

# Children's Behavioral Health Initiative (CBHI)

- Children's Behavioral Health Initiative (CBHI): significantly expanded home and community-based behavioral health services (mental health and substance abuse services) for eligible children and youths aged 20 and younger.
- The goal of the service expansion was to ensure that children and youths with serious mental health challenges, and their families, obtain the services they need for success in home, school, and community, and throughout life.
- Services within CBHI include: ICC, IHT, OPT, T.M. and FST

# What Is Intensive Care Coordination?

- Intensive Care Coordination is a service that uses the Wraparound care planning process to coordinate multiple supports for youth and families. The Wraparound process is used to create a strengths-based, family-driven, and individualized plan for each youth.
- **The Care Coordinator works with the youth and family to:**
  - Assemble a Care Planning Team of the family's preference, consisting of formal and natural supports;
  - Conduct a comprehensive assessment of the youth and families strengths and needs;
  - Facilitate development of an Individual Care Plan (ICP);
  - Ensure that identified services and supports are in place and coordinated; and
  - Develop a risk management and safety plan with the family and team.

# ICC Referral Criteria

- Has the youth recently been evaluated by MCI or met level of care for CBAT or Inpatient settings? Have they had multiple incidents of this in past year?
- Does the youth have multiple services or supports related to their mental health that need coordinating or assistance “getting on the same page”? (DCF, School, Psychiatry, Therapist, other CBHI, etc.)
- Does the youth and family need help finding natural or formal supports to assist in goals related to their mental health needs.
- **Eligibility Requirements:** An eligible insurance plan, aged 3-21, and a primary mental health diagnosis with impaired functioning at least 1 setting (home, school, community).

# What is In Home Therapy?

- In-Home Therapy provides short-term family therapy to assist the family in stabilizing children in their homes during times of crisis. Services are delivered by a clinician and, in some cases, a Therapeutic Training and Support staff member. Services can be provided in the child's home, school, or community.
- Treatment is a strength-based model and the In-Home Therapy team works with the family to develop a comprehensive assessment with a solution-focused Individualized Action Plan (IAP). A risk management/safety plan is designed with the family to help identify triggers and risk factors while defining useful interventions to reduce the danger of harm to self or others.
- **Services include:**
  - In home parenting support and training;
  - Support and coaching for siblings around family dynamics;
  - Assistance in accessing community services and resources; and
  - Assistance in developing natural supports for the youth and family to support their treatment gains.

# IHT Referral Criteria

- Can the youth's needs be addressed through Outpatient therapy or do they need increased support and frequency?
- Are there potential family therapy goals to be addressed, in addition to individual goals for the youth?
- Can the youth & family commit to at least 2-3 hours of appointments per week that involve family therapy, youth skill building and caregiver coaching?
- Has the youth recently been evaluated by MCI or met level of care for CBAT or Inpatient settings?
- **Eligibility Requirements:** An eligible insurance plan, aged 3-21, and a primary mental health diagnosis with impaired functioning at least 1 setting (home, school, community).

# What is Therapeutic Mentoring

- T.M. is Hub dependent and offers structured, one-on-one, strengths-based support services between a Therapeutic Mentor and a youth to address daily living, social, emotional, and communication needs.
- Therapeutic Mentors work in conjunction with a HUB an Intensive Care Coordinator, In-Home Therapy Team, or an individual therapist as part of a Care Planning Team to help youth meet their personal goals and reach their full potential. Therapeutic Mentoring services are provided in the home and community.
- Services include:
  - Supporting, coaching and training youth in age-appropriate behaviors;
  - Strengthening interpersonal communication;
  - Teaching problem-solving and conflict resolution skills;
  - Developing healthy relationships with peers and adults in recreational and social settings;
  - Increasing a youth's integration and participation in their local community.

# What is Family Support and Training

- Family Support and Training provides a Hub dependent, structured, one-to-one, strength-based relationship between a Family Partner and a parent/caregiver of a youth. The purpose of this service is to support the caregiver(s) in managing the youth's behavioral needs by supporting the development of skills needed to parent.
- The Family Partner understands the family's struggles from a personal perspective and is seen as a support who gives the parent new hope. The Family Partner works closely with the youth's Intensive Care Coordinator, In-Home Team or Outpatient Therapist, and can provide the following services to the family:
  - Help navigate the child serving systems;
  - Identify available services and supports in the community;
  - Develop connections with self-help and support groups; and
  - Support and coach parents/caregivers in helping youth to reach their identified goals.

# What is Outpatient?

- Outpatient Therapy services offer individual and family counseling, and child/adolescent psychiatry in family-friendly environments, using person-centered, trauma-informed, and evidence based approaches.
- Children, youth, and their families can receive a variety of short to long-term interventions for conditions including:
  - Depression
  - Trauma reactions
  - Attention deficit disorders (ADHD)
  - Disruptive behaviors
  - Reactions to stressful or adverse personal or family circumstances
  - Interpersonal conflicts
  - Anxiety disorders

# Making CBHI Referrals: Insurance

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- **Commercial Plans:** <https://massachusetts.networkofcare.org/mh/>
  - Referred to as BHCA (Behavioral Health for Children & Adolescents)
  - Optum: (Allways Health; UBH; Harvard Pilgrim, United Health Care, Connecticare)
  - BCBSMA
  - Tufts Commercial
  - Cigna
- **Masshealth Plans:** <https://www.mabhaccess.com/>
  - Most families have Standard, Commonwealth and Family Assistance

# Making CBHI Referrals: Referral Form Info.

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- **What you need for referral form?**

- Youth & family consent
- Referral Form/Link
- Insurance Plan, DOB, Insurance #
- Legal Guardian & Youth Contact (phone, address, etc)
- Strengths, Needs (current presentation) & mental health history
- Desired goals for service

# Making CBHI Referrals: Documents

- When making a referral, the only services that are HUB dependent and need supporting documents are FST and T.M. Which is why only IHT, CSA, or OPT can make these referrals.
- It is important to note that most commercial insurances are no longer requiring HUB docs. For families with C.I. anyone can make the referral for these services (no longer hub dependent)
- What documents are needed for FST and T.M.?
  - HUB Docs are:
    - (CANS, IAP or ICP, and CA)
  - IAP (Individualized Action Plan) is what a clinician sends
  - ICP (Individualized Care Plan) is was a intensive care coordinator sends
  - What Intake looks for when verifying HUB Docs:
    - Is there a goal for T.M. or FS+T in the IAP or ICP
    - CANS- is there a 2 or 3 score under social functioning or school section for <sup>TM</sup>?  
Is there a 2 or 3 score under the guardian or caregiver section for FS+T?

# Additional Resources

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- ESP List - Click [HERE](#)
- Basic CBHI Brochure - Click [HERE](#)
- CBHI Guide for Staff - Click [HERE](#)
- CBHI Service Definitions - Click [HERE](#)
- Parent Education and Guidance - Click [HERE](#)
- What Is ICC Video - Click [HERE](#)
- What is IHT Video - Click [HERE](#)
- MNC Decision Tree of IHT [HERE](#)
- MABHA - Click [HERE](#)

# Open Discussion

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Any questions or comments?

Thank you!