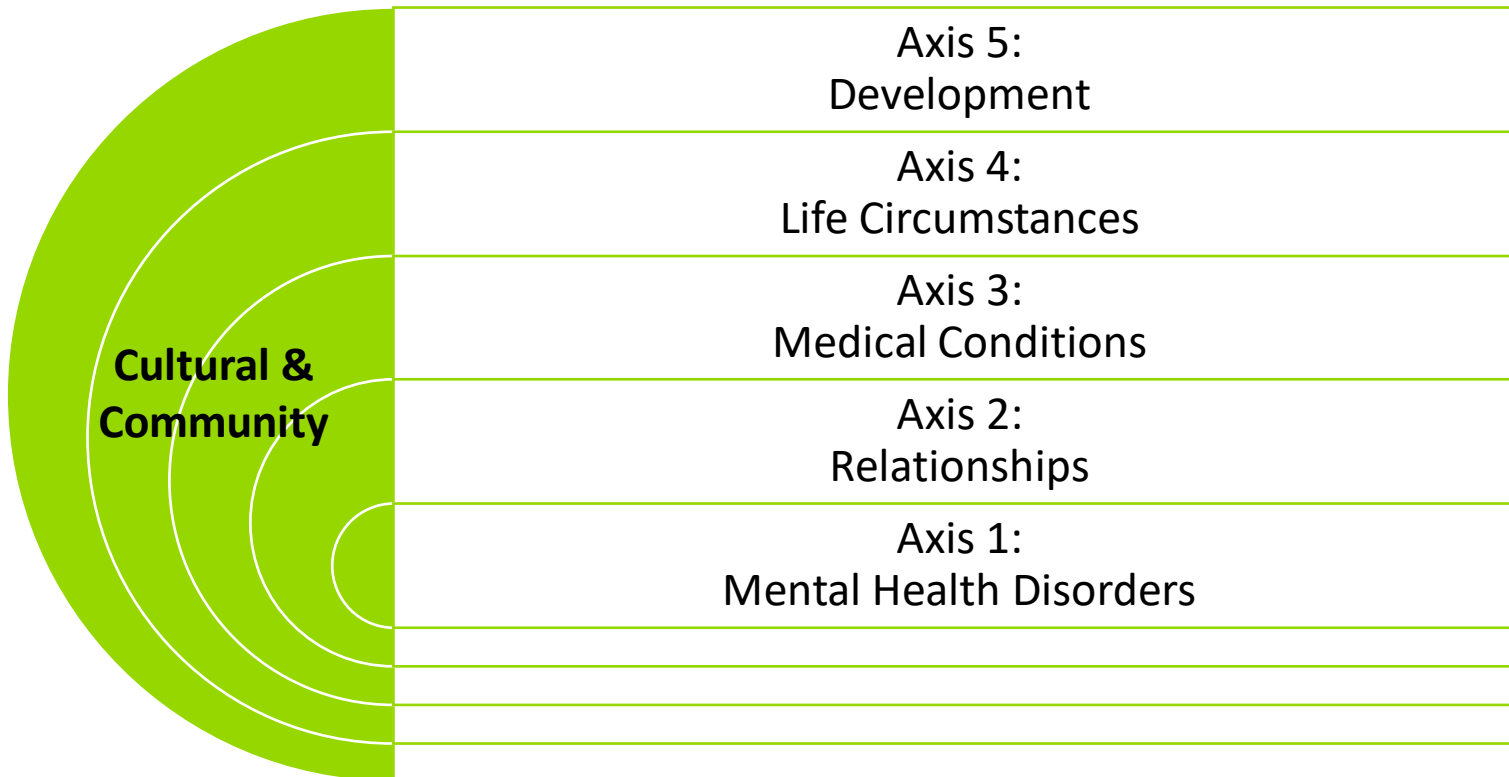
Developmentally appropriate mental health assessment

- ▶ Work on developmentally appropriate assessment & diagnosis for infants and young children has been ongoing for several years.
- ▶ Existing classification systems, such as the DSM, do not pay adequate attention to the unique developmental & relational experiences of infants and very young children.

Diagnostic Classification of Mental Health and Developmental Disorders of Infancy and Early Childhood (DC:0-5™)

Starts with understanding multiple aspects of a child's life *from the family's perspective* **BEFORE** diagnosing

Then, look at emotional/behavioral symptoms, with a developmental lens



Developmentally specific criteria for mental health disorders

- i.e. depression for a 3-year-old looks different than a 30-year-old

Additional mental health disorders that are specific for in infancy and early childhood

- e.g. Overactivity Disorder of Toddlerhood

2021 Legislation

After many years of work from infant-early childhood mental health advocates, HB 1325 Sec (2)(11) was signed into law in April 2021, making the following changes for Apple Health:

- (a) Allow the following for mental health assessment and diagnosis of children from birth through five years of age:
 - (i) **Up to five sessions** for purposes of intake and assessment
 - (ii) **Assessments in home or community settings**, including reimbursement for provider travel

- (b) **Require providers to use the current version of the DC:0-5** diagnostic classification system for mental health assessment and diagnosis of children from birth through five years of age.

See RCW 74.09.520: Medical assistance—Care and services included—Funding limitations.

Apple Health Implications



Update HCA policies, billing guidance, & contracts (MCO & FFS) to align with legislation



Develop mechanism & process for travel reimbursement



Create contracts with external partners to provide DC: 0 – 5™ **training** to mental health providers & allied professionals



Develop WA specific **diagnostic crosswalk** of DC 0 – 5 to ICD & DSM

Status & Next Steps

Health Care Authority activities to support implementation

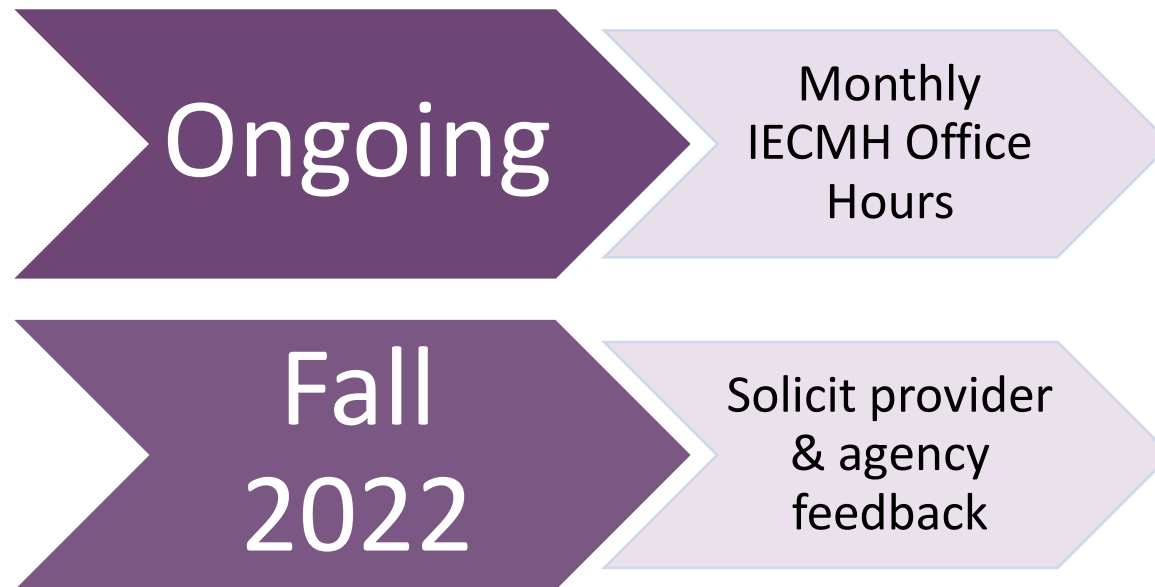
Multi-Session Assessment

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Up to 5 assessment sessions:

Effective January 1, 2022, mental health providers can submit claims/encounters for up to 5 intake assessment sessions



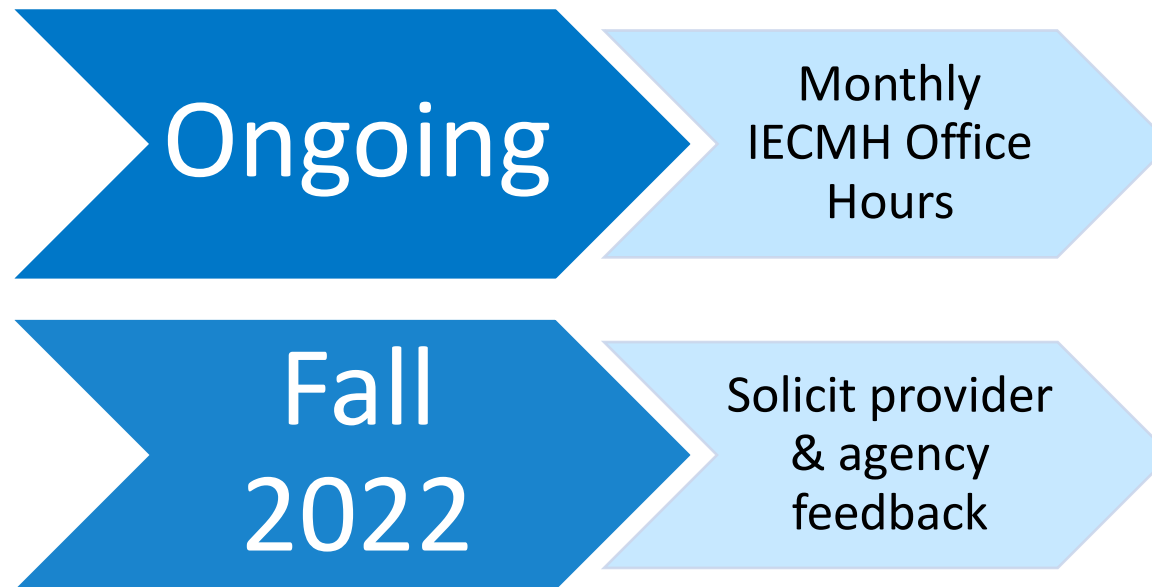
Travel Reimbursement

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Provider Travel Reimbursement:

Effective January 1, 2022, mental health providers can A19 for mileage reimbursement for intake assessment sessions

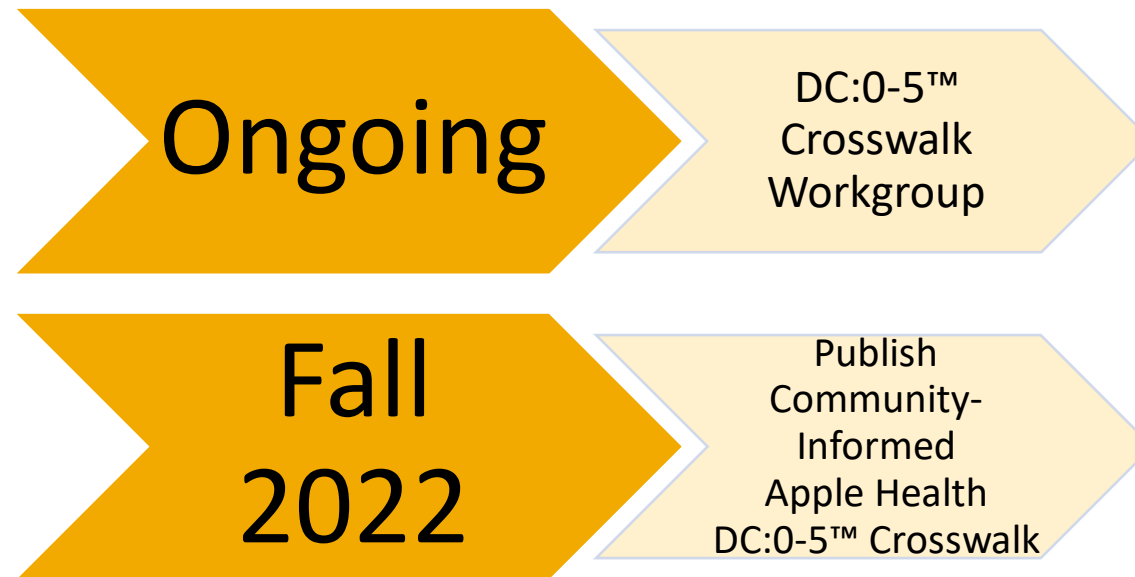


Resources to Support Use of DC:0-5™ | Apple Health DC:0-5™ Crosswalk




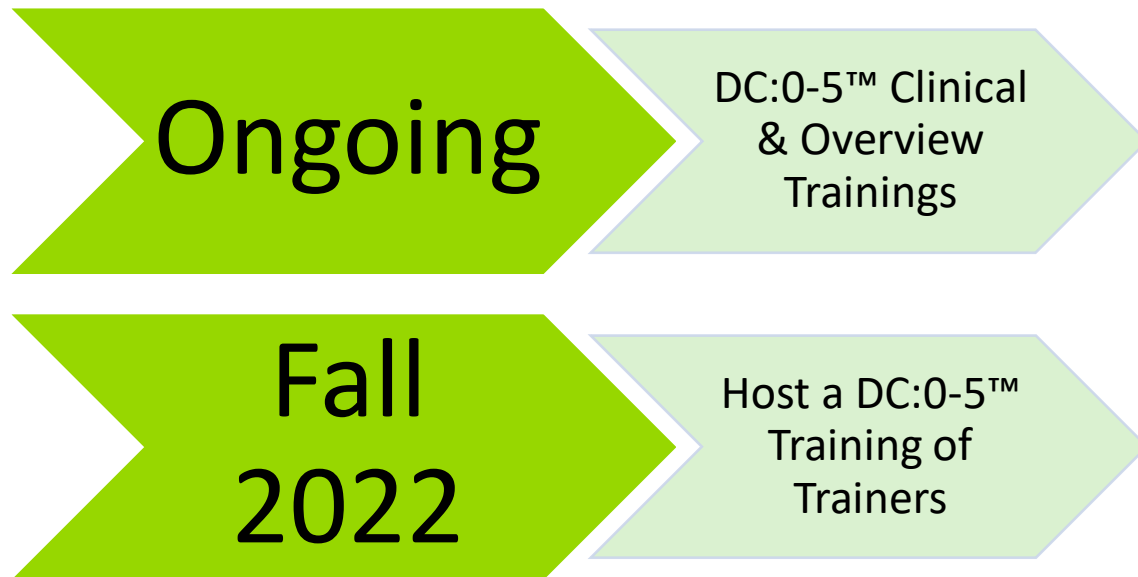
DC:0-5™ Crosswalk:

January 1, 2022, HCA published the Apple Health Interim DC:0-5™ Crosswalk



Resources to Support Use of DC:0-5™ | DC:0-5™ Trainings

 **DC:0-5™ Training:**
From March 2022 through June 2023, free DC:0-5™ trainings will be available to mental health providers & allied professionals



- ▶ HCA hosted 4 Clinical Trainings & 6 Overview trainings
 - ▶ 171 mental health professionals
 - ▶ 159 allied professionals trained
- ▶ Infant-Early Childhood Mental Health Workforce Collaborative (IECMH-WC)
 - ▶ March 2022: IECMH-WC contract awarded to the Washington Association for Infant Mental Health (WA-AIMH) to coordinate DC:0-5™ trainings, as well additional professional development resources

2022 Legislative Session

- ▶ **\$450,000** of Federal match funds were authorized in the 2022 Supplemental Budget to enhance current workforce development supports to meet the DC:0-5™ requirement
 - ▶ These dollars can only be used if they meet **specific eligibility criteria**
 - ▶ Allowable activities will incorporate these match funds throughout this year to **increase workforce supports**

Note: 2021 state investment of \$450,000 per biennium is ongoing. Total combined investment of state general fund & authority for federal match **\$900,000 for FY 23 - 25.**

Additional Lessons & Feedback

Sources of Input/Feedback

- ▶ Interviews with **other states** working to implement DC:0-5™
- ▶ Questions and comments during
 - ▶ **Meetings with HCA and MCO staff**
 - ▶ **Billing webinars/Office Hours**
 - ▶ **DC:0-5™ trainings**
- ▶ Feedback from members of the **Crosswalk Workgroup**
- ▶ **Outreach meetings** with behavioral health providers and key partners
- ▶ DC:0-5™ Training and Crosswalk **Feedback Forms**
- ▶ Barnard Center and Washington Association for Infant Mental Health
Dyadic IECMH Services Billing Survey

Project Strengths & Strategies

Webinars that review billing guidance in detail, with an organized and approachable presentation style

Willingness to meet one-on-one with providers to respond to questions

Sharing regular updates with key partners

Close partnership with HCA staff from across divisions to support internal implementation processes

Intentional coordination with MCOs to support roll-out of new reimbursement policies

Key Areas of Feedback

▶ DC:0-5™ Practice Considerations

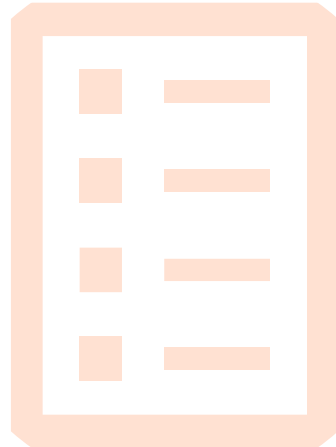
- ▶ DC:0-5™ Requirement
- ▶ Scope of Practice Considerations across Mental Health & Developmental Services

▶ Field Expansion Considerations

- ▶ Prevention services for B-5
- ▶ Broader IECMH field training
- ▶ Commercial Insurers

▶ Agency Infrastructure

DC:0-5™ Practice Considerations



Legislation did not include an implementation date for the DC:0-5™ requirement. Additional input from the field needed to shape timeline and tracking to support this requirement.

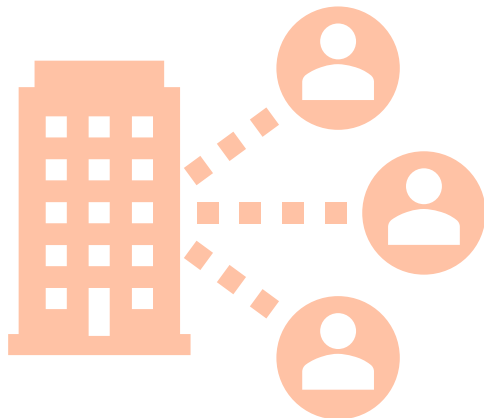
Throughout the implementation process, many providers have raised questions about **scope of practice**, especially given DC:0-5™ including both mental health and developmental diagnoses.

Agency Infrastructure



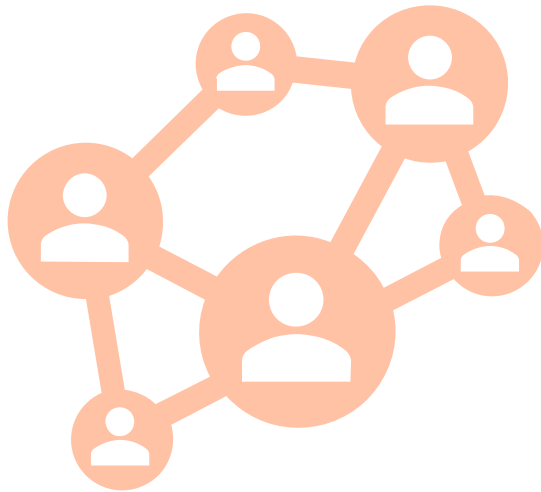
We'd like to hear from agencies to learn challenges, successes, and areas of ongoing need. Please reach out if you'd like to connect.

- ▶ Throughout the implementation process, providers have shared that MHAYC policies do not always align with agency policies, process & practices.



- Updates to **electronic health records** and **agency policies**
- Guidance on **assessment forms/tools** and how to document utilizing the DC:0-5™
- **Toolkits/resources** for how to offer IECMH services

Field Expansion Considerations



Requests from IECMH field:
DC:0-5™ adoption and clinical training for:

- **Medical Professionals**
- **ABA providers**
- **OT/PT/ST**
- **Students/Interns**

Feedback throughout implementation:

Adoption of HB 1325 policies by **commercial insurers** and non-Medicaid behavioral health systems

Continued exploration of **opportunities to support IECMH prevention services**, including determining eligibility, funding and guidance around these services.

Future Professional Development

- ▶ HCA is currently exploring opportunities to support feedback received regarding additional professional development needs to be offered through the **Infant-Early Childhood Mental Health Workforce Collaborative**
 - ▶ Other states and partners have shared that **funds to support future DC:0-5™ trainings and DC:0-5™ trainer certification** would alleviate burden from providers and agencies over time.
 - ▶ Participants have **elevated the need for ongoing training and supports** in the following topics:

Foundational
IECMH Trainings

Screening,
assessment and
observation

Culturally
relevant
assessment/
diagnosis

IECMH
Interventions

Working with
parents

Future Evaluation

- ▶ To support the sustainability and continuous quality improvement of MHAYC work, HCA intend to conduct an evaluation on the impact of MHAYC policies for FY 24 - 25, including:

Utilization of multi-session assessments & provider travel

Provider adoption & utilization of the DC:0-5™

MHAYC impact, including workforce capacity, diagnostic patterns, & family experience

Ongoing needs & gaps that may impact full implementation

Future Opportunities to Stay Involved



- ▶ **Infant-Early Childhood Mental Health Office Hours**
 - ▶ Hour-long virtual gatherings starting in July 2022
- ▶ **Subscribe to the Prenatal – 25 GovDelivery listserv**
 - ▶ Receive project updates & communications
- ▶ **Share your feedback with our IECMH team**



Want to Connect?

Sign up for [Prenatal-Age 25 Behavioral Health GovDelivery alerts](#)

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MHAYC Links & Resources

- ▶ **Mental health assessment for young children**

- ▶ **Program webpage:** <https://www.hca.wa.gov/about-hca/behavioral-health-recovery/mental-health-assessment-young-children>
- ▶ **Provider webpage:** <https://www.hca.wa.gov/billers-providers-partners/behavioral-health-recovery/mental-health-assessment-young-children>

- ▶ **Prenatal – Age 25 Behavioral Health updates:**

https://public.govdelivery.com/accounts/WAHCA/subscriber/new?topic_id=WAHCA_404

- ▶ **HCA Billing Guides, including SERI, Mental Health and Telehealth Billing Guides:** [hca.wa.gov/billers-providers-partners/prior-authorization-claims-and-billing/provider-billing-guides-and-fee-schedules](https://www.hca.wa.gov/billers-providers-partners/prior-authorization-claims-and-billing/provider-billing-guides-and-fee-schedules)

- ▶ **IECMH Workforce Collaborative:** <https://www.wa-aimh.org/about-dc-0-5>

IECMH Materials

- ▶ **Infant and Early Childhood Mental Health: Promotion, Prevention, and Treatment:** zerotothree.org/resources/series/infant-and-early-childhood-mental-health-promotion-prevention-and-treatment
- ▶ **The Basics of Infant & Early Childhood Mental Health:** zerotothree.org/resources/1951-the-basics-of-infant-and-early-childhood-mental-health-a-briefing-paper
- ▶ **The Handbook of Infant Mental Health (Zeanah, 2009):** researchgate.net/profile/Charles-Zeanah/publication/303365349_The_Scope_of_Infant_Mental_Health/links/573e284708ae9f741b300986/The-Scope-of-Infant-Mental-Health.pdf
- ▶ **Washington Alliance of Infant Mental Health:** wa-aimh.org/
- ▶ **The Barnard Center for Infant Mental Health & Development:** barnardcenter.nursing.uw.edu/
- ▶ **PRISM Project:** nccp.org/prism-project/
- ▶ **Diversity Informed Tenets:** Divediversityinformedtenets.org/
- ▶ **Center for the Developing Child:** developingchild.harvard.edu/

DC 0-5™ Materials

- ▶ **DC:0-5™ Manual & Training:** zerotothree.org/resources/2221-dc-0-5-manual-and-training
- ▶ **A Briefing Paper on the DC:0-5™:** zerotothree.org/resources/1953-dc-0-5-a-briefing-paper-on-diagnostic-classification-of-mental-health-and-developmental-disorders-of-infancy-and-early-childhood
- ▶ **A Briefing Paper on DC:0-5™ Crosswalks:** zerotothree.org/resources/1954-dc-0-5-crosswalk-a-briefing-paper
- ▶ **The Integration of DC:0-5™ into State Policy & Systems:** zerotothree.org/resources/2343-advancing-infant-and-early-childhood-mental-health-the-integration-of-dc-0-5-into-state-policy-and-systems