

BEHAVIORAL HEALTH

Quarterly news and updates from the Idaho Department of Health and Welfare



**August 2018,
Issue 20**



July 1 changes in Idaho's Children's Mental Health system of care

By DHW staff from the Divisions of Behavioral Health and Medicaid
Several new and updated Medicaid services are now available through the Idaho Behavioral Health Plan (IBHP). These services are part of the Youth Empowerment Services (YES) System of Care (SoC).

Medicaid mental health providers contracted with Optum Idaho are beginning to use the Child and Adolescent Needs and Strengths (CANS) tool to help determine a child's mental health needs and strengths as well as the level of functional impairment caused by these needs. Not all providers were certified and using the CANS as of July 1. The implementation of CANS certification and use of CANS will continue over the next year.

Your feedback is important to us. Click here to tell us what you want to see in this newsletter.



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The CANS is one of the state-approved functional assessment and communication tools for planning and coordinating children’s mental health services.

New and Updated Services

New Services implemented effective July 1, 2018 include:

- The Child and Adolescent Needs and Strengths (CANS), the state-approved functional assessment tool
- Case Consultation
- Child & Family Team (CFT)

Interdisciplinary Team Meeting

The following existing services have been updated to meet compliance with the Jeff D. Settlement

Agreement:

- Skills Building/Community Based

Rehabilitation Services (CBRS) and Respite Care

- Treatment Planning



Providers are receiving communications and training specific to the new services and YES requirements

through Optum. Information can be found at www.optumidaho.com.

Questions regarding services, trainings or communications for Medicaid members or Optum providers can be submitted to optum.idaho.yes@optum.com.

Note: An article from Optum Idaho including more information about the rollout of new services is on **page 8**.

An article about Phase 3 of the ICANS is included on **page 8**.

An article about an upcoming Transformational Collaborative Outcomes Management conference is on **page 10**.

Enhancements to Youth Empowerment Services [website](#)

By Brenda Bielke

YES Public Involvement Coordinator

The website for Youth Empowerment Services (YES) is undergoing restructuring and content additions.

Recent changes/additions include:

- The Project section is now called [About YES](#). You can access the About YES section in the site menu at the top of each page.
- [Resources and Training](#), formerly called Communications, now includes Spanish language versions of YES brochures and other new publications.
- Recorded trainings and family webinars, as well as the results of our YES Training Parent Sur-

vey, are available on the [Training page](#).

- The [News and Announcements](#) page contains updates and links to training, reports, surveys and other information.
- [Project Information](#), a new page in the About YES section, has links to the Jeff D. Settlement Agreement, Project and Implementation Plans, as well as Reports and Updates.
- [Contact](#), formerly called Contact Us, provides YES partner contact information.

In the coming months, we will be adding:

- A new section called System

of Care, that will offer information on the various components of YES, such as Wrap-around, Person-Centered Planning, Child and Adolescent Needs and Strengths (CANS), the Practice Manual and more.

- An option to subscribe to a YES email list to receive updates when new information is available on the YES website.
- Links to YES informational videos that will be posted on the DHW YouTube Channel.
- Youth FAQ page.

Access the YES website at yes.idaho.gov.

YES Family Training Series

By Valorie Liermann
Training Specialist

A series of free Youth Empowerment Services (YES) training sessions for families is scheduled through the end of 2018 to help parents and caregivers understand and navigate the YES system of care. Each training in the "Getting Started with YES" series will be provided via live stream on the YouTube channel of our partner, the Idaho Federation of Families for Children's Mental Health. Announcements and registration will be posted on the YES

website [calendar of events](#) as available and communicated out by the Federation of Families.

Access past training sessions

"YES System Principles of Care" was presented on July 12 by April Auker, LCSW, Children's Mental Health, and Stacey Nelson, of the Parent Network. On July 17 "What to Expect with Coordination of Care" was the topic of a one-hour webinar.

All sessions have been recorded and posted online.

You can access the recorded trainings through links on the [YES website Training Page](#).

Recorded Trainings Currently Available

1. **March 29, 2018** – [How Can My Family Access Medicaid Youth Empowerment Services](#)

2. **May 29, 2018** – [How to Get the Most of a CANS Assessment](#)

3. **July 12, 2018** – [YES System Principles of Care](#)

4. **July 17, 2018** – [What to Expect with Coordination of Care](#)

Upcoming Trainings

1. **September 20, 2018** – Being a Parent of a Kid with SED.
2. **October 30, 2018** – Behavioral Health Insurance: Questions to Ask.
3. **November 15, 2018** – State Agencies: Who Does What?
4. **December 13, 2018** – Communication as Equals in the YES System.

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Session information is available on the YES Calendar of Events and registration links will be added when available: [YES Calendar of Events](#).



WICHE Report: System Redesign Status Update and Mental Health Service Array Assessment 2018

By Gina Westcott
HUB Administrator

It has been over 10 years since the original 2008 comprehensive study of the state mental health system was completed by the Western Interstate Commission for Higher Education's Mental Health Program (WICHE), directed by the 2007 Idaho State Legislature.

Founded in 1953, WICHE is a collaborative Interstate Compact with 15

western states, and a regional governmental entity.

The current 2018 report, [System Redesign Status Update and Mental Health Service Array Assessment 2018](#),

reflects the two primary objectives. The first, to understand the status of each of the recommendations in the 2008 Report and facilitate planning for updated action on any of the recommendations, and second, to set forth a series of

recommendations for the array of services that should be provided primarily to adults with behavioral health needs.

In the development of this report, interviews with the Department of Health and Welfare's leadership were conducted and input was gathered from relevant stakeholder groups both in person and through emailed surveys. Questions posed included: what is working with the

current service array; what is not working; what system barriers exist; and what services should be enhanced or recommended. In the final analysis, it was recommended that the division adopt a service delivery approach that

closely reflects the continuum of care as recommended by Substance Abuse and Mental Health Administration (SAMHSA). To that end, recommendations were made in the areas of promotion, prevention, treatment and recovery.

To read the full WICHE report please visit our website. <https://healthandwelfare.idaho.gov/Medical/MentalHealth/tabid/103/Default.aspx>

Adolescent Treatment Hospital aims for 2020 opening

*By Gina Westcott
HUB Administrator*

The Division of Behavioral Health is on track to open the new Adolescent Treatment Hospital in Nampa in July 2020. The new hospital will provide treatment for up to 16 children, ages 12-17, that are currently being served by the Adolescent Unit at State Hospital South. It is hoped that the new location will allow more families to actively participate in treatment as the highest proportion of children receiving treatment from State Hospital South come from the Treasure Valley. In June of 2017, the State of Idaho

Department of Administration Division of Public Works (DPW) issued a request for qualifications for the new Adolescent Psychiatric Treatment Hospital by the Department of Health and Welfare (DHW) to plan and design a new facility in Nampa, Idaho. In January of this year, DPW, DHW, and LCA Architects met for several months to complete the design and building specifications for the project. Tracey Sessions, former State Hospital South Administrator, and key hospital and Adolescent Treatment Unit staff were instrumental in advising the design team. The design phase and the prelimi-

nary construction designs are complete. The project site is located off 11th Avenue, next to the Juvenile Corrections Center on the Southwest Idaho Treatment Center campus, 1660 11th Avenue North, Nampa, Idaho. There is an existing campus building located on the property which will be demolished by the end of summer. The bidding process to hire contractors is targeted for August with completion of the facility targeted for Spring/Summer 2020.

Administrative rule change proposals initiated

*By Treena Clark
Program Manager*

The Division of Behavioral Health has begun work on proposed changes to IDAPA administrative rule for the 2019 Legislative session. These changes include:

- **IDAPA 16.07.37 “Children’s Mental Health Services”**

The intent of the rule change is to update Diagnostic and Sta-



tistical Manual of Mental Disorders (DSM) language and remove the requirement to refer parents to Child Support

for payment calculation and payment arrangement when placing a child in alternate care.

- **IDAPA 16.07.50 “Minimum Standards for Nonhospital, Medically Monitored Detoxification/Mental Health Services”**

The intent of the rule change is to update limited sections of the rule that are outdated and

no longer reflect best practice, update staffing requirements and align program approval process and fees with other division rules.

Drafts of the text for proposed changes to the rules are available for review on the Department of Health and Welfare website. You may access these documents on the

following websites:

- [Mental Health Website](#)
- [Substance Use Disorders Website](#)

Mental Health treatment for the felony probation and parole population

*By Don Caagbay
Program Specialist*

During the 2017 Idaho Legislative session, the Joint Finance-Appropriations Committee (JFAC) approved \$5.4 million in funding for mental health services to Idaho's felony probation and parole population. The Division of Behavioral Health was appropriated the funding and appointed to create a service delivery system for these mental health services. The division established a contract with the Community Health Center Network of Idaho (CHCNI) and their network of Federally Qualified Health Centers (FQHCs) to provide mental health services to Idaho's felony probation and parole population. The division began the second year of this contract on July 1, 2018. The amount of funds for the second year of the contract will remain the same at \$5.4 million.

As of April 2018, all seven regions have an FQHC providing mental health services to Idaho's felony probation and parole population under the contract. The participating FQHCs by region are:

- **Region 1:** Marimn Health, Kaniksu Health Services
- **Region 2:** CHAS
- **Region 3:** Terry Reilly Health Services, Adams County Health Center, Valley Family Health Care
- **Region 4:** Terry Reilly Health Services
- **Region 5:** Family Health Services
- **Region 6:** Health West
- **Region 7:** Community Family Clinic, Grand Peaks Medical and Dental

The division continues to work with CHCNI to encourage more FQHCs to participate in the contract to improve access.

As of July 2018, the following mental health services are now being provided under this initiative: Psychiatric Diagnostic Evaluation, Mental Health Treatment Planning, Pharmacological Evaluation, Pharmacological Management, Individual Counseling and Group Counseling, Family Counseling and Care Coordination.

By providing these services, it's anticipated participating probation and



parole clients will be more successful in their reintegration into the community and less likely to re-offend and face subsequent reincarceration. Data collected from CHCNI will be cross-referenced with Idaho Department of Correction (IDOC) data to determine impacts to the recidivism rates for this population as a result of providing these services.

If you have any questions, please e-mail [Don Caagbay](#).

Participant Advisory Councils help improve services

*By Crystal Campbell
Program Specialist*

In 2013, the Division of Behavioral Health first introduced the Participant Advisory Council (PAC), a team of individuals who have an interest in improving behavioral health services. The team may include current clients, former clients, family members, advocates, providers, or other community stakeholders. One goal of the PAC is to provide feedback for current service delivery systems to make them more consumer friendly and make access to services more welcoming. It is important to the division to provide care that is respectful and responsive to individuals and their family

members. The division also wants to guarantee that services are safe, effective, client-centered, timely, efficient, and culturally competent. The other goal of the PAC is to identify events throughout the year that the team can participate in. The PAC may provide outreach, marketing, or other assistance related to organizing the events. Some examples of PAC involvement include evaluating treatment plan templates utilized by the division and developing a more comprehensive plan to be applied statewide; reviewing the intake process to find ways of increasing hope when participants come in and implementing a Message of Hope campaign; or-

organizing Mental Health Awareness and Recovery month events; and organizing clothing drives. PACs are either forming or currently available in every region. For information about joining a PAC, please contact the PAC Lead in your area:

- **Region 1** – [Mike Wraith](#)
- **Region 2** – [Jessi Noah](#) or [Laura Thayer](#)
- **Region 3** – [April Auker](#)
- **Region 4** – [Brian Wixom](#)
- **Region 5** – [Eric Call](#) or [Mike Waite](#)
- **Region 6** – [Melissa Scott](#) or [Marty Cooke](#)
- **Region 7** – [Randy Rodriguez](#)

Idaho Lives Project increases school implementation

*By Jennifer Dickey, Katie Walker and
Kim Kane*

The Idaho Lives Project implements and supports youth suicide prevention and wellness using the Sources of Strength program in middle/junior and senior high schools statewide. The Idaho Lives Project started in schools in the spring of 2014 supported by federal grant funding. Since late 2016, the project has been supported by state funding through a collaboration with the Division of Public Health and the State Department of Education. It received additional state funding this summer to increase school imple-

mentation and increase support for existing schools. As part of the increased support for schools this year, the project is in the process of hiring three Regional Coordinators across Idaho; one in the north, one in the southwest and one in the east. These coordinators will provide suicide prevention and postvention support to schools in their regions. Sources of Strength is one of the most rigorously evaluated prevention programs in the world. It takes a multi-pronged approach that: instills resilience in youth by identifying, nurturing and relying on their

strengths; fosters connections between youth and adults to build an environment of trust and support; trains adults and youth about warning signs for suicide and depression; and connects youth and adults to resources on how to get help when necessary. To date, the Idaho Lives Project team has trained 63 Idaho schools and will add 17 new schools during the 2018-2019 school year. For more information on Sources of Strength and the Idaho Lives Project, contact us at www.idaholives.org or visit the Sources of Strength program site at: www.sourcesofstrength.org.

ECHO Idaho launches its first virtual training series

By Project ECHO staff

Extension for Community Healthcare Outcomes (ECHO) Idaho opened its virtual doors in March 2018 with a continuing education series focused on opioid addiction and treatment. A panel of specialists use video conferencing to connect with providers from around the state to share a brief lecture on an opioid-related topic followed by a patient-case discussion. The goal of ECHO is to improve healthcare for patients in Idaho by enhancing providers' knowledge and capacity to treat complex health conditions. Participants report there have been "excellent discussions with lots of ideas about treatment."

ECHO sessions are open to any clinician interested in learning more

about opioid addiction and treatment, including prescribing providers, nurses, behavioral health specialists, pharmacists, community health workers and others. There's no travel required to attend trainings – participants join sessions using a computer or phone. Sessions are free to join and participants earn free continuing medical education for participating.

Sessions are scheduled from 12:15-1:15 p.m. MST every other Thursday through the end of August 2018.

Starting in September, sessions will be held the second and fourth Thursdays of the month. Even though sessions started in March, it isn't too late to join. Visit

www.uidaho.edu/echo to enroll in the training and see a full list of ses-

sion dates and topics. Once enrolled, you will receive regular emails with agendas, announcements, resources, and information needed to connect to sessions and receive no-cost continuing education credit.

For more information, view the ECHO Idaho [Opioid Brochure](#) and [ECHO Idaho Opioid Schedule](#). To learn more or enroll in ECHO visit: www.uidaho.edu/echo, e-mail echoidaho@uidaho.edu, or call 208-364-4698.

ECHO Idaho is led by the University of Idaho and the WWAMI (Washington, Wyoming, Alaska, Montana and Idaho) regional medical education program.

Behavioral Health Planning Council releases annual report

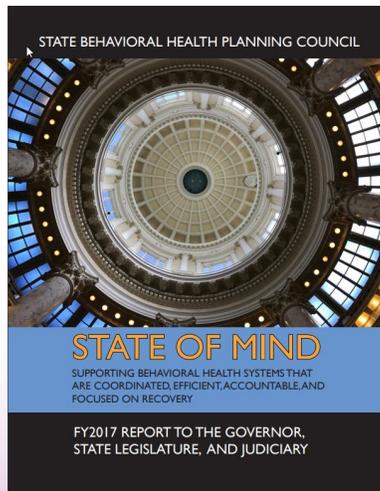
By Idaho Behavioral Health Planning Council

The Idaho Behavioral Health Planning Council looks forward to continued active participation in the improvement of Idaho's behavioral health system.

The Planning Council membership covers the full-spectrum of mental health and substance use disorder services, including members from state agencies, private service providers, and prevention programs, as well as consumers, family members, and others representing

the diversity of Idaho citizens. One of the council's responsibilities is to present to the Governor, the Judiciary, and the Idaho Legislature

an annual report on the Council's activities and an evaluation of the current effectiveness of



the Behavioral Health services provided directly or indirectly by the state of Idaho to adults and children. Please see the [attached link](#) to re-

view the annual published report. If you would like more information or would like to be involved, we encourage you to attend and participate in the local [regional behavioral health boards](#) in your community, which occur monthly, or email the Behavioral Health Planning Council [using this link](#).

ICANS Phase 3 now available to Medicaid-Optum network providers

By Seth Schreiber

Program Manager

The Division of Behavioral Health is excited to announce the Phase 3 release of ICANS, Idaho's web-based platform for the administration and scoring of the Idaho Children's Mental Health Child and Adolescent Needs and Strengths (CMH CANS). ICANS sites were updated with the new functionality on Monday, July 2. This updated version includes improved functionality for ICANS, additional Transformational Collaborative Outcomes Management (TCOM) Reports, and new features. With the release of Phase 3, the ICANS is also now available to providers of children's mental health services within the Medicaid-Optum network. Key updates to the ICANS include:

- **A detailed mode:** This is available when completing an assessment. Detailed mode displays the appropriate CANS Reference Guide information for each question.
- **The Substance Use Sub-Domain:**

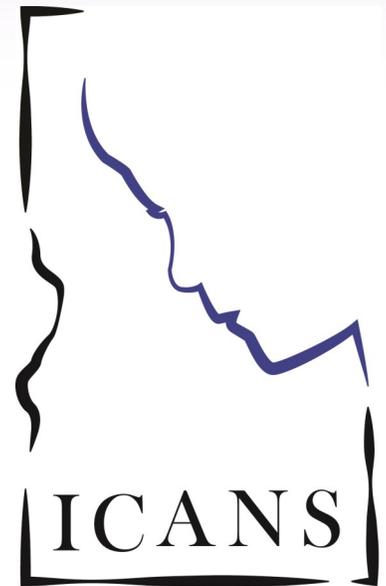
This is required when the question for the client regarding Substance Use is rated a 2 or a 3.

- **Streamlined CANS sub-domains**
- **A High-Risk Prompt:** This displays and requires confirmation when the question of Suicide Watch is rated a 2 or a 3 under the Risk Behaviors Domain.
- **Consent and Referral functionality:** Agencies may now consent signed CANS assessments to another agency within ICANS electronically. Agencies may also refer clients to another agency within ICANS.
- **Additional TCOM Reports Available:**
 - ◇ Key Interventions Needs Over Time Report
 - ◇ Strengths Development Over Time Report
 - ◇ Caseload Progress Report
 - ◇ Clinician's Support Intensity Report
 - ◇ Average Impact Report

To support this release of new functionality for all users, the division's

ICANS Helpdesk provides frequent

online training opportunities. To view the current training schedule, and to register for a training, please



click [here](#) or go to www.icans.dhw.idaho.gov for additional information and resources related to the ICANS.

Interested in gaining access to the ICANS system? ICANSHelpdesk@dhw.idaho.gov is the e-mail you can use to get more information.

Optum Idaho details rollout of new, updated mental health benefits to reflect YES

By Optum Idaho

Effective July 1, 2018, Optum rolled out new services and updated existing mental health benefits to better reflect the Youth Empower-

ment Services (YES) System of Care framework.

The new benefits reimburse providers for giving the Child and Adolescent Needs and Strengths

(CANS) assessment to children and youth, participating in the Child and Family Team Interdisciplinary meetings, and consulting with professionals from outside

organizations engaged in a child's treatment (Case Consultation). Psychotherapy, Medication Management, Skills Building/Community Based Rehabilitation Services (CBRS), Psychological and Neuropsychological Testing, and the Comprehensive Diagnostic Assessment are existing services offered by Optum. Optum and the Division of Medicaid enhanced these services to incorporate the Principles of Care and Practice Model concepts from the Jeff D. Settlement Agreement into the provision of care. The con-

cepts of teaming and collaboration are also now supported in newly modified Child and Family Team benefit. Optum Idaho hosted live webinars in June to provide information to the network mental health providers about the changes. The revised Level of Care Guidelines and the Provider Manual are now available at www.optumidaho.com under "For Network Providers." The Divisions of Behavioral Health and Medicaid are working with Optum Idaho on the next phases of

YES services. Crisis Intervention and Psychoeducation will be introduced this fall. Multi-Family Therapy, Crisis Respite, and Crisis Response will be offered at the beginning of 2019. More information about YES is available online at yes.idaho.gov.

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NOTE: Optum Idaho is Idaho's Medicaid managed care contractor for Behavioral Health services.

BPA Health now administering Idaho Peer Support Specialist and Family Support Partner Certification

By BPA Health

BPA Health is now administering Peer Support Specialist (CPSS) and Family Support Partner (CFSP) Certification through a contract with the Department of Health and Welfare. We are excited about this endeavor and would like to inform you about the new certification processes and contact information. **Please note that requirements for certification have not changed.**

We Are Accepting Applications

Individuals can now visit www.idahopecert.com and view the menu on the right to submit an application for initial certification or certification renewal, request an extension of their current certification, and/or submit verification of work/volunteer/supervision hours.

New Electronic Application Forms

The new certification process uses electronic application forms that can be accessed at www.idahopecert.com. The electronic forms allow individuals to upload attachments, save and return at a later time if needed, and submit using an electronic signature. Upon submission, individuals will receive email confirmation and a PDF copy of their application.

New Supervision Tracking Form

CPSS/CFSP supervisors now have the ability to track each occasion of supervision they provide in the new electronic Supervision and Work/Volunteer Experience Verification Form. Supervisors may use the form to enter a summary of each separate occasion of supervision, then

save and return to the form on each subsequent occasion of supervision. While this method of tracking supervision is not required, we encourage supervisors to use it.

New Contact Information

Please use the following information to contact the Peer and Family Support Certification Program. We look forward to hearing from you.

- 208-947-1300
- 1-888-239-9759
- info@idahopecert.com
- www.idahopecert.com

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NOTE: BPA Health is the management services contractor for Idaho's Substance Use Disorder (SUD) treatment and RSS network.

Save the date: TCOM conference in spring 2019

By Holly Riker
Program Specialist

The Department of Health and Welfare is partnering with the State Department of Education, the Department of Juvenile Corrections and the Praed Foundation to plan a Northwest Regional Transformational Collaborative Outcomes Management, or TCOM, Conference to be



held in Boise in the Spring of 2019. TCOM has been adopted by the state to help guide the implementation of the Chil-

dren's Mental Health Youth Empowerment Services (YES) program.

TCOM is an approach grounded in the philosophy of a shared vision to help people achieve wellness goals as they navigate healthcare, child welfare, juvenile justice, behavioral health, education, and other complex systems around the world. Perhaps one of the most well-known TCOM tools, the Child Adolescent Needs and Strengths (CANS), will be used statewide in Idaho to support decision making, including level of care and service planning for youth, to facilitate quality improvement initiatives, and to allow for the monitoring of outcomes of services.

The theme for this conference is Setting the Stage: Creating a Shared Vision through Transformation. This conference will

bring together individuals in varying roles, across multiple systems to share their stories, learn from other experiences, and collaborate on how to best meet the needs of children and families served. Clinicians, supervisors, administrators, administrative staff, and family members will be invited and encouraged to attend.

Conference planning is still in the early stages, however the dates and location have been confirmed, so please save the date and look for future communications that include more details.

Dates: May 1-2, 2019; **Day 1:** 8 am- 4 pm, **Day 2:** 8 am– Noon (optional extended day to 4 pm for technical/special interest topics).
Location: Red Lion Boise Downtowner, Boise ID.



Block Grant 2019 Mini Application available for review

By Jon Meyer
Program Specialist

A draft of the Fiscal Year 2019 Mini Application for the 2018-2019 Combined Behavioral Health Assessment and Plan Block Grant is now available online for review, input and comments.

[Follow this link](#) to review the draft plan, which provides an update to the biennial block grant application and outlines the state's plan for fiscal year 2019 block grant funds.

If you have any questions, input or comments regarding the plan, please submit them to [Jon Meyer](#) by **Aug. 20**.

Behavioral Health Board Contacts

[Region 1—Website](#)

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