Children’s Mental Health Services: Presentation to the House Select Committee on Mental Health

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Presentation Overview

• Local Mental Health Authorities and Levels of Care

• Select DSHS Initiatives

• STAR Health

• Delivery System Reform Incentive Payment (DSRIP) Projects
Local Mental Health Authorities and Levels of Care

• Children’s mental health services are currently provided by 37 Local Mental Health Authorities (LMHAs) and NorthSTAR
  • 61,117 children and youth served in fiscal year 2015

• Services are provided according to levels of care (LOCs)
  • LOC 1: Medication Management
  • LOC 2: Targeted Services
  • LOC 3: Complex Services
  • LOC 4: Intensive Family Services
  • LOC Young Child
Youth Empowerment Services (YES) 1915(c) waiver serves to prevent or reduce institutionalization of children and adolescents ages 3-18 with serious emotional disturbance (SED).

- Provides access to a flexible array of services through intensive community-based services and improved access to services.

Include children in Department of Family and Protective Services (DFPS) conservatorship

- March 2016: Submission of waiver amendment to CMS
Youth Empowerment Services: Children Served

Youth Empowerment Services - Enrollments
Select Initiatives: DSHS/DFPS Residential Treatment Center Project

• Collaboration between DSHS and DFPS to prevent parental relinquishment of children to DFPS due solely to a lack of mental health resources.

• 84th Texas Legislature appropriated $4.8 million in the FY2016-2017 biennium to DSHS to expand the Residential Treatment Center (RTC) Project from 10 beds to 30 beds.

• RTC Project statistics since January 2014:
  • Number of children served in RTCs: 61
  • Number of children successfully discharged from RTC to home: 25
  • Percentage that met program criteria and remained in parental custody: 89%
  • Number that remained in home with only LMHA or YES services: 13
Zero Suicide in Texas (ZEST)

- DSHS partnership with 22 community mental health centers to develop suicide-safe care in communities through adoption of best practices.
  - Federally-funded initiative

- Youth who have received suicide screenings since implementation in FY2014:
  - 1,509
Select Initiatives:
Mental Health First Aid (MHFA)

• Eight-hour evidence-based curriculum
  • Teaches individuals how to help someone who is developing a mental health problem or experiencing a mental health crisis.
  • Helps trainees identify, understand, and respond to signs of mental illnesses and substance use disorders until professional help arrives.

• $5 million per biennium

• Numbers trained in mental health first aid in FY 2015:
  • 6,527 Educators
  • 4,792 Non-Educators
  • 206 DSHS Staff and Contractors
STAR Health Program

- Implemented in April 2008, STAR Health is a Medicaid managed care model designed to improve services and better coordinate care for children in conservatorship of the Department of Family and Protective Services (DFPS).

- In addition to all Medicaid-covered services, STAR Health provides:
  - Immediate eligibility and access to a statewide provider network
  - Increased focus on behavioral health services, such as psychotropic medication review
  - Service management and coordination teams
  - Access to an electronic health passport
  - A range of value-added and case-by-case added services that support foster placements
Service Management and Coordination
• The managed care organization (MCO) completes a telephonic general screening for every new member and at every placement change.

Psychotropic Medication Utilization Review
• Can be triggered by the telephonic general screening, an automated claims screening process, or by external request.

Psychiatric Hospital Diversion Services
• Designed to decrease unnecessary acute psychiatric hospitalizations while improving placement stability.

Health Passport
• An electronic health information system.
Texas DSRIP: Behavioral Health Projects for Children and Adolescents

• Of the over 400 behavioral health-focused (BH) projects in the Deliver System Reform and Incentive Payment (DSRIP) program, 46 focus specifically on providing services to children and/or adolescents.

Types of projects include:

• Interventions to prevent unnecessary use of services (in the criminal justice system, ED, etc.)
• Enhanced BH service availability (hours, locations, transportation, mobile clinics)
• Development of BH crisis stabilization services
• Integration of primary and BH care services
• Delivery of BH care services through telemedicine/telehealth

• Of those 46 projects:
  • 29 are performed by local mental health authorities.
  • Other providers include hospitals, physician groups and local health departments.

• Many of the other DSRIP BH projects include children and adolescents along with adults in their target population.
Texas DSRIP: Behavioral Health Projects for Children and Adolescents

• There are 20 Regional Healthcare Partnerships in Texas. Examples of behavioral health projects that focus on children and adolescents from the regions:
  • Center for Health Care Services (RHP 6) - Establish a centralized campus from which systems or families can obtain care for children and adolescents with a serious emotional and/or behavioral problem or development delay.
  • Hill Country MHDD Centers (RHP 7) - Implement a children’s mental health crisis respite center.
  • Metrocare Services (RHP 9) - Implement the Family Preservation Program to provide services to children recently released from psychiatric hospitals or at risk for out-of-home placement.
  • Texas Panhandle Centers (RHP 12) - Deliver intensive BH services to children and adolescents who are at high risk for CPS or juvenile justice involvement.
  • Children’s Medical Center of Dallas (RHP 18) - Integrate behavioral health services into the primary care setting.