

Prenatal-Age 25 Behavioral Health Legislative implementation webinar with Q&A

December 12, 2023

Washington State
Health Care Authority

Housekeeping

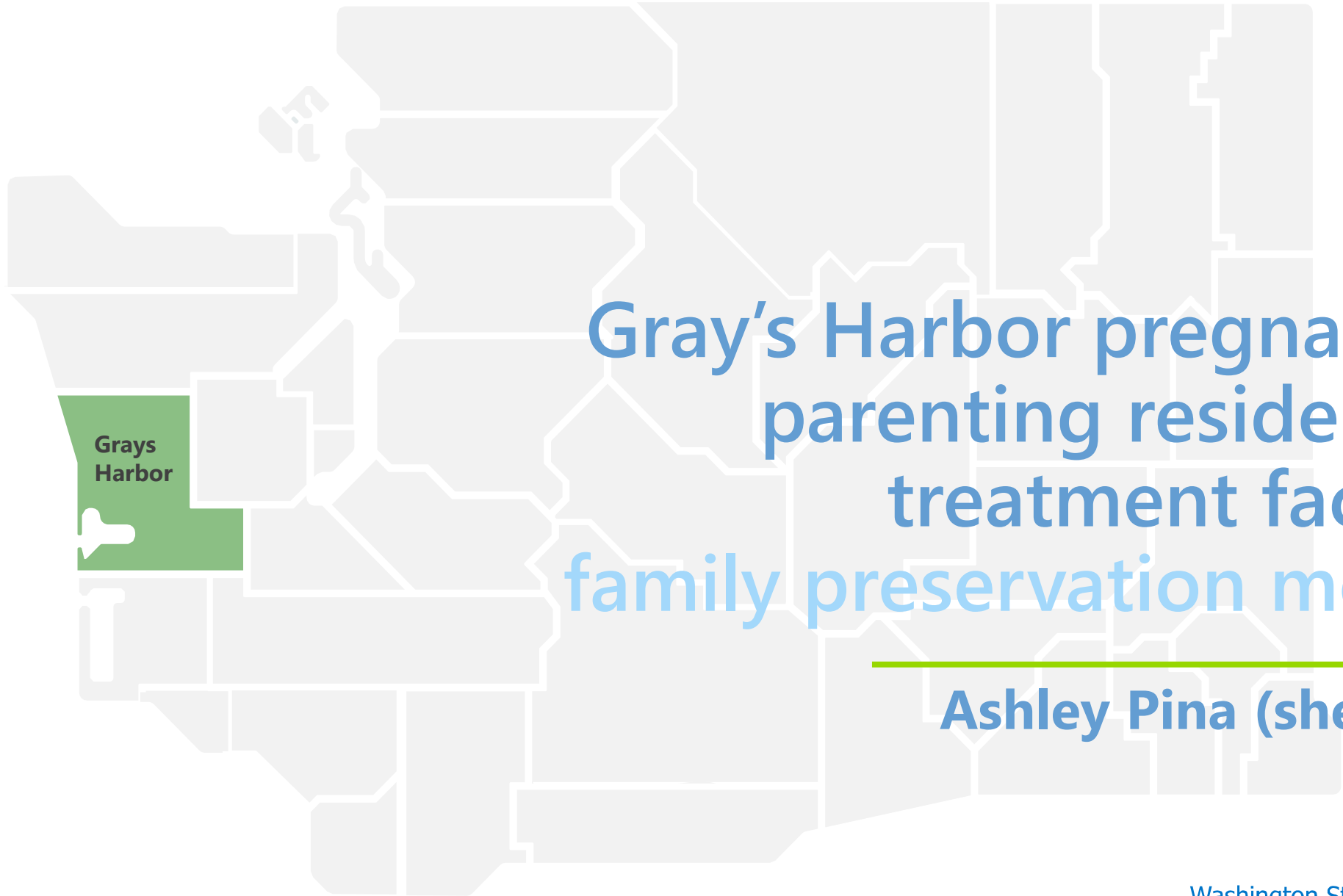
- ▶ Please mute yourself if you are not speaking
- ▶ Raise your hand if you want to speak
- ▶ This time is for you. We welcome questions, comments, and feedback
 - ▶ During the presentation, please add your questions in the Q&A section and we will answer during the Q&A section.
- ▶ If we cannot answer your question on this call, we will follow-up after the meeting.

Disclaimer

- ▶ This Zoom meeting is being recorded and will be posted to the HCA [Prenatal, child, and young adult behavioral health services](#) page.
- ▶ This recording is open to public disclosure.
- ▶ Please do not disclose any private or confidential information.

December agenda

- Grays Harbor family preservation substance use disorder residential care for families
- Parent Child Assistance Program (PCAP) rate increase
- Caregiver Respite
- Youth mobile response & stabilization services (MRSS) 988 & WA crisis response rollout
- Prenatal substance exposure (HB1168)
- Kids Mental Health WA, formerly Regional Youth Behavioral Health Navigators



Grays Harbor

Gray's Harbor pregnant & parenting residential treatment facility family preservation model

Ashley Pina (she/her)

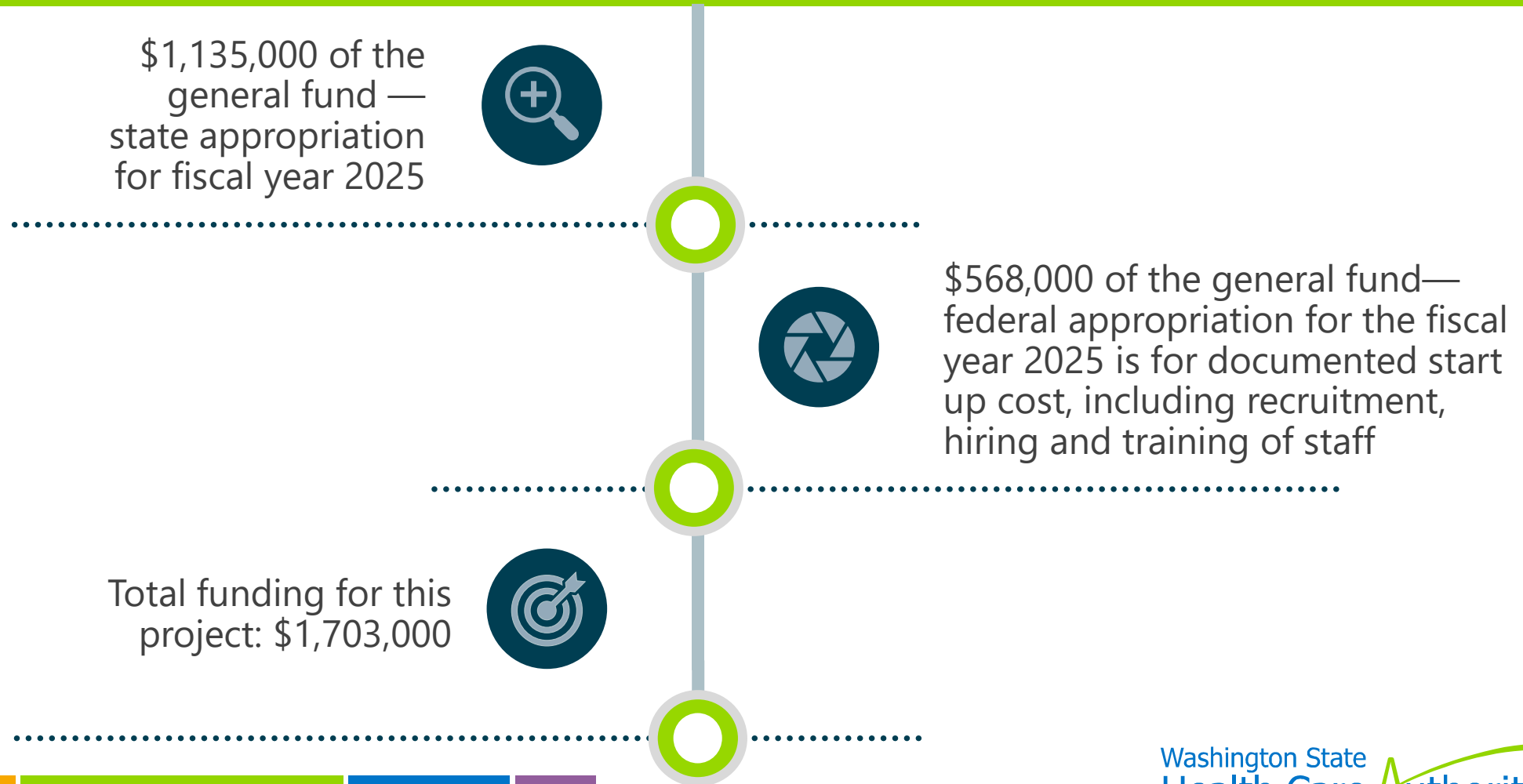
Proviso language Sec. 215 (108)

16-bed substance use disorder inpatient treatment facility in Grays Harbor County, specializing in treating pregnant and parenting individuals, using a family preservation model. The facility must allow families to reside together while a parent receives treatment.



The authority must contract for these services through behavioral health entities in a manner that allows leveraging of federal Medicaid funds to pay for a portion of the costs. The authority must consult with the department of children, youth, and families in the implementation of this funding.

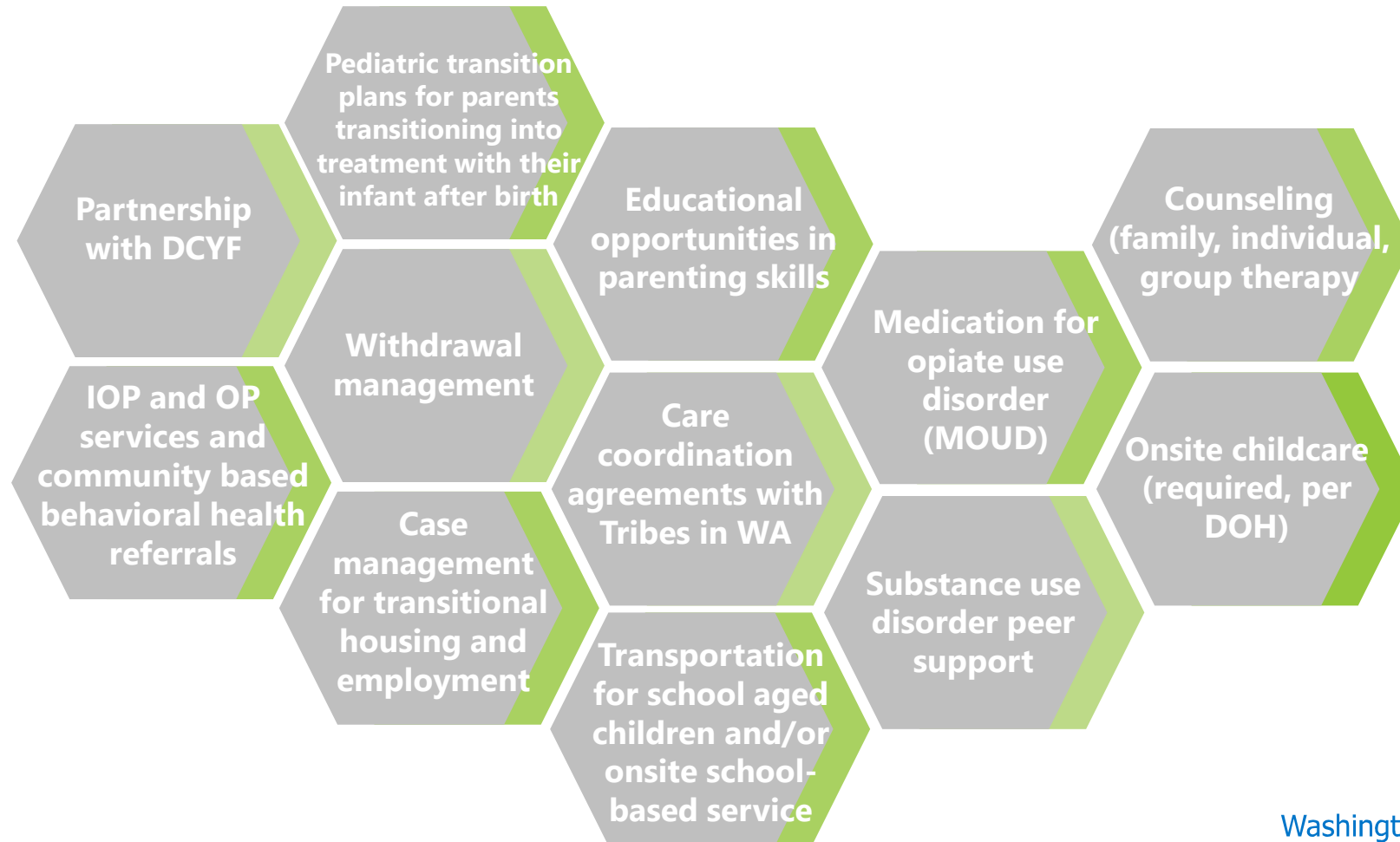
Operating budget section 125 proviso 108



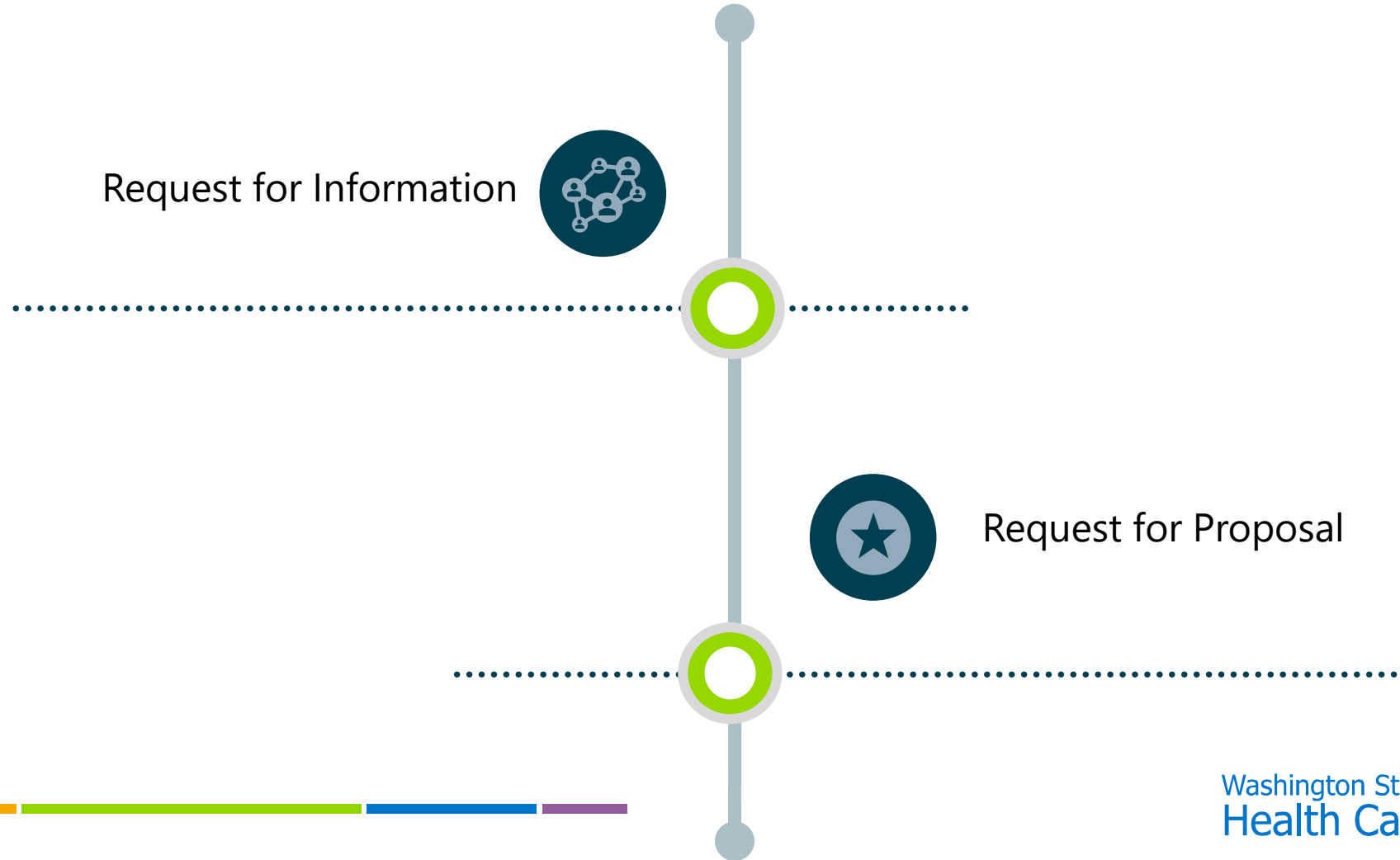
Family Preservation Model



Structural components of a Family Preservation Model



Current status



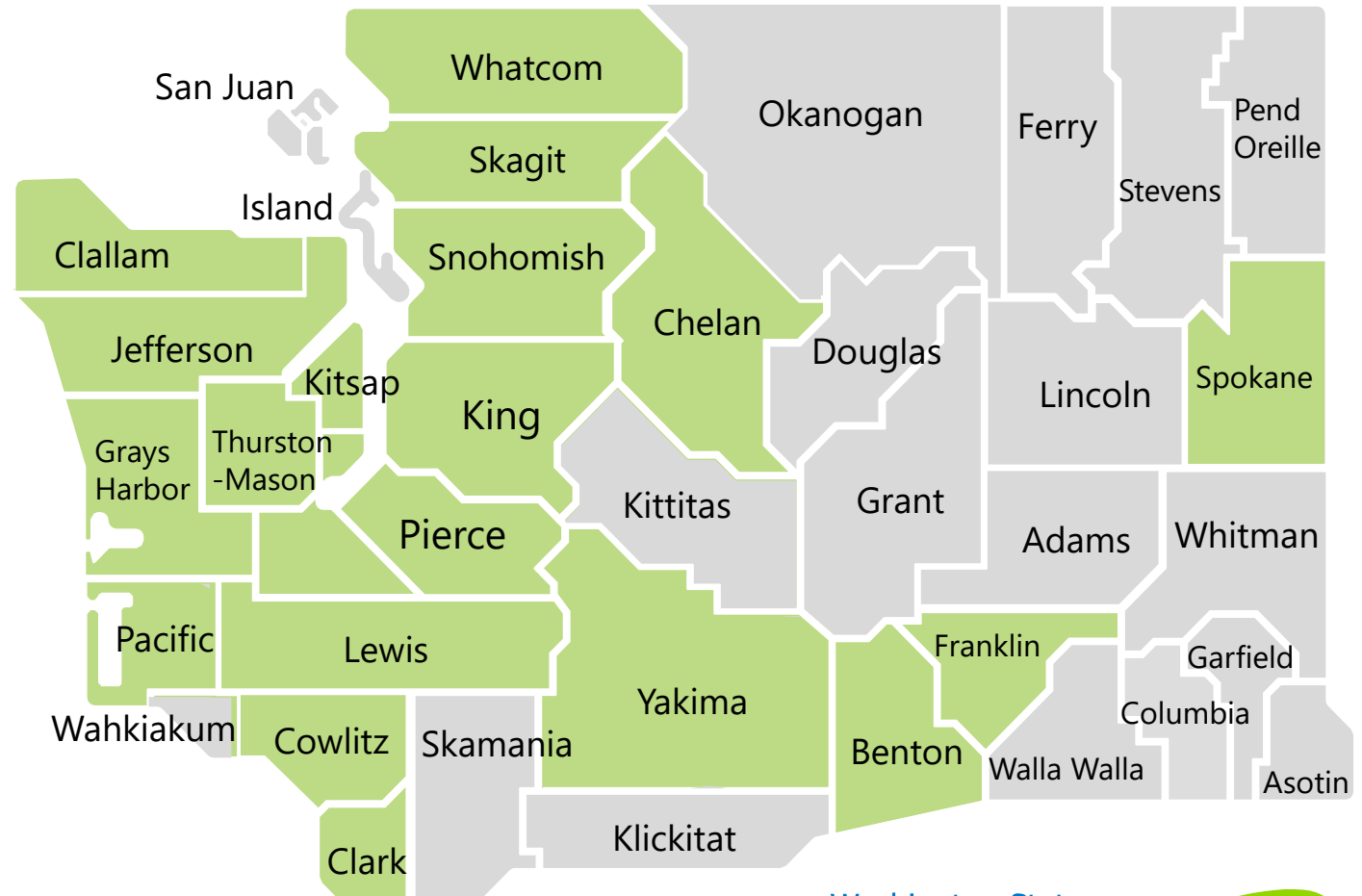
Parent Child Assistance Program (PCAP) rate increase

Sarah Pine (she/her)



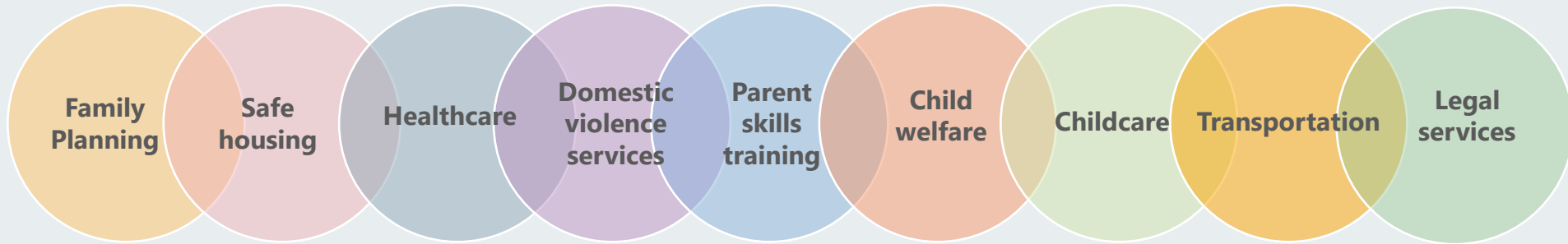
Parent-Child Assistance Program (PCAP)

- ▶ 3-year intensive case management program
- ▶ 15 PCAP locations
- ▶ Serving 20 counties
- ▶ 1,490 client slots contracted
- ▶ Medicaid and State funded



Parent-Child Assistance Program services

Assistance in accessing and using local resources



Referral, support, and advocacy for substance use disorder treatment and continuing care.



Linkages to health care and appropriate therapeutic interventions for children.



Timely advocacy based on client needs.

Budget overview PCAP case management

ESSB 5187, Sec 215 (46):

\$505,000 of the general fund—state appropriation for fiscal year 2024

\$1,011,000 of the general fund—state appropriation for fiscal year 2025

\$1,095,000 of the general fund—federal appropriation

Increase rates by 15 percent effective January 1, 2024

Language already in contract, set to begin January 2024

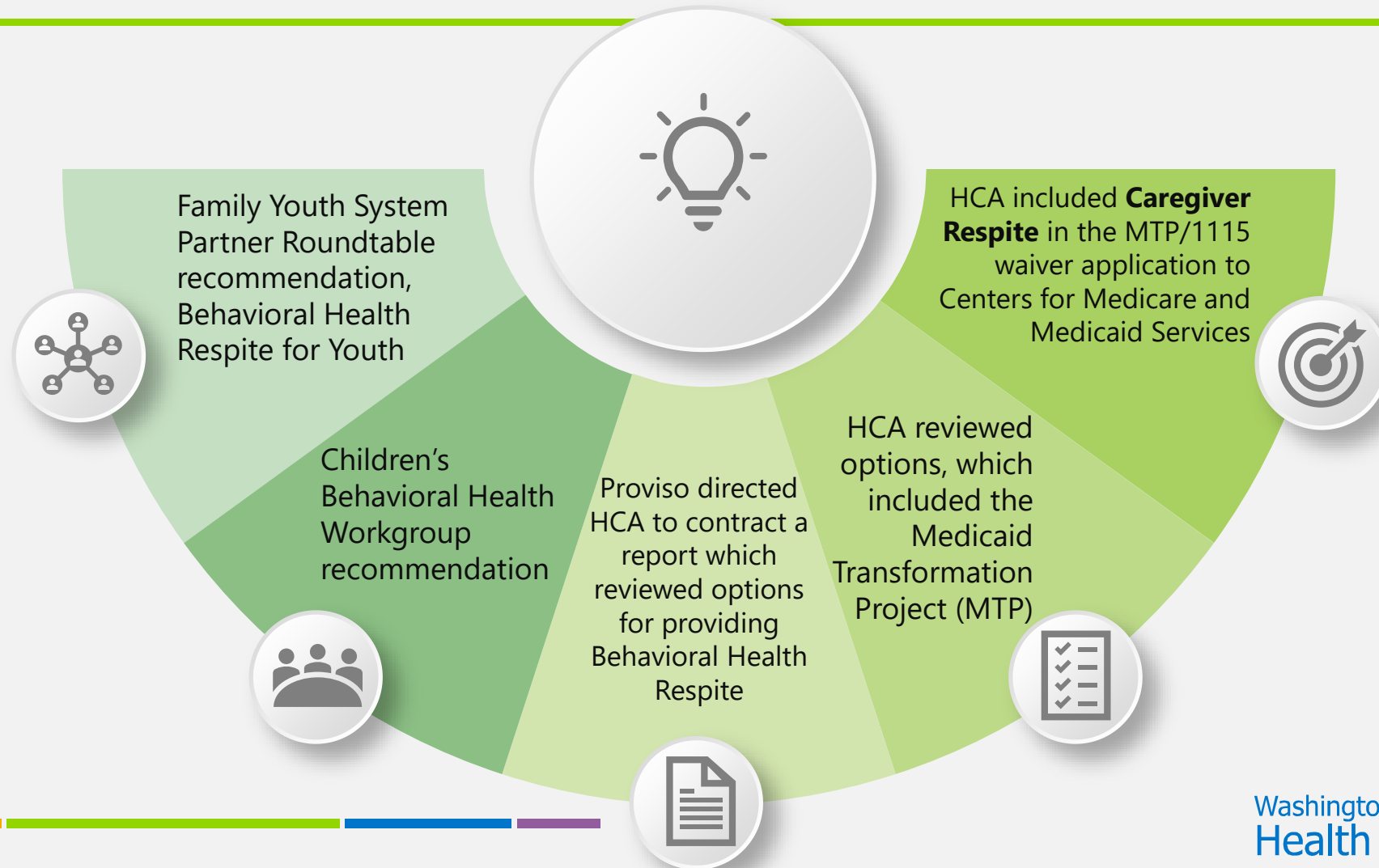


Caregiver respite

Tina Burrell (she/her)

Washington State
Health Care Authority

Background of Respite services recommendation



MTP 2.0

The Medicaid Transformation Project (MTP) is Washington State's Section 1115 Medicaid demonstration waiver. MTP allows our state to create and continue to develop projects, activities, and services that improve Washington's health care system.

All MTP programs support Apple Health (Medicaid) enrollees.

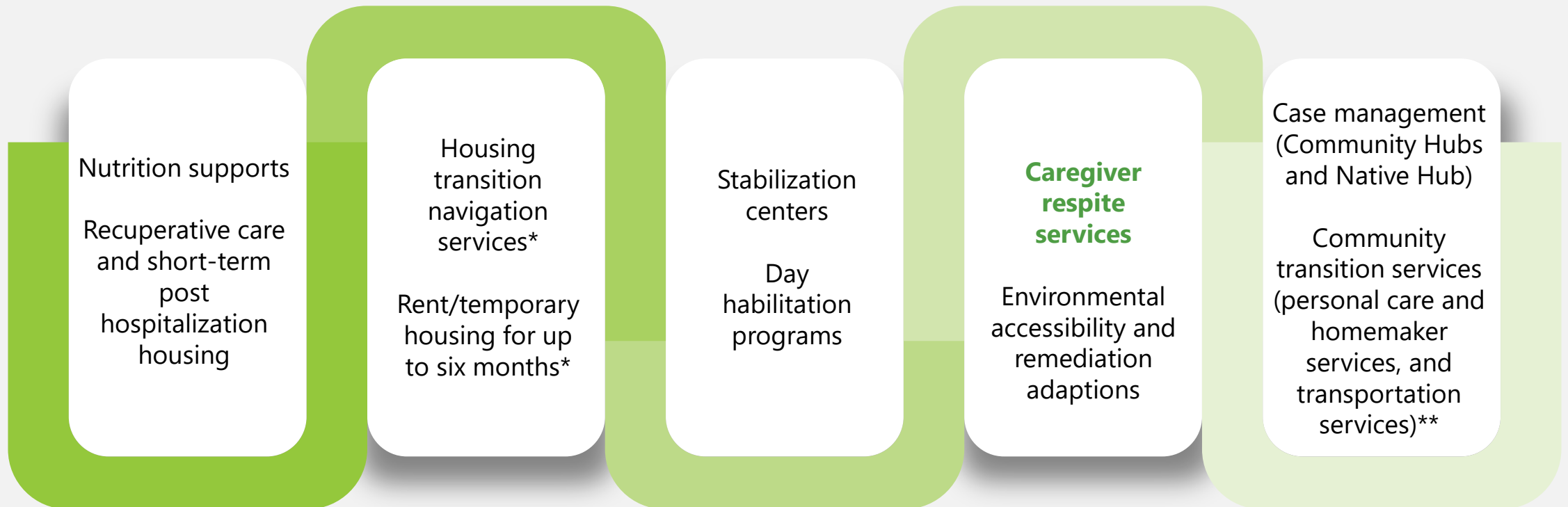
In June 2023, the federal government approved MTP to continue for an additional five years. We call the MTP renewal "MTP 2.0," which will help widen our reach to provide more programs, services, and supports to our most vulnerable populations.



IMD stands for "institution for mental diseases." IMDs are hospitals, nursing facilities, or other institutions of more than 16 beds that are primarily engaged in providing diagnosis, treatment, or care of persons with mental diseases, which includes SUD.

We acknowledge the term "mental disease" may be harmful or stigmatizing. We use it in this context only to reflect the legal terminology used in statute.

Health-related social needs services



Caregiver respite



Definition

- Intermittent temporary supervision provided on a short-term basis in the enrollee's home, a health care facility or an adult day center.
- Services provided to the enrollee are primarily non-medical and may include attending to the enrollee's basic self-help needs and other activities of daily living (ADL), ordinarily be performed by a caregiver.*



Qualifiers

Enrollees who live in the community and are compromised in their activities of daily living and/or have been assessed to have a behavioral health need and whose unpaid caregivers require relief to avoid enrollee being placed in an institution.*



Under review/ In development

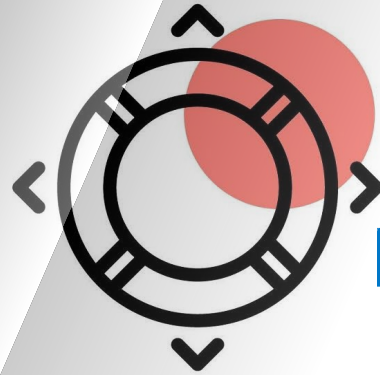
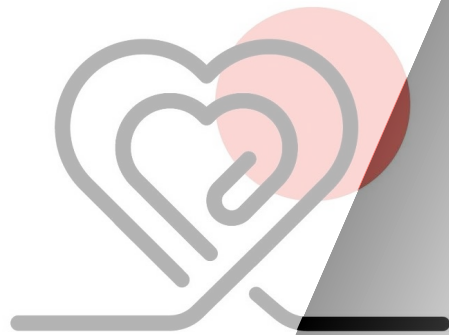
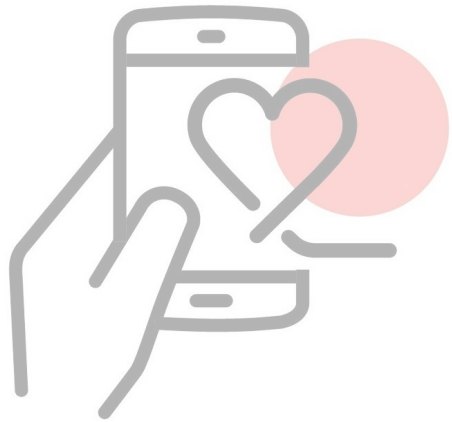
- Delivery system options
- Coverage criteria
- Allowable providers
- Credentialing
- Cost effectiveness

Washington State HRSN Services Approach



- ▶ Use a combination of In Lieu of Services (ILOS) and 1115 authorities to ensure availability of HRSN services across managed care and FFS
- ▶ Goal is to transition to available State Plan and ILOS authorities for long-term sustainability

Be the lifeline.



Youth mobile
response &
stabilization
services (MRSS)
988 & WA crisis
response rollout

Sherry Wylie (she/her)


Background

July 2020 – federal government passed legislation to add 988 as an option to contact the National Suicide Prevention Lifeline (NSPL) hotline

July 16, 2022 - 988 calls answered in Washington

- 3 designated NSPL's in Washington
- All other hotlines & regional call centers continue to operate as normal

- SAMHSA provides best practice crisis care toolkit - 2020
- SAMHSA & NASMHPD release a crisis care guide for youth - 2022



988
SUICIDE
& CRISIS
LIFELINE

CRIS committee & subcommittees



ESSHB 1477

established a 36 member
CRIS committee

Steering committee

7 CRIS committee members



Subcommittees

- Credentialing & training
- Technology
- Cross-system crisis response
- Confidential information compliance and coordination
- Tribal 988
- Rural and agricultural
- Lived experience – ESSHB 1134 added voting member
- ESSHB1134 added Geolocation

Washington's investment in youth best practices



Proviso funding went out to ensure 1 youth team in each of 10 regions

- Tripled the number of youth mobile response teams from 4-12
- Tripled the counties with youth teams from 5-15 counties.
- WA has 39 counties

2022



SAMHSA System of Care grant awarded to help implement MRSS in two BH-ASO regions with assistance from family and peer led organizations

- Washington State Community Connectors
- A Common voice | COPE project

2022



Washington is participating in the National MRSS Quality Learning Collaborative

- National State Leaders
- Peer states implementing MRSS
- Youth Move National
- System partners

What's next

Mobile Response and Stabilization Services – Youth Teams

Greater Columbia

- [Comprehensive Healthcare](#) – Benton/Franklin (NEW)
- [Quality Behavioral Health](#) – Garfield/Asotin (NEW)
- [Comprehensive Healthcare](#) – Yakima (NEW)

King

- [Children’s Crisis Outreach Response System \(CCORS\)](#)

North Central

- [Renew](#) – Grant (NEW)
- [Catholic Charities](#) – Douglas (NEW)
- [Catholic Charities](#) – Chelan (NEW)

North Sound

- [Compass Health](#) – Whatcom (NEW)
- [Compass Health](#) – Skagit (NEW)
- [Compass Health](#) – Snohomish (Pending)

Pierce

- [Catholic Community Services](#) – Tacoma
- [Seneca Family of Agencies](#) – Tacoma (Pending)

Salish

- [Kitsap Mental Health](#) – Bremerton (NEW)

Spokane

- [Frontier Behavioral Health](#) – Spokane (NEW)

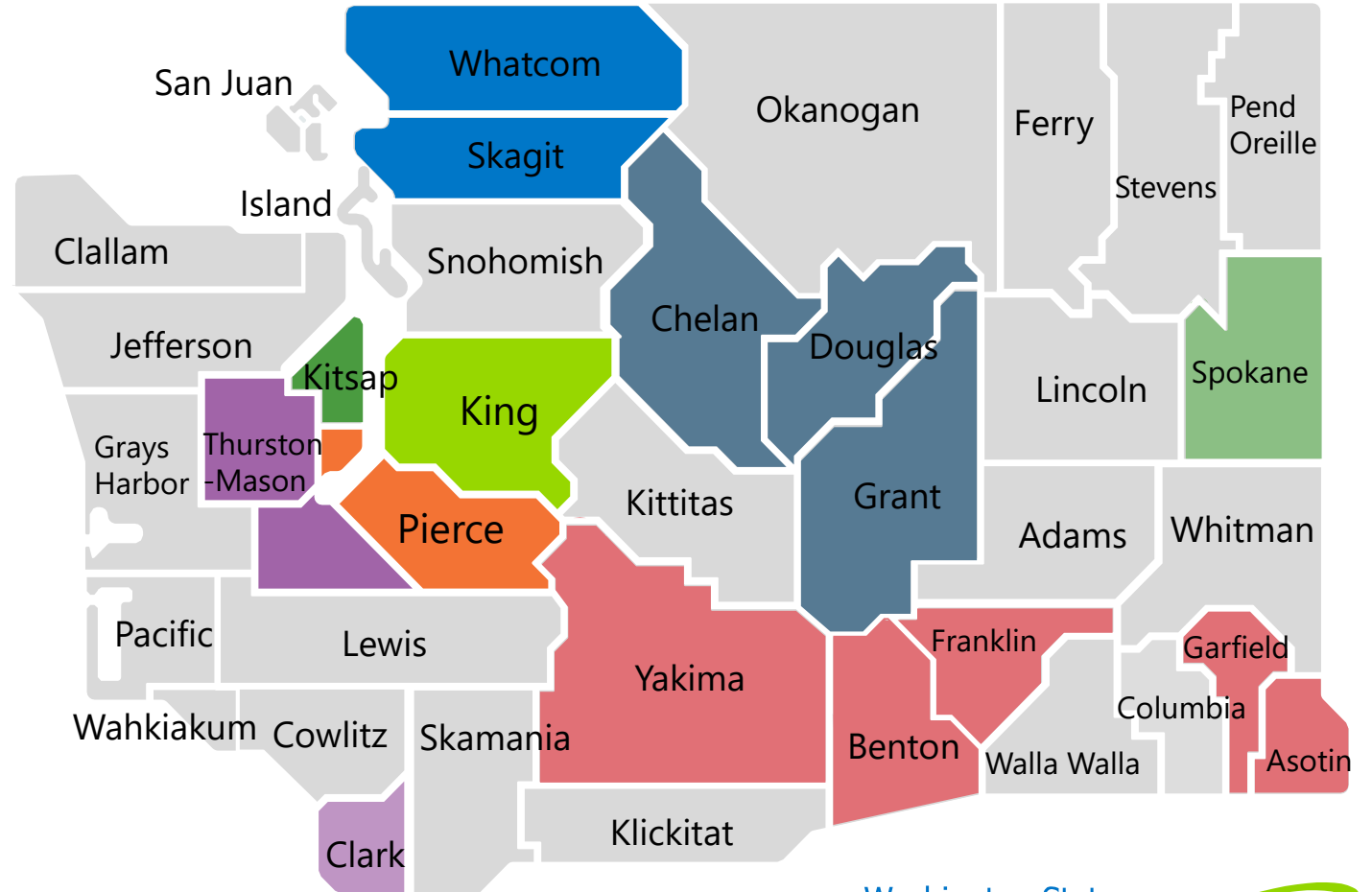
Southwest

- [Catholic Community Services](#) - Clark

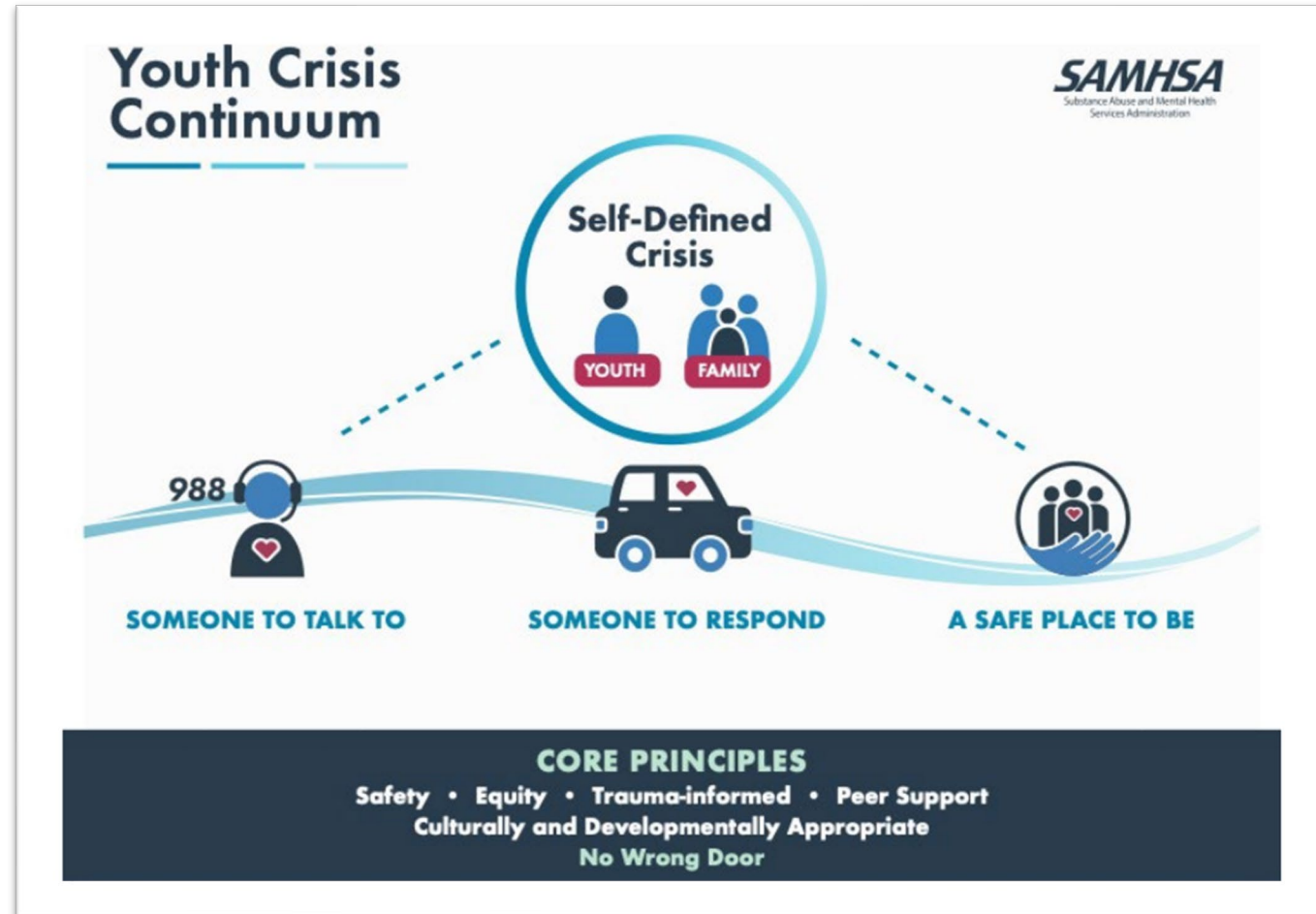
Great Rivers – (Funded, pending start-up)

Thurston/Mason

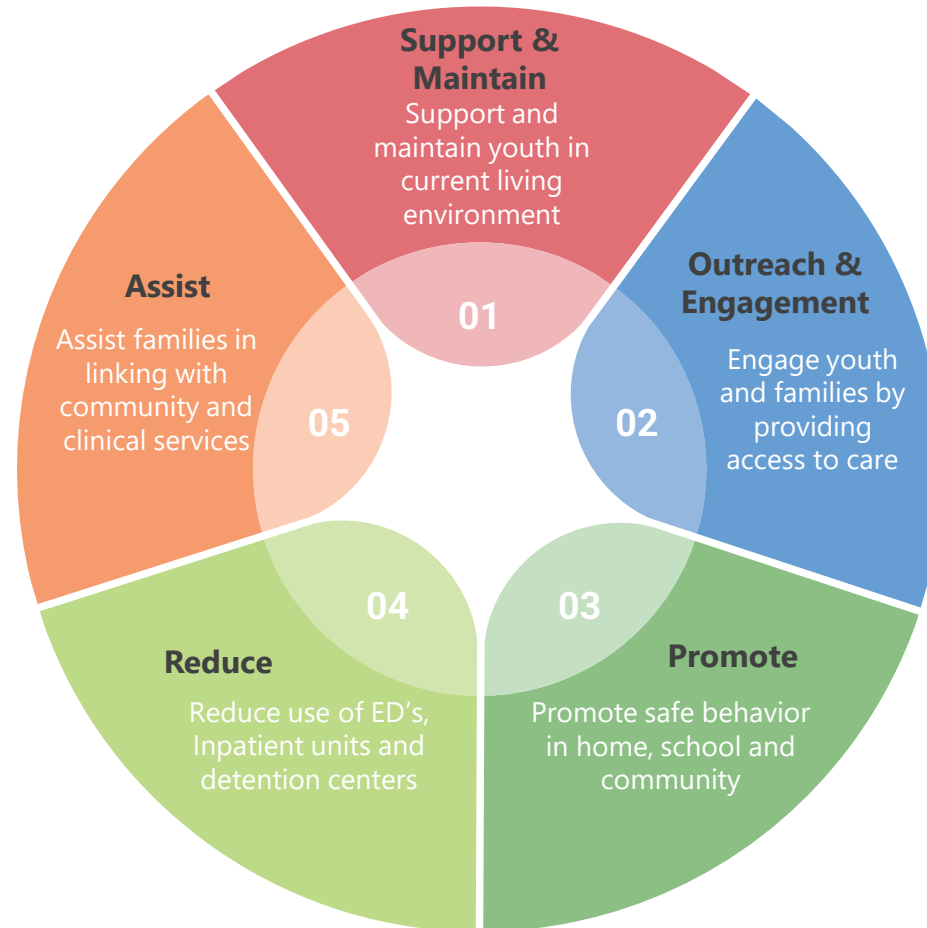
- [Catholic Community Services](#) –Thurston
- [Catholic Community Services](#) - Mason



Mobile Response and Stabilization Services (MRSS)



Goal of Mobile Response & Stabilization



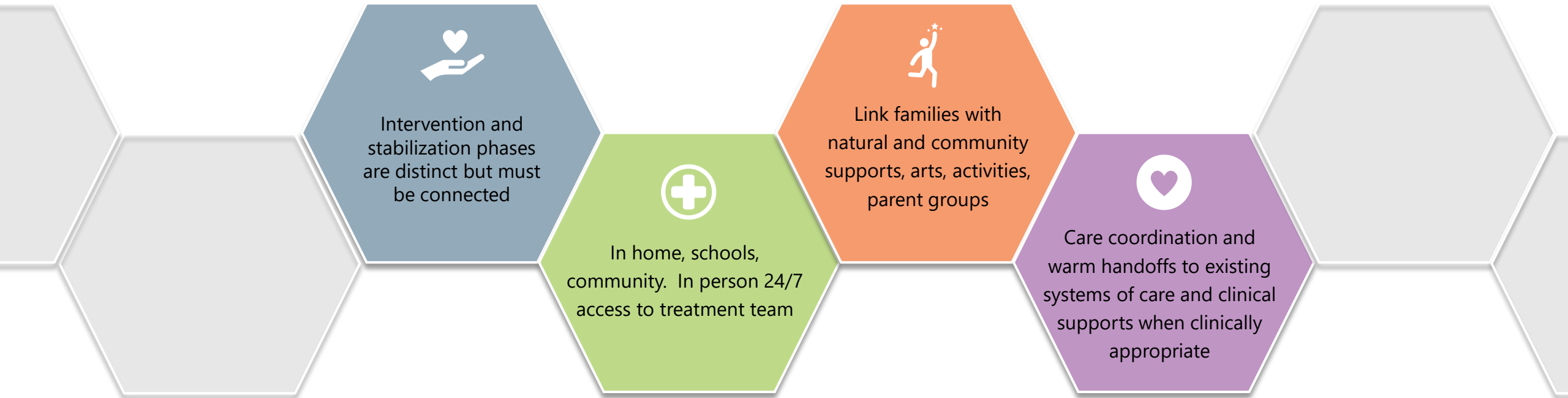
Brings the Crisis Continuum to the family

Initial Response (*up to 3 days of crisis intervention*) all payors



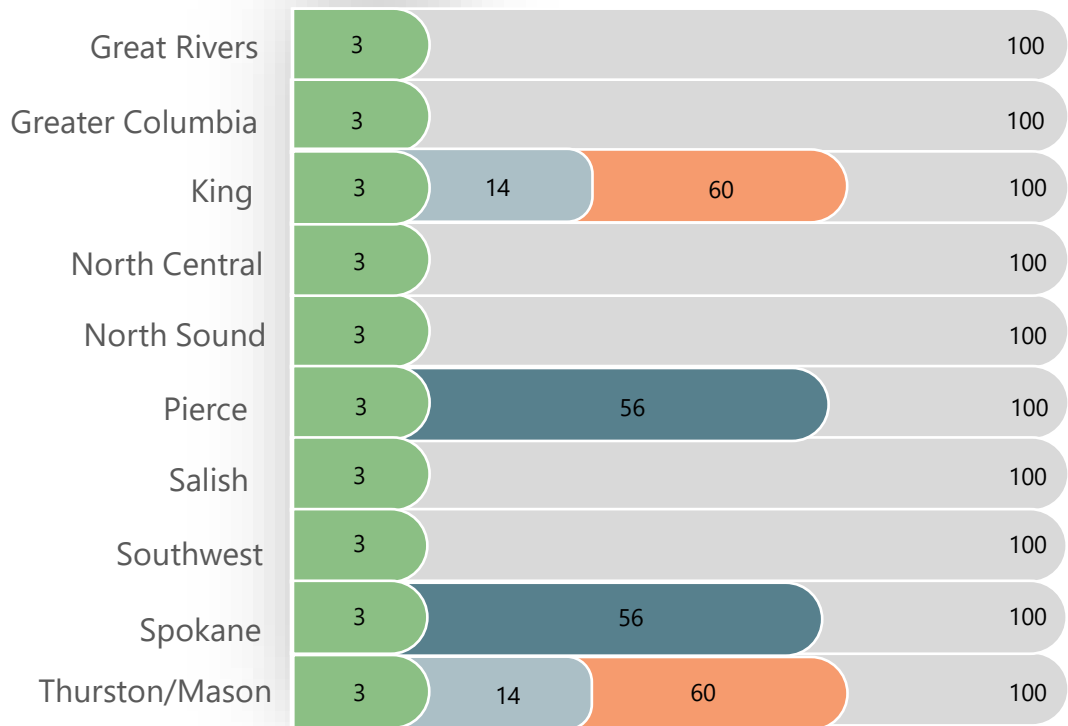
Brings the Crisis Continuum to the family

Stabilization in-home (*up to 8 weeks of intensive, in-home services*) MCO

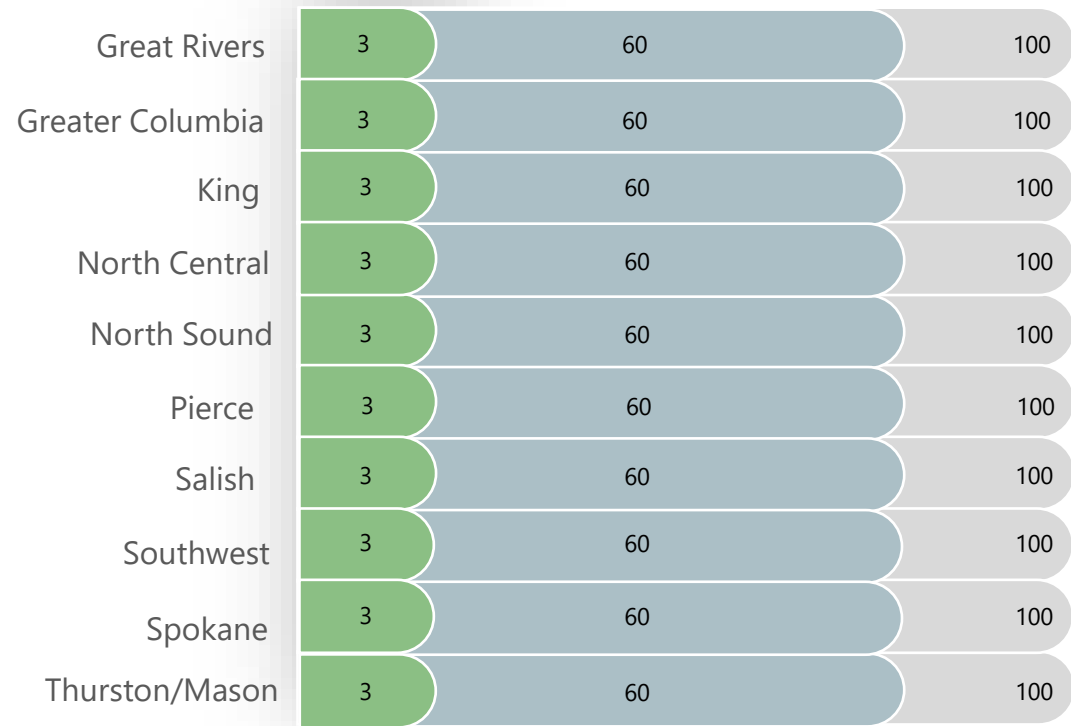


Youth Mobile Crisis Team Service Delivery

Current state – days of service by region



Future state – days of service by region



ASO MCO/FFS Local braided funding SOC grant Commercial

ASO MCOs/Fee-for-Service

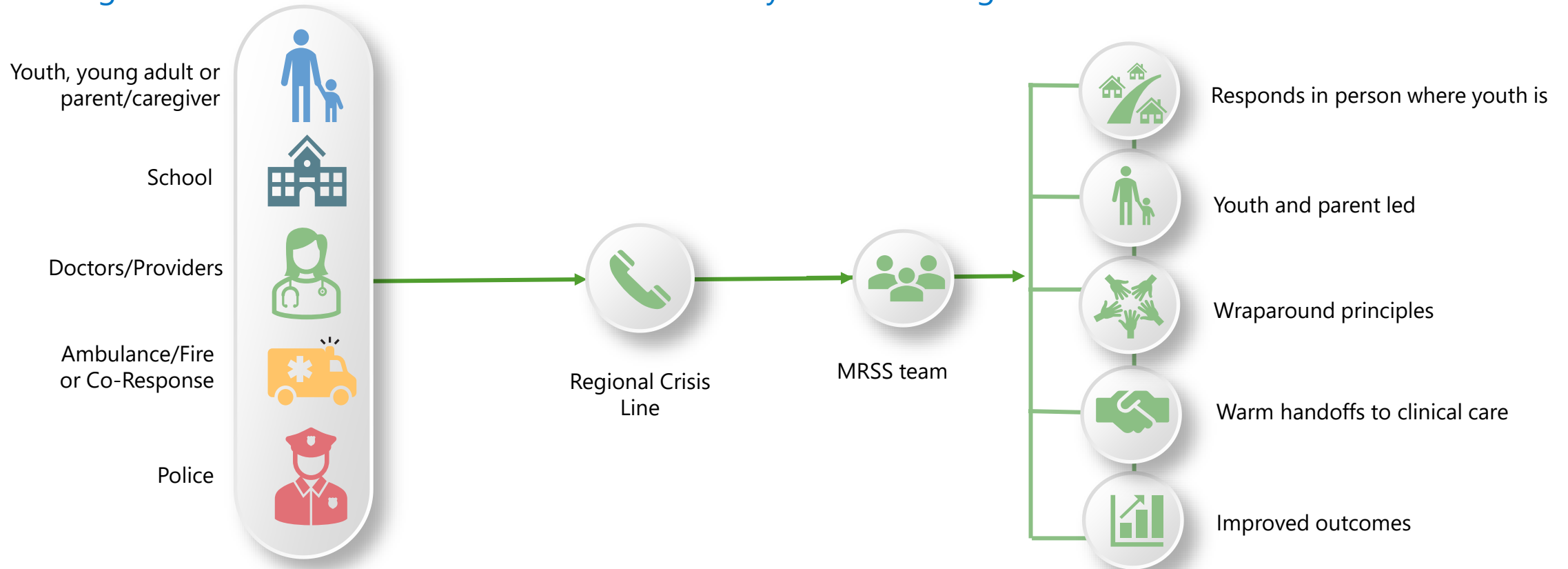
Care pathway via 911 & the medical model



- ▶ How do families access services?
- ▶ Caregivers call 911 in a crisis
- ▶ ED remains primary access point – rarely results in downstream supports
- ▶ Can result in hospital boarding
- ▶ SSHB 1580 – Children in crisis

MRSS is designed to create care pathways for youth

Regional crisis lines connect callers to the crisis system including MRSS teams



Youth crisis care pathway

— Least restrictive

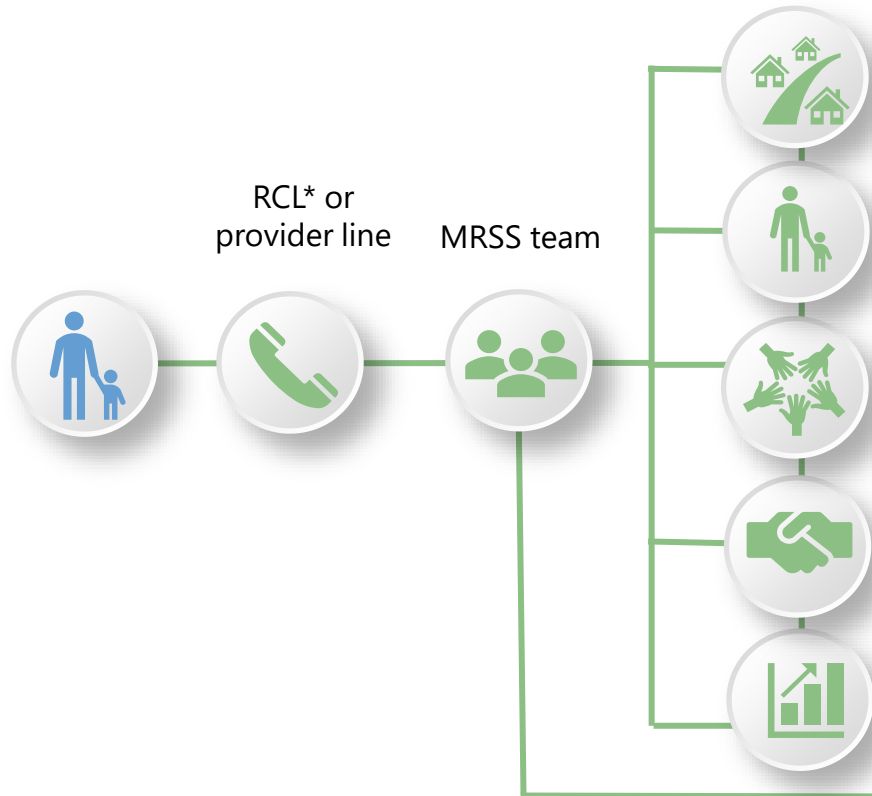
*Regional Crisis Lines - Behavioral Health Response System (HCA)

*In-person response prioritized for youth

Regional Crisis Services and 988 Lifeline Crisis Centers

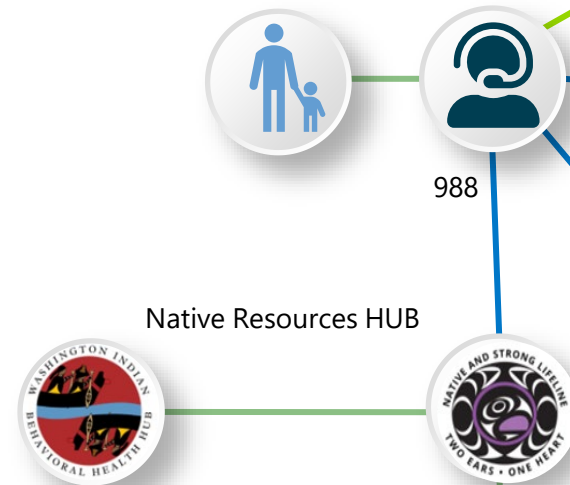
Regional Crisis Lines and Crisis System

Asks age to send developmentally appropriate resource



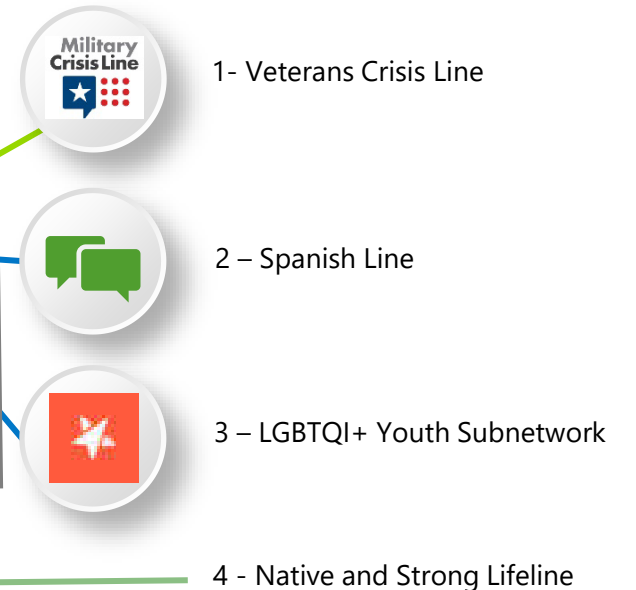
988 Network In-State (Confidential)

988 Contact HUB (future state)



Sent Out of State (Confidential)

4 dial pad options:



*Regional Crisis Lines - Behavioral Health Response System (HCA)

*In-person response prioritized for youth

Mobile Response and Stabilization Services (MRSS)

- ▶ Provides rapid in-person support for youth and families during a crisis
- ▶ Follow up for 1-3 days
- ▶ The stabilization phase is a medically necessary service that begins on day 4.
- ▶ Families have access to the MRSS team 24/7



Regional crisis lines

North Sound: 1-800-584-3578

King: 1-866-427-4747

Pierce: 1-800-576-7764

Salish: 1-888-910-0416

Thurston/Mason: 1-800-270-0041

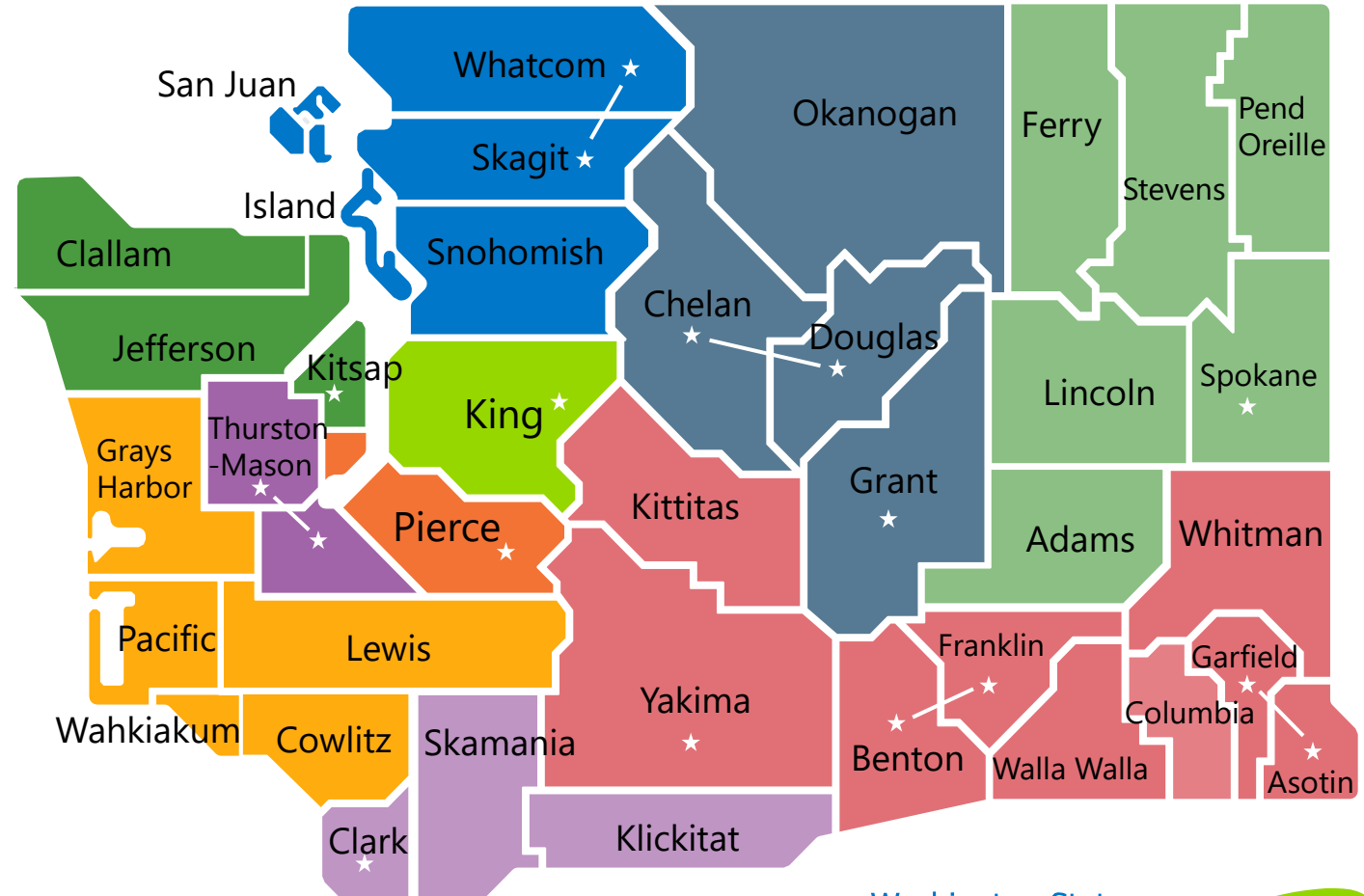
Great Rivers: 1-800-803-8833

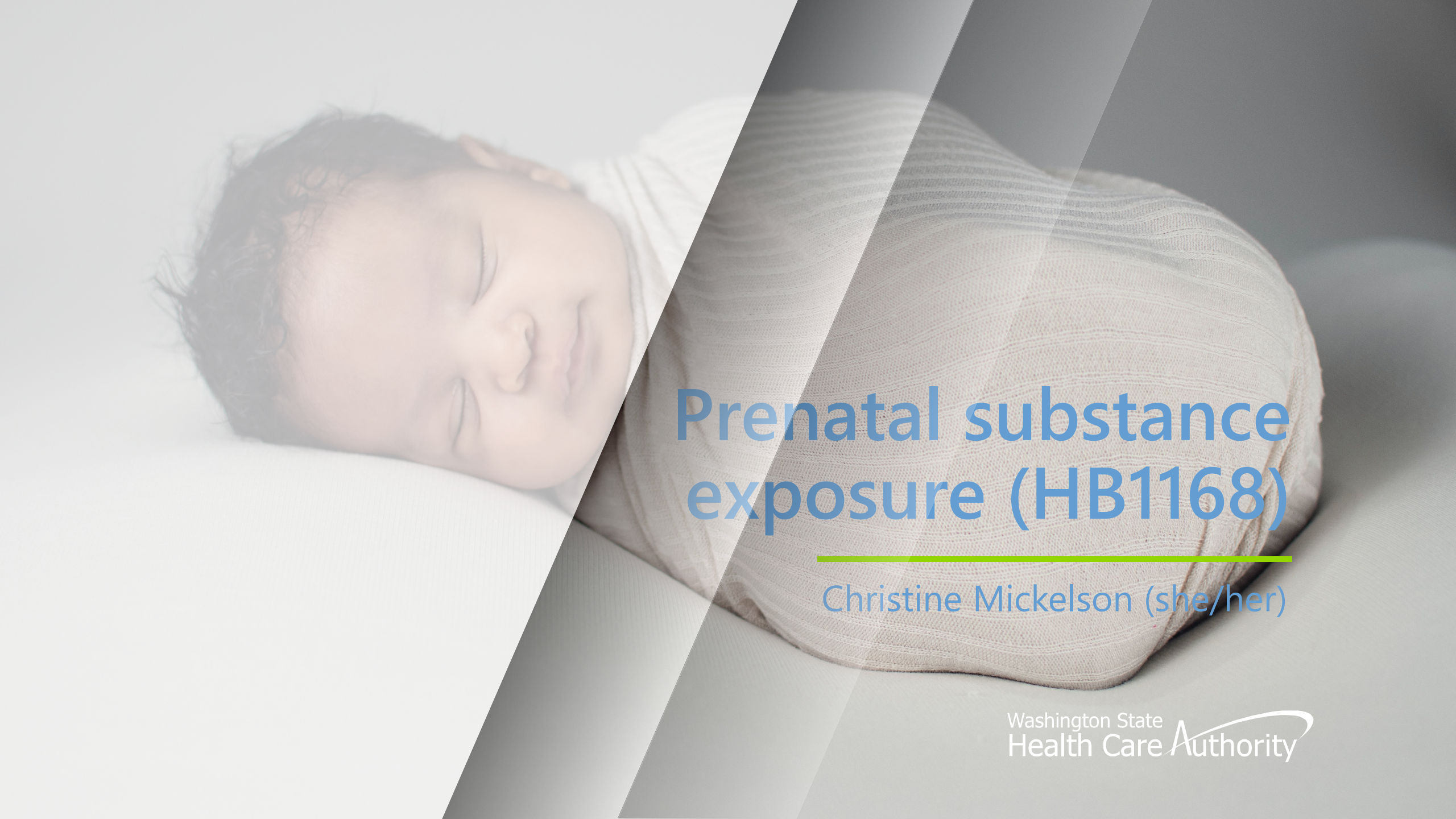
Southwest: 1-800-626-8137

North Central: 1-800-852-2923

Spokane: 1-877-266-1818

Greater Columbia: 1-888-544-9986





Prenatal substance exposure (HB1168)

Christine Mickelson (she/her)

Prenatal substance exposure

- ▶ House bill 1668, is related to providing prevention services, diagnosis, treatment and support for prenatal substance exposure.
 - Comprehensive prenatal substance treatment services
 - Recommendations report
 - Fetal Alcohol Spectrum Disorders (FASD) support groups
 - Interagency agreement

Comprehensive prenatal substance exposure treatment services



Included services

- Therapies
- Individual and family counseling
- Social skills support, links to community resources
- Family and education supports



Intended outcomes

- Maximize the number of families that can be served
- Keep families together
- Reduce the number of placements
- Prevent adverse outcomes for impacted children



Eligible clients

- Children who are over age 3 and have been prenatally exposed to substance
- Families who are, could potentially be involved in or at risk of being involved in the child welfare system

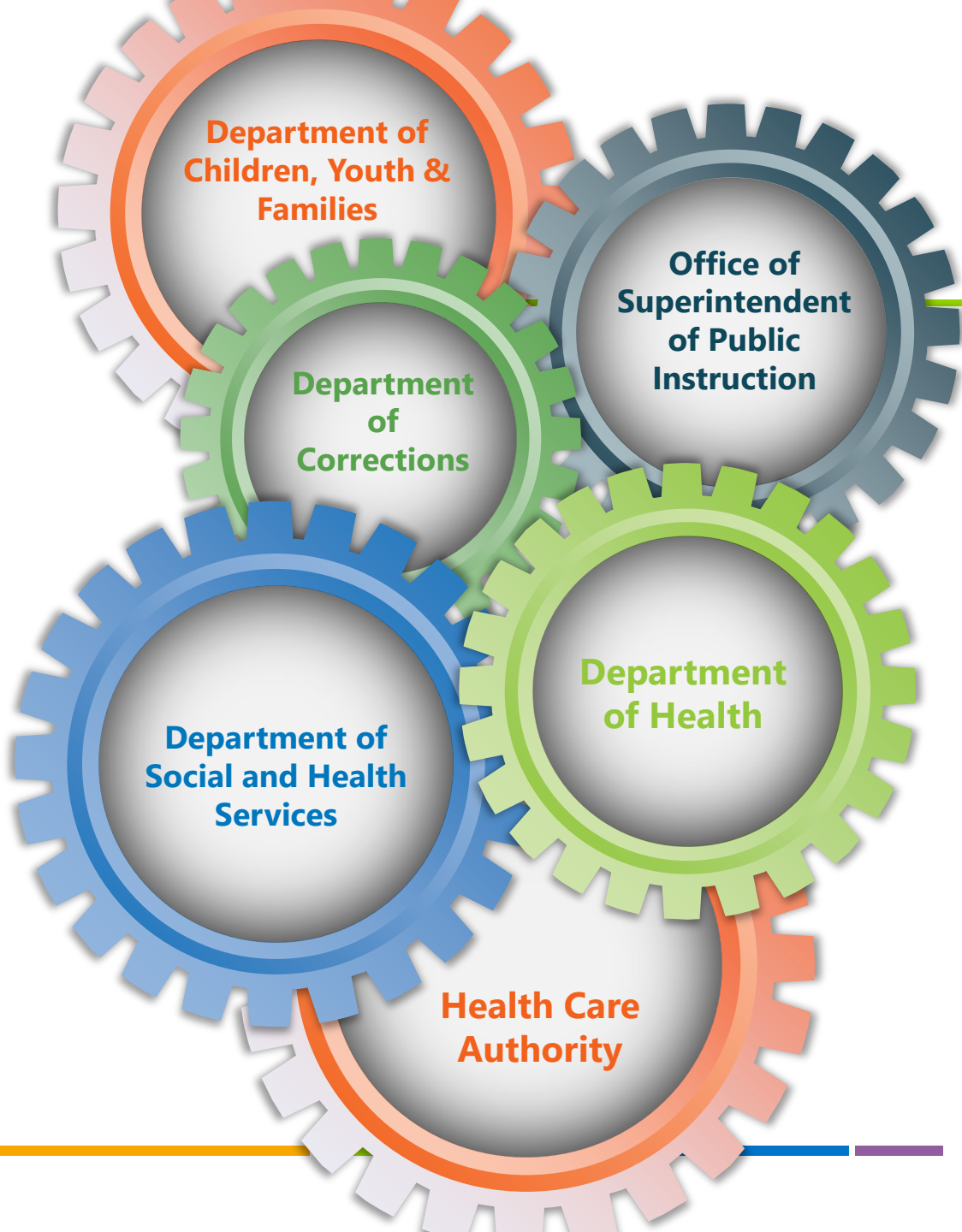
Recommendation report and support groups

Recommendation report

- Due June 1, 2024 and June 1, 2028
- Expansion of services
- Outcomes of services and recommendations

FASD support groups

- A statewide non-profit entity with expertise in FASD to provide free support groups for individuals living with FASD and their parents/caregivers



Interagency agreement

- ▶ Ensure coordination of identification, prevention and intervention programs for:
 - ▶ Children with prenatal substance exposure and
 - ▶ Women who are at high risk of having children with prenatal substance exposure
- ▶ Provide a process for community advocacy groups to participate in review and development of identification, prevention, and intervention programs administered or contracted for by the agencies.



Kids Mental Health WA

Edward Michael (he/him)

Kids Mental Health WA*



Stand up community wide teams that convene to support the children, youth, and families in their regions.



Building an access portal for individuals concerned about a child or youth to reach out and request support.



Bring together a diverse team experts from regional teams to help the child and family access what they need. Identify partners with resources and create a stability plan while exploring available options.



Request for support for young people needing intensive services will be prioritized by the regional Kids Mental Health teams.



Implementation



Year 1 SFY 2022-2023

- Pierce
- Salish
- Greater Columbia
- Southwest



Year 2 SYF 2023-2024

- North Central
- Spokane
- Great Rivers
- Thurston-Mason*



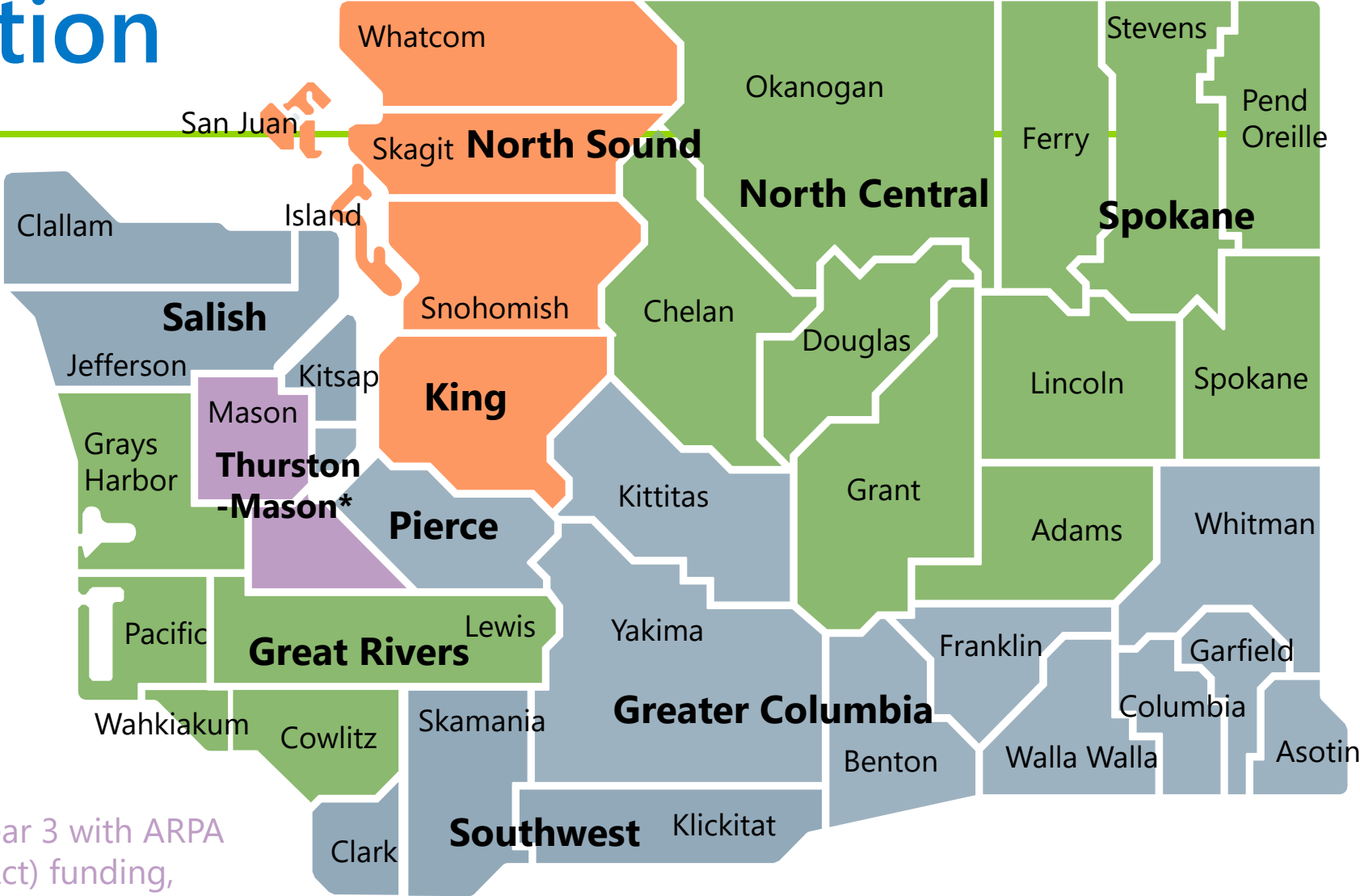
Year 3 SFY 2024-2025

- North Sound
- King



Thurston-Mason

- Start year 2 instead of year 3 with ARPA (American Rescue Plan Act) funding, then will move to state funding



Prenatal-25 programs, services, & work groups

Center of Parent Excellence (COPE)

Children's Long-term Inpatient Program (CLIP)

Collegiate Recovery Support network

Early signs of psychosis/New Journeys

Education for discharge planners for safe and stable housing for youth and young adults (The Bridge Program)

Family Initiated Treatment (FIT)

Grays Harbor family preservation for pregnant and parenting individuals

Housing for transitioning youth

Infant-early childhood mental health

Medicaid Transformation Project

Mental Health Assessment for Young Children (MHAYC)

Parent Child Assistance Program (PCAP)

Parent Trust in Recovery

Pregnant and Parenting Individuals (PPI) services

Kids Mental Health WA, formerly Regional Youth Behavioral Health Navigators

Residential Crisis Stabilization Program (RCSP)

Substance use Disorder Family Navigator program

System of Care (Federal Grant)

Washington State children's behavioral health statewide family network

Washington State fetal alcohol syndrome diagnostic and prevention (FASDPN)

Wraparound with Intensive Services (WISe)

Youth mobile response stabilization teams

Youth Substance Use (SUD) treatment services

Terms and acronyms

- ▶ Medicaid Transformation Project (MPD)
- ▶ In Lieu of Services (ILOS)
- ▶ Fee-for-service (FFS)
- ▶ Parent Child Assistance Program (PCAP)
- ▶ Substance Use Disorder (SUD)
- ▶ Residential Treatment Facility (RTF)
- ▶ Pregnant and Parenting Individuals (PPI)
- ▶ Youth Mobile Response & Stabilization Services (MRSS)
- ▶ National Suicide Prevention Lifeline (NSPL) hotline
- ▶ Fetal Alcohol Spectrum Disorders (FASD)



Q&A

December 12, 2023



What's next

- ▶ Where can I find information about this webinar series?
 - ▶ Prenatal, child, and young adult behavioral health services
 - ▶ Full schedule
 - ▶ Slides
 - ▶ Registration
 - ▶ Recordings
- ▶ We will be pausing this series until after legislative session.