



# HCA Infant Early Childhood Mental Health Office Hours

October 24, 2024

Washington State  
Health Care Authority

# Our time together

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



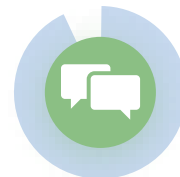
Welcome



Background



Provider Spotlight



Open Floor

# Welcome from HCA's IECMH team

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**Christine Cole, LCSW, IMH-E®**

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IECMH Analyst  
Behavioral Health & Recovery  
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# 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?



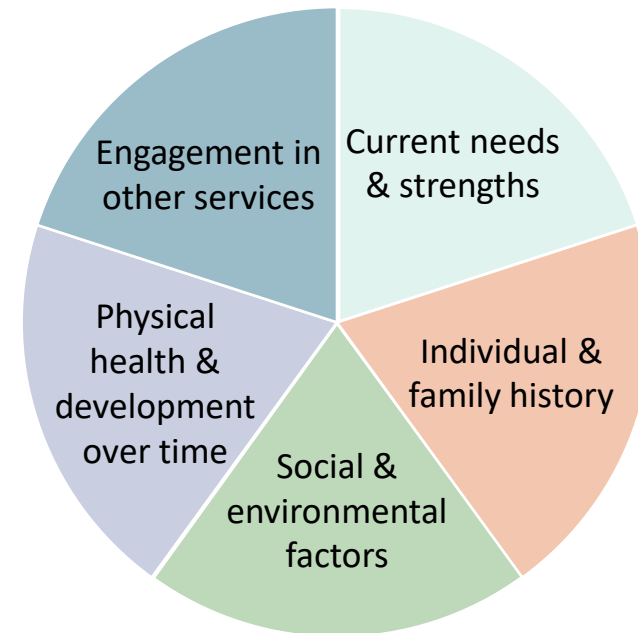
# Background

# Mental Health Assessment for Young Children (MHAYC)

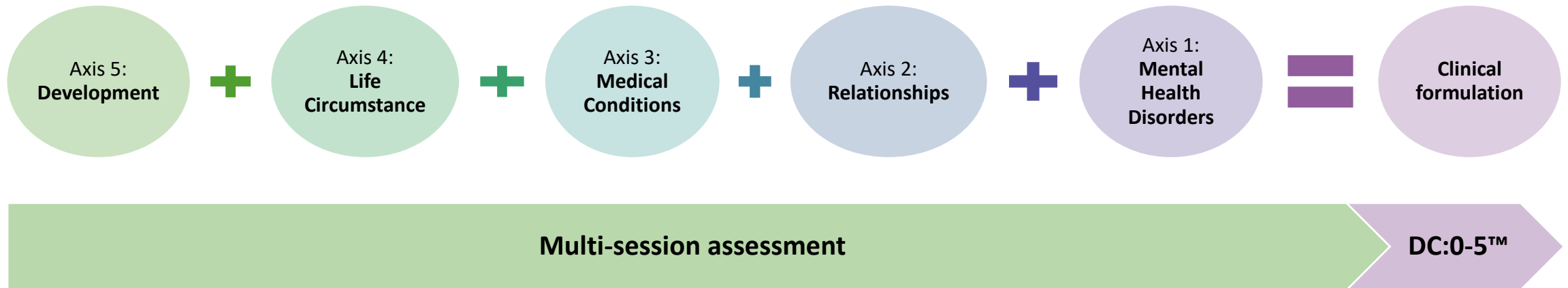
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- ▶ Mental health assessments for children birth through age 5, Apple Health will:
- ▶ Allow reimbursement for:
  - ▶ Multi-session assessments
  - ▶ Provider travel to home and community settings
- ▶ Require providers to:
  - ▶ Use the DC:0-5™

**Assessments include topics such as:**



# Multi-session assessment & DC:0-5™

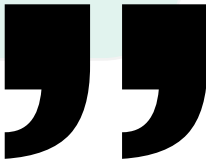


- ▶ **Start with** understanding multiple aspects of a child's life from the family's perspective **BEFORE** diagnosing
  - ▶ It is important to understand the culture & community context of the behaviors
- ▶ **Then,** use the Diagnostic Classification of Mental Health and Developmental Disorders of Infancy and Early Childhood (DC:0-5™) to assess **emotional/behavioral symptoms**, with a **developmental lens**



# IECMH Statewide Tour

*“We need improved connection with other partners agencies who work with prenatal to five [age]. We need more days like today.”*



**By the numbers**

**10** listening sessions

**96** mental health providers


**53** organizations

**1,720** direct quotes







# What else do providers need to offer mental health assessment to young children?




**IECMH-specific assessment process**





**DC:0-5 training and application**



**Electronic health records & documentation**



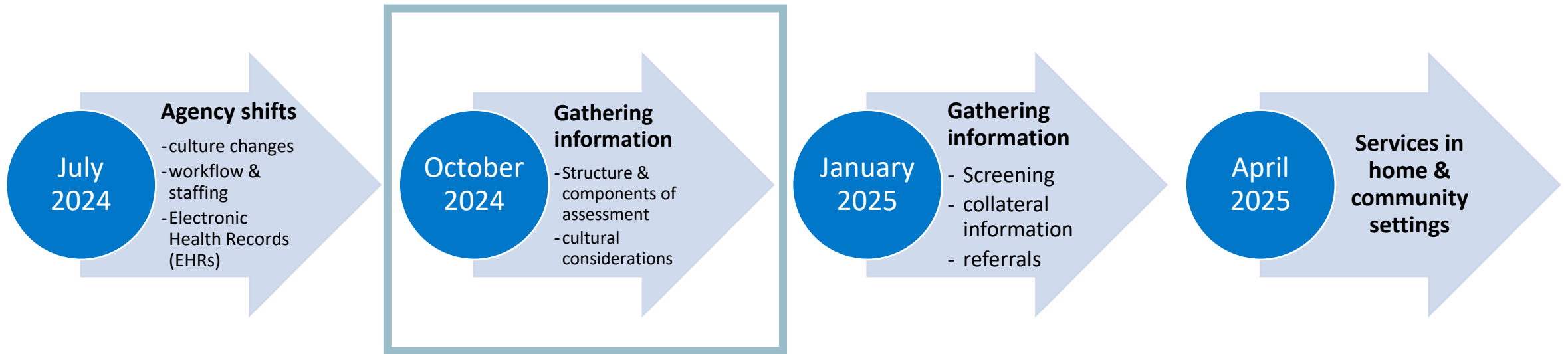
**Screening, assessment, & observation**



*“DC:0-5 training didn't always translate well into practice, particularly for highly stressed, low-income families. The cultural component particularly is challenging to translate.”*

# MHAYC Provider Spotlight Series

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Look for our upcoming series to hear from providers like you about how they are making these changes.

[Subscribe for updates](#)

# IECMH Provider Spotlight

# Panelists

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**Clare Lucas, LMHC**

Clinical Program Manager  
Akin (Vancouver)



**Mary Rose Dewald, LICSW**

Practice owner & therapist  
Flying Bagel Counseling



**Mary Virginia 'MV' Maxwell, LMHC**

Early learning mental health  
integration coordinator  
ESD 105



**Sharon Shadwell, LMHC**

Practice owner & therapist  
LoveBuilt

# Spotlight themes and reflections

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## ▶ **The value of the assessment process and multiple sessions**

- ▶ Allow time to slow down, remain curious, & allow the development of trust
- ▶ Assessment processes can be really transformative, in terms of how children see themselves, how they understand themselves, and how they can relate in the world

## ▶ **Gathering a full picture of the child and family**

- ▶ Integrated settings inform who is holding and telling the story – referrals come in from many routes.
- ▶ It's important to get a big picture of what life is like in a classroom, at home, in the clinic.

## ▶ **Centering culture**

- ▶ Cultural formulation informs the work we do.
- ▶ Cultural humility is an extremely important piece of how we do our work; we are not 'here to stay' in a community, but there can be opportunities to bring in resources.

# Spotlight themes and reflections continued

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## ▶ Ways to support your practice

- ▶ Reflective supervision and consultation are an important space to be with others who can help hold us/gently push us into considering other perspectives and their intersections of multiple identities
- ▶ We have to intentionally create a team of support people
- ▶ Trusting our families to help us go where we need to go, it's going to be messy, but let's trust ourself too
- ▶ Try and imbed some moments of ease and joy in your day, let's celebrate those moments of joys and delight
- ▶ Learning of the framework and training/assessment tools, continuing to learn and implement with flexibility. Assessment and diagnosis is not a linear process – it's important to go alongside the family.

# Resource sharing

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## ▶ Assessment tools

- ▶ [Child Behavior Checklist \(CBCL\)](#)
- ▶ [Young Child PTSD Checklist](#)
- ▶ [Traumatic Events Screening Inventory \(TESI-C\)](#)
- ▶ [Parent Stress Index \(PSI\)](#)
- ▶ [Ages and Stages Questionnaire \(ASQ\)](#)
- ▶ [Parent-Child Interaction \(PCI\) Feeding & Teaching Scales](#)
- ▶ [Climate of Healthy Interactions for Learning and Development \(CHILD\) scale](#)

## ▶ Infant-early childhood mental health (IECMH) certificate programs

- ▶ [Barnard Center IECMH Advanced Clinical Training \(ACT\) program](#)
- ▶ [Napa Infant-Parent Mental Health Fellowship](#)

## ▶ IECMH Evidence-based practice models

- ▶ [Child Parent Psychotherapy \(CPP\)](#)
- ▶ [Learn about the foundational phase for mental health assessment](#)
- ▶ [Circle of Security \(COS\)](#)
- ▶ [Attachment Biobehavioral Catch-up \(ABC\)](#)



# IECMH Statewide Tour report

- ▶ 20+ partner organizations
- ▶ 10 listening sessions
- ▶ 96 mental health providers
- ▶ 1,720 direct quotes

