

Children's Behavioral Health Initiative (CBHI) and Caring Together: One System of Care

Children's Behavioral Health Initiative, Department of Children and Families and Department of Mental Health partner to strengthen the Massachusetts child behavioral health service system into a comprehensive, coordinated system of care.

Shared Values

The Children's Behavioral Health Initiative (CBHI) and Caring Together residential services share a commitment to Wraparound Principles of family-driven, youth-guided, culturally responsive practice and to strengthening Family Protective Factors, which promote increased resiliency, self-efficacy and well-being of children, parents/caregivers, and their families.

Interface, overlap and transition between CBHI and Caring Together services

1. Transitioning between any Children's Behavioral Health Initiative (CBHI) service and any Caring Together service.

When transitioning between a Caring Together Service and a CBHI service, providers will overlap for a period of time to bridge* the two services, ensuring continuity of care. The transition period consists of the exiting and entering providers meeting together face to face with the youth/family (and state agency representative as indicated) to:

- establish agreed upon transition time-frame that is specific to the individual needs of the youth/family;
- support the youth/family in sustaining treatment gains made to date;
- share necessary documentation (CANS, safety plan, discharge summary, etc.)
- ensure continuation of effective clinical approaches from one provider to the other, particularly in the areas of: therapeutic and behavioral interventions, safety plan approaches, skill building activities, and care coordination.
- ensure particular attention is paid to youth/family voice, including specific interventions, skill development activities and crisis prevention tactics that the youth/family reports to be helpful.

2. Concurrent CBHI and Caring Together services

For eligible MassHealth youth, the following guidelines apply:

a. Mobile Crisis Intervention is available to any MassHealth-enrolled youth in crisis AND for pro-active safety planning outside of a behavioral health crisis, including youth in **any Caring Together service** in any setting. Mobile Crisis Intervention and Caring Together providers:

- Build proactive relationships and develop joint Memorandums of Understanding as needed to guide their work together.
- Collaborate with the youth/family in developing and updating the youth's safety plan well in advance of and following crises.
- Proactively coordinate to ensure that Mobile Crisis Intervention teams meet with youth in the location where the crisis is occurring (Group Home, Res School, family home, school) rather than in the Emergency Room.

b. Hub Services

➤ **Intensive Care Coordination**

- **For Residential schools & IRTP**, youth are eligible for ICC 180-days prior to discharge if they meet Medical Necessity Criteria.
- **The Continuum** is generally viewed as duplicative of ICC. The clinical team should make a determination of the appropriateness of either Continuum or ICC.
- **For other Caring Together services**, youth in Caring Together are eligible for ICC if they meet Medical Necessity Criteria.

➤ **In-Home Therapy**

- Youth are eligible for IHT for a **brief transition prior to discharge** from **Caring Together** services. **The Continuum** is generally viewed as duplicative of IHT. The clinical team should make a determination of the appropriateness of either Continuum or IHT.

➤ **Outpatient Therapy:**

- Outpatient therapy is not available for **youth in IRTP or Residential Schools**.
- **For other CT services**, a youth may receive outpatient therapy through their CT provider or an outpatient clinic.

c. Hub-Dependent Services

The following are Hub-dependent services. To receive a MassHealth Hub-dependent service, the youth must have one of the above MassHealth Hub services and must be referred by the Hub clinician.

Please note: The Caring Together Continuum is NOT a MassHealth Hub service.

- **FS&T/Family Partners:** If the youth has any MassHealth hub service, the family is eligible for a MassHealth FS&T family partner if they meet Medical Necessity Criteria. Youth residing in a residential program, teen parent program or independent living situation without a goal of returning home are not eligible for FS&T.
- **Therapeutic Mentors:** If a youth has a MassHealth Hub service, the youth may be eligible for the service **for brief transition prior to discharge from Caring Together** if they meet Medical Necessity Criteria. In addition, a youth in Independent Living and Teen Parenting with a MassHealth Hub service may be eligible for a Therapeutic Mentor if they meet Medical Necessity Criteria.
- **In-Home Behavioral Services:** If a youth has a MassHealth Hub service or an IHBS Hub waiver on file with an MCE, it is only available for transition services to and from a residential facility. The service may also be available to youth receiving Continuum or Follow-along services while residing at home.

Stabilization, Assessment and Rapid Reintegration (STARR)

Youth residing in a STARR can receive any CBHI service on an ongoing basis when the goal of STARR is to have the youth return to family and community, if they meet Medical Necessity Criteria.

Siblings in Caring Together and CBHI Services

A family may have sibling(s) enrolled in CBHI services and other sibling(s) enrolled in Caring Together Services. To ensure family treatment is coordinated across providers on behalf of the different siblings, providers should make every effort to coordinate and collaborate with one another as guided by the family.

***Caring Together Joint Standards:**

4.01(A) Bridging to Community Care. A Contractor provides services that promote continuity of care for youth as he/she transitions from the service to the home and community. To foster successful transitions, discharge planning will go beyond information and referral coordination and will actively create a bridge to new services, schools and programs. Contractor creates opportunities for "face to face" transition meetings including staff, the family, the youth, and new service providers/coordinators. This could include meetings with educators/guidance staff at a new school; meetings with clinicians and staff at a new program; meetings with new therapists or in-home service providers; attendance at an Intensive Care Coordination meeting; etc. These meetings will be designed to assist the youth and family in establishing a comfort level with new services as well as providing a forum for direct information sharing to promote consistency in service approach and provision. When psychiatric service is needed, the Contractor must make every effort to ensure direct communication between the sending and receiving psychiatrists to ensure continuity and integration of care.

***IHT and ICC Performance Specifications:**

Discharge plan treatment recommendations are consistent with the service plan of the relevant state agency for youth who are also DMH clients or youth in the care and/or custody of DCF, and for DDS, DYS, and uninsured DMH clients.

Prior to discharge, with consent, an updated Safety Plan and/or other Crisis Planning Tools is developed in conjunction with the youth parent(s)/guardian(s)/caregiver(s) and all providers of care, where appropriate. The purpose of this plan is to strengthen bridges within the family, the informal support network, and the formal treatment network as appropriate to each family. Its goal is to reduce or manage worsening symptoms, promote positive behaviors, prevent or reduce the risk of harm or defuse dangerous situations.

Resources for CBHI and Caring Together System Partners

CBHI - Additional information regarding services available under the Children's Behavioral Health Initiative can be found on the links below.

- Mobile Crisis Intervention Teams & contact information:
<https://www.masspartnership.com/pdf/MBHP%20ESP%20Directory%209-4-14%20FIN.pdf> and
<https://www.masspartnership.com/provider/ESP.aspx>
- General Information about CBHI services: <http://www.mass.gov/eohhs/gov/commissions-and-initiatives/cbhi/>
- CBHI referral access and availability information: <http://www.mabhaccess.com/>

Caring Together - Additional information regarding Caring Together can be referenced here:
<http://www.mass.gov/eohhs/gov/commissions-and-initiatives/caring-together/>