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

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- 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

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- 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

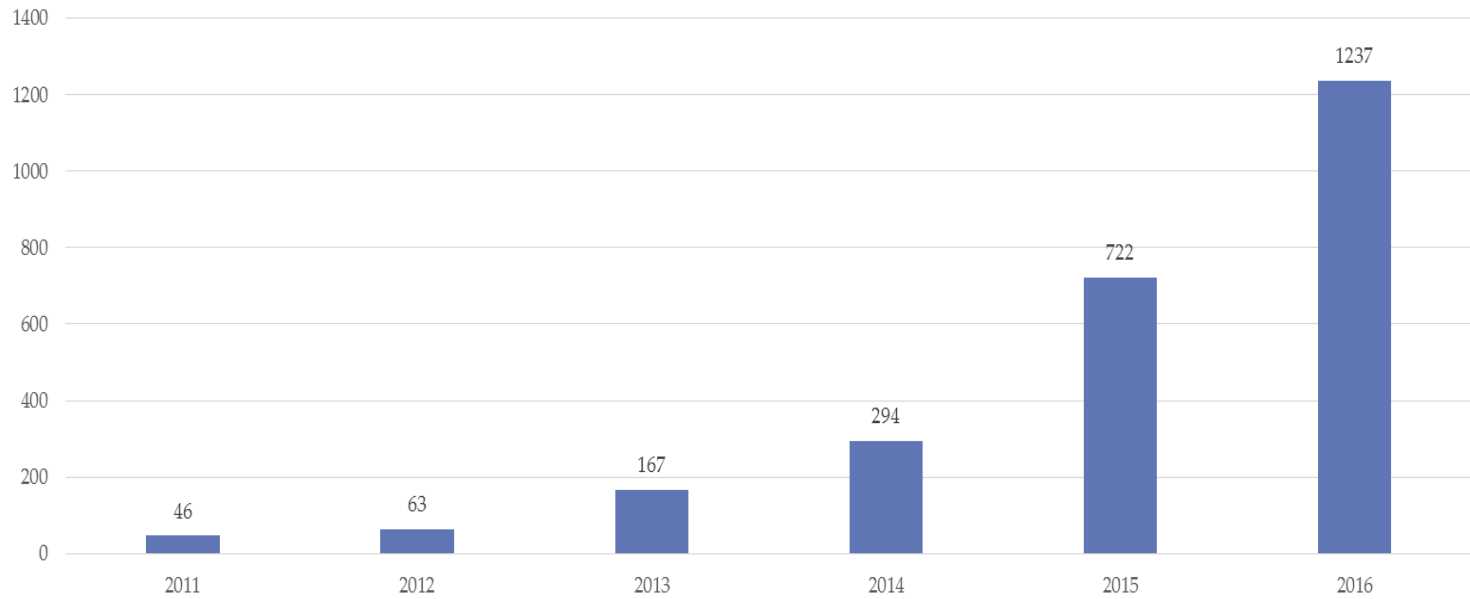
# Select Initiatives: Youth Empowerment Services

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- 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.
- 84<sup>th</sup> 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)

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- 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

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- 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

# STAR Health Program Features

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## 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

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- 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

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- 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.