



# B-5 at BHAs

Infant-early childhood mental health best practices and opportunities for behavioral health agencies

Washington Behavioral Health Conference  
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# Welcome from HCA's IECMH team

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# Learning Objectives

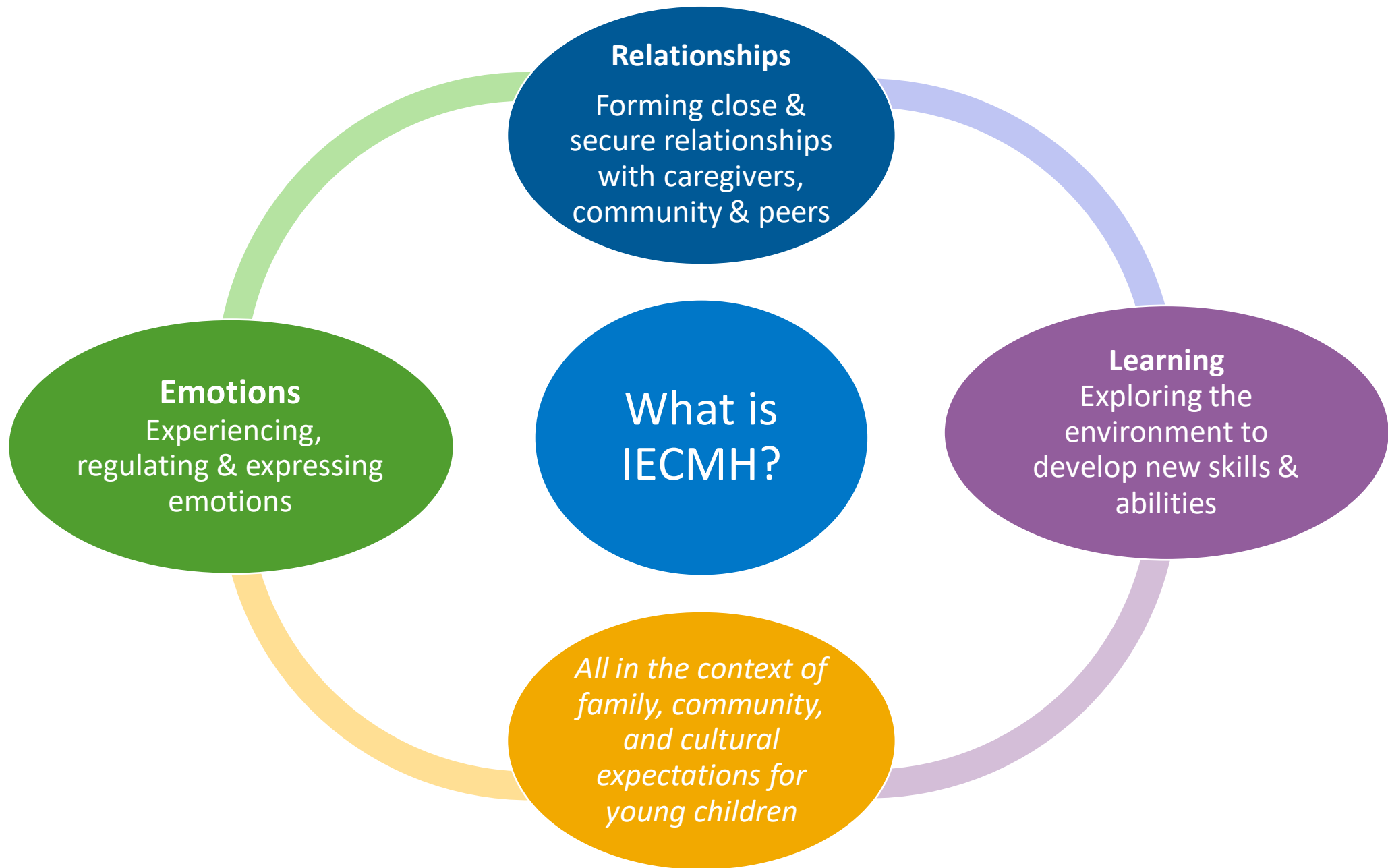
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- ▶ Define infant-early childhood mental health (IECMH) and its importance
- ▶ Describe IECMH best practices
- ▶ Recognize Apple Health IECMH policies and resources
- ▶ Generate strategies to enhance your agency's ability to provide services to young children and their families

# Infant-early childhood mental health (IECMH)

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Why it matters?



# IECMH Continuum



## Promotion

- Encourage & support social – emotional wellness
- Universal; they reach out to all parents of very young children



## Prevention

- Prevent the development of early childhood mental health difficulties
- Provide needed support & information



## Developmentally Appropriate Assessment



## Treatment

- Alleviate the distress & suffering of an infant or young child's mental health problem
- Support the return to healthy development & behavior



# Why B-5 matters?

“Mental health matters for the growth and maturity of the brain and body and for the social and emotional development of a person — now and for the whole lifetime.”

Michigan Association for Infant  
Mental Health

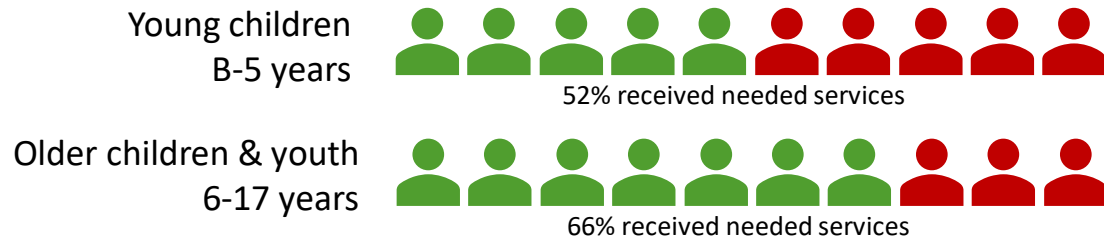


*What is Infant & Early Childhood Mental Health?* Michigan Association for Infant Mental Health. <https://mi-aimh.org/tools/what-is-imh/>

*Infant and early childhood mental health.* ZERO TO THREE. (n.d.). <https://www.zerotothree.org/espanol/infant-and-early-childhood-mental-health>.

# Making the case for B-5 at BHAs

Young children are just as likely to experience with mental health issues as school age children...<sup>1</sup>  
...but they are **less likely to receive needed treatment.**<sup>2</sup>



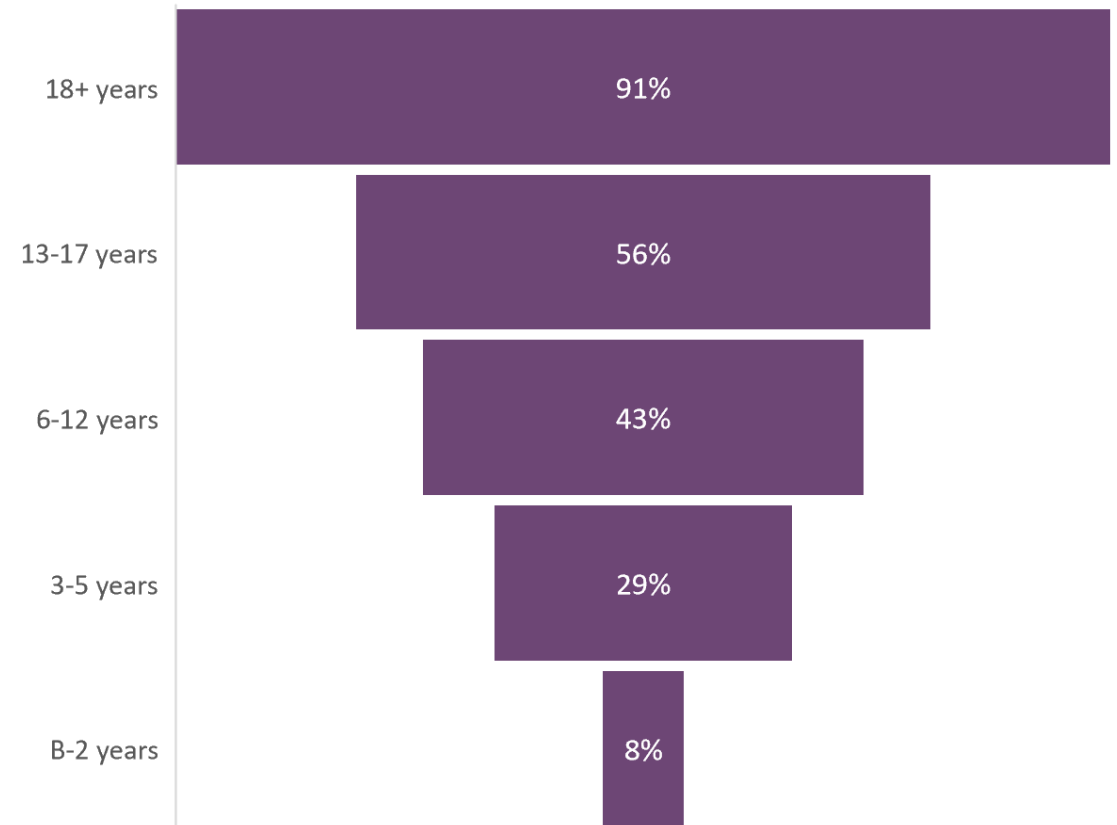
But, when treatment is provided, every dollar spent can yield \$8.00-\$15.00 in savings per child.<sup>3</sup>



## Sources

- <sup>1</sup> A meta-analysis of the prevalence of mental disorders in children between 1 and 7 years ([Vasileva et al., 2021](#))
- <sup>2</sup> Access to Behavioral Health Services for Children & Youth Enrolled in Apple Health in 2021 ([HCA, 2022](#))
- <sup>3</sup> Cost Effectiveness of Infant Early Childhood Mental Health Treatment ([Oppenheim & Bartlett, 2022](#))
- <sup>4</sup> Behavioral Health Agencies Serving Infants, Toddlers, and Preschoolers in Washington State ([Fabian et al., 2023](#))

WA BHAs that serve ages...<sup>4</sup>





# IECMH best practices

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# IECMH Guiding Principles

- ▶ Focus on strengths of the infant & their family
- ▶ Promotion & prevention orientation
- ▶ Centering relationships in assessment & intervention



# Diversity, Equity, & Inclusion

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## Central Principle

Self-Awareness leads to  
better services for families

- ▶ Champion children's rights globally
- ▶ Work to acknowledge privilege and combat discrimination
- ▶ Recognize & respect non-dominant bodies of knowledge
- ▶ Honor diverse family structures
- ▶ Understand that language can hurt or heal
- ▶ Support families in their preferred language
- ▶ Allocate resources to systems change
- ▶ Make space and open pathways
- ▶ Advance policy that supports all families

Visit: <https://diversityinformedtenets.org/>



## Developmentally appropriate mental health assessment

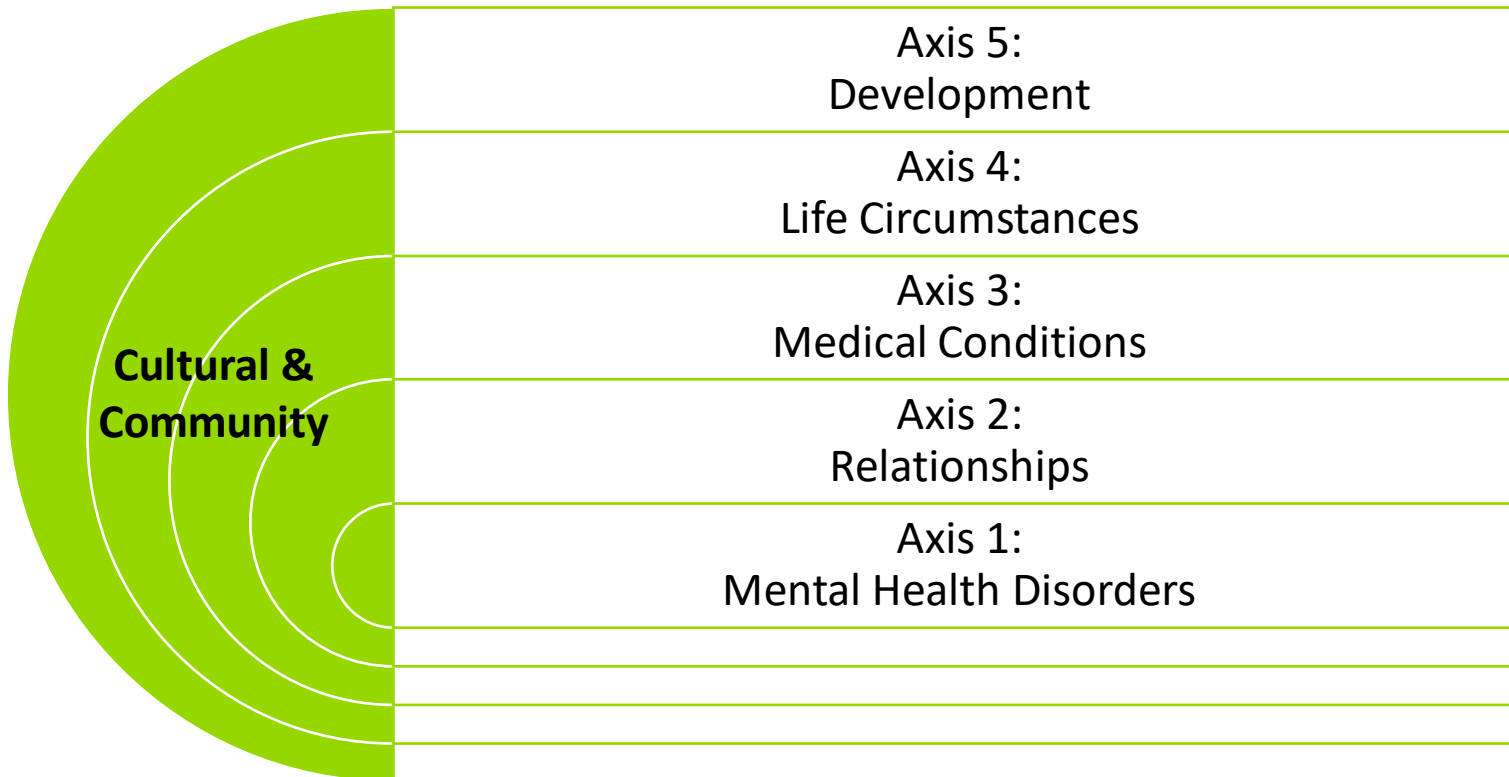
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- ▶ Work on developmentally appropriate assessment & diagnosis for infants and young children has been ongoing for several years.
- ▶ Existing classification systems, such as the DSM, do not pay adequate attention to the unique developmental & relational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

# IECMH Treatment

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**Dyadic Treatment** is a form of therapy in which the infant or young child and parent are treated together. A clinician is present with the parent-child dyad, or in a nearby room, and coaches the parent to encourage positive interactions that can help improve parenting, the parent-child relationship, and the child's behavior. Both the parent and child have the chance to experience more positive ways to interact with each other.

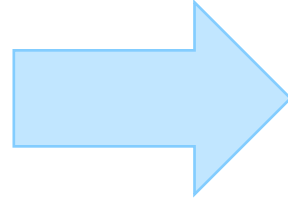
- Dyadic Treatment ([NCCP PRISM, 2019](#))



# IECMH Evidence-Based Practices: Clinical Elements

## Essential Elements for Treatment Plans

- Building Reflective Capacity
- Supports Safe & Attuned Caregiving Behaviors
- Affect Regulation



## Allowable Elements for Progress Notes

- *Building Reflective Capacity*
- *Supports Safe & Attuned Caregiving Behaviors*
- *Affect Regulation*
- Psychoeducation
- Reflective Observation
- Perspective Taking
- Modeling
- Observation and Coaching
- Explore Caregivers' Negative Child Attributions
- Joint Construction of Family Narrative
- Dyadic Play
- Promote Caregiver Competence & Confidence
- Engagement
- Elicit Parent History

For more information, check out the [2021 Reporting Guide for Research and Evidence-based Practices in Children's Mental Health](#).

# IECMH in Apple Health

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Policies and Resources

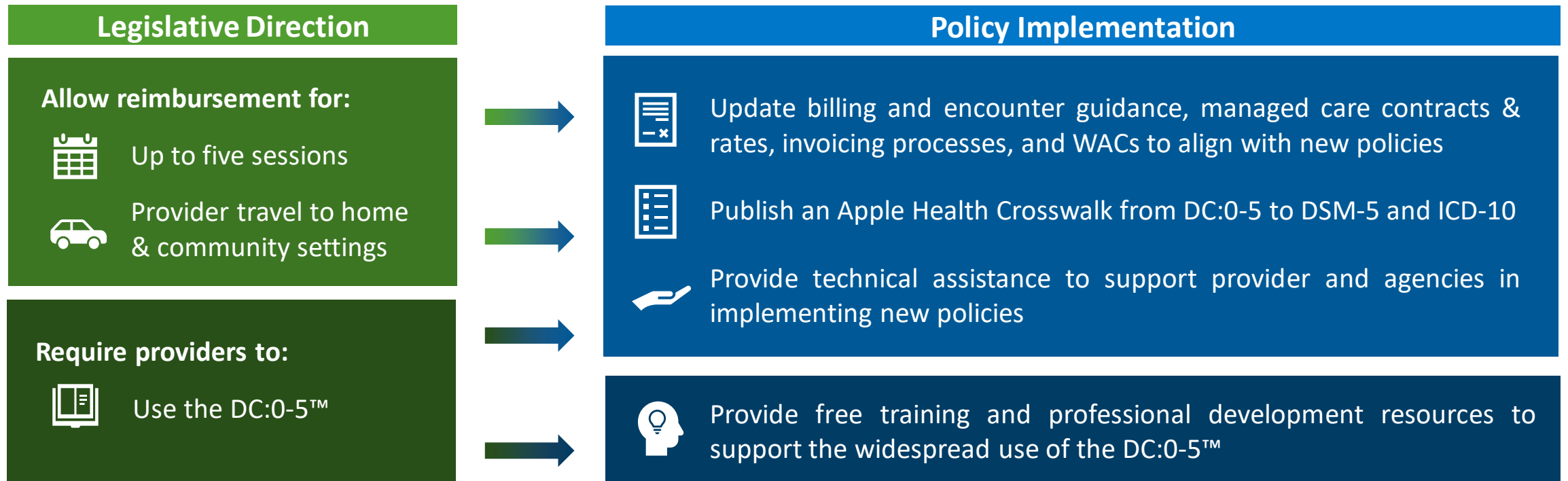


# IECMH promotion/prevention in Apple Health



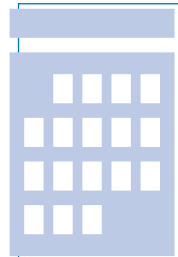
# Mental Health Assessment for Young Children (MHAYC) (HB1325, 2021)

For the purposes of **mental health assessment for children birth through 5 years of age**, Apple Health will:



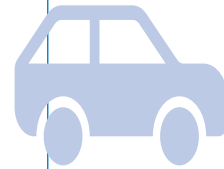
# MHAYC Resources from HCA

Find these resources and more at HCA's [MHAYC provider webpage](#).



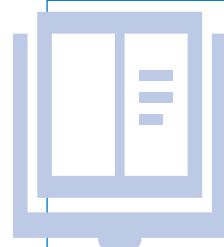
## Multi-session Assessments

- Billing webinars
- Provider billing guides



## Travel Reimbursement

- Billing webinars
- Travel invoicing forms



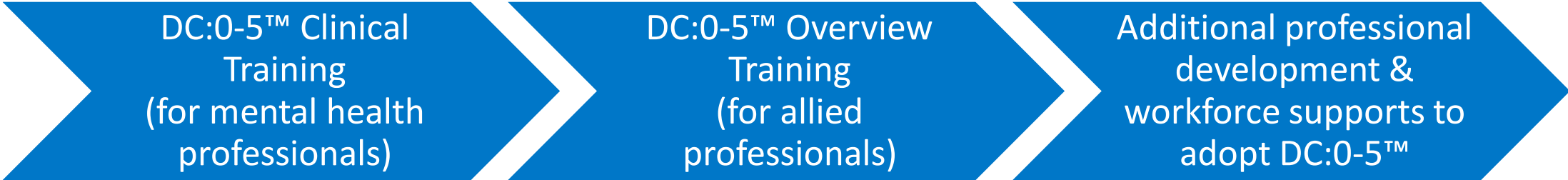
## Use of the DC:0-5™

- Community-Informed Apple Health DC:0-5™ Crosswalk
- DOH guidance for DC:0-5 in clinical records



# IECMH-WC

Washington State's  
Infant and Early Childhood Mental Health  
Workforce Collaborative



DC:0-5™ Clinical  
Training  
(for mental health  
professionals)

DC:0-5™ Overview  
Training  
(for allied  
professionals)

Additional professional  
development &  
workforce supports to  
adopt DC:0-5™



# IECMH Treatment in Apple Health

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## IECMH Service Models Toolkit

- Getting started offering IECMH services

## WISE B-5

- Enhanced CANS Reference Guide
- Webinar series
- Agency-specific coaching

## Multi-disciplinary referral guide

- Identifying other providers to address whole-child needs

## Evidence-based Practices Reporting Guide

- Approved training programs
- Documenting EBPs
- Resources to guide treatment

## IECMH Office Hours

- Technical assistance
- HCA IECMH updates
- Connect & collaborate

# Strategies for BHAs to support IECMH

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# Promotion & prevention

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Provide resources on parenting, child social-emotional development & social supports



Share warmlines with families



Offer parenting classes & groups



Provide IECMH consultation or partner with a consultant in your area

At least 10 BHAs  
in Washington  
offer infant-early  
childhood  
mental health  
consultation

# Multi-session assessments

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Update electronic health records (EHR) to allow for multiple assessment sessions



Develop assessment processes and documentation that collects information across multiple sessions



Pilot new processes with smaller teams



Offer training and quality management reviews on these updated procedures



# Sessions in home and community

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Identify policies and processes that need updates to allow providers to see families in the community



Create guidance to identify cases that would best be served in home/community settings



Develop tools to track travel



# Use of the DC:0-5

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Have clinical, administrative, and billing staff attend free DC:0-5 trainings



Update EHR to include the DC:0-5 diagnoses using the DC:0-5 crosswalk



Include prompts in assessment tools and EHRs for each DC:0-5 axes



Offer internal consultation groups to support adopting DC:0-5 approach

At least 14 BHAs  
require or  
recommend the  
use of DC:0-5

# Treatment

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Accept referrals for children birth through 5 and their families



Provide dyadic treatment services



Use the multi-disciplinary referral guide to young children access needed services



Support mental health providers in accessing IECMH foundational & clinical training

At least 29 BHAs  
in Washington  
offer dyadic  
treatment  
services



# Reflections

- ▶ What's something that surprised you?
- ▶ What's something that resonated with you?
- ▶ What's something you're taking back with you?
- ▶ What questions do you still have?

# Future Opportunities to Stay Involved

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- ▶ **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**

# IECMH Statewide Tour

- ▶ Visiting each region of the state
  - ▶ Provider Listening Sessions
  - ▶ Community Networking
- ▶ Register today!
  - ▶ June 13-14: Spokane & Greater Columbia
  - ▶ July 10-12: North Sound, Pierce, & King
  - ▶ Other locations/dates TBD

Visit our [IECMH statewide tour](#) webpage!





# Questions?

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