



superior
healthplan™

STAR Health Training Tool Kit

Array of Services for Behavioral
Health Needs

9/1/2017

Behavioral Health Menu of Services



- Psychiatric services
- Chemical dependency services
- Individual counseling
- Family counseling
- Group counseling
- Support groups
- Covered residential treatment such as IT, GT and psychiatric medical services*
- 12 step anonymous groups
- Skills rehabilitation

**Placement is not funded by Medicaid.*

Behavioral Health Menu of Services



- Cognitive behavioral therapy
- Trauma informed therapies
 - Trauma focused cognitive behavioral therapy
 - Integrated treatment for complex trauma
 - Cognitive processing therapy
 - Eye Movement Desensitization Reprocessing (EMDR)
- Solution focused therapy
- Supportive counseling

Behavioral Health Menu of Services



- Wraparound
- Target Case Management
- Substance abuse services
- Crisis intervention

Wraparound



Mental Health Targeted Case Management and Mental Health Rehabilitative Services are available to Medicaid recipients who are assessed to have:

- A severe and persistent mental illness such as schizophrenia, major depression, bipolar or an other severely disabling mental disorder.
- Children and adolescents ages 3 to 17 years with a diagnosis of a mental illness or who exhibit a serious emotional disturbance.

A Wraparound team has a collaborative based process for development of an individualized service and support plan to meet the unmet needs of the child and family.

Wraparound



How to Access Wraparound

- Diagnostic interview
- An assessment (CANS or other)
- Determining level of need

Who Provides Wraparound

- Approved Medicaid providers
- Local mental health authorities
- Early childhood providers
- IDD service providers

Wraparound



Evidence Based Practice

- Children with serious emotional disturbances and their families
- Multiple complex needs
- May be at risk of placement for mental health treatment or returning from such placements

Wraparound



How it Works

- Facilitated by a Case Manager
- Involves the child, the family and a Wraparound assessment
- The assessment shows us:
 - Strengths
 - Culture
 - Needs
 - Formal supports
 - Informal supports
 - Protective factors
 - Risk factors
 - Unmet needs

Wraparound



- Individualized
- Family inclusive
- Strengths based
- Culturally sensitive
- Culturally responsive

YES Waiver



- Texas Youth Empowerment Services
 - Respite
 - Adaptive aids and supports
 - Community living supports
 - Family supports
 - Minor home modifications
 - Non-medical transportation
 - Paraprofessional services
 - Specialized therapies
 - Supportive family-based alternatives
 - Transitional services for individuals w/SED ages 3-18

Wraparound Goals



- Community based
- Invested child, family and team
- Solutions that promote balance, wellness, health and effective utilization of formal and informal supports

Targeted Case Management



- Designed to provide services that target specific types of needs or symptoms
- Set of symptoms that either have a negative impact on their emotional health or their behavioral health
- Counseling
- Skills training
- Recovery plan
- Person centered

Targeted Case Management



- Targeted Case Management is available to Medicaid recipients who are assessed and determined to have:
 - A severe and persistent mental illness such as schizophrenia, major depression, bipolar disorder or another severely disabling mental disorder.
 - Children and adolescents ages 3 through 17 years with a diagnosis of a mental illness or who exhibit a serious emotional disturbance.

Targeted Case Management (T1017)



- Face to face
- Proactive
- Local mental health authorities
- Network providers
- Health plan coordination of services
- Comply with psychotropic medication utilization parameters
- Utilize evidence based practices
- Utilize person directed planning
- Individualized treatment or care plans
- Referrals and coordination of services

How to Search for Providers



- Visit:
 - <https://www.fostercaretx.com/for-members/find-a-doctor.html>.
 - <https://www.dshs.texas.gov/mhservices-search/>
- Call Superior Member Services at:
 - STAR / CHIP 1-800-783-5386
 - STAR Health 1-866-912-6283
 - STAR Kids 1-844-590-4883
 - STAR+PLUS 1-866-516-4501

Substance Use, Abuse and Addiction



- The substance-related disorders encompass 10 separate classes of drugs:
 - Alcohol
 - Cannabis
 - Hallucinogens (with separate categories for phencycline and other hallucinogens)
 - Inhalants
 - Opioids
 - Sedatives
 - Hypnotics and anxiolytics
 - Stimulants (amphetamine type such as cocaine and other substances)
 - Tobacco
 - Other known stimulants
- These 10 classes are not fully distinct. All drugs that are taken in excess have a common direct activation of the brain reward system which is involved in the reinforcement of behaviors and the production of memories. They produce such an intense activation to the reward system that normal activities are neglected.

Substance Addiction



- Substance Use
 - Legal alcohol, OTC and R_x
- Substance Abuse
 - Illegal and/or self prescribed dosing
- Addiction Disease Model
 - Tolerance, withdrawal, progressive symptoms

Warning Signs



- Physical
 - Fatigue, health complaints, red and glazed eyes, lasting cough
- Emotional
 - Personality and mood changes, irritability, irresponsible behavior, low self-esteem, poor judgment, depression, general lack of interest
- Family
 - Starting arguments, breaking rules, withdrawal
- School
 - Decrease interest, negative attitude, drop in grades, absences, truancy, discipline problems
- Social
 - Change in peer group and school activities, problem with the law, changes in dress and grooming

Risk Factors and Protective Factors



Risk Factors

- Chaotic home environment
- Parents abuse substances or suffer from mental illnesses
- Poor parenting
- Lack of parent-child attachments and nurturing
- Inappropriately shy or aggressive in the classroom
- Failure in school
- Poor social coping
- Associating with deviant peers
- Belief that drug use is okay

Protective Factors

- Strong, positive family bonds
- Parental monitoring of children's activities and peers
- Clear rules of conduct that are consistently enforced within the family
- Involvement of parents in the lives of children
- Success in school performance
- Strong bonds with institutions such as school and religious organizations
- Belief that substance use is not okay

Prevention and Treatment



Prevention Resources

- Substance Abuse and Mental Health Services Administration
 - Too Smart to Start
<http://www.toosmarttostart.samhsa.gov/Start.aspx>
 - Building Blocks <http://bblocks.samhsa.gov/>
- Treatment Options
 - 12 steps
 - Intensive outpatient (I.O.P.)
 - Inpatient
 - Medical detox
- Relapse prevention models

OSAR via LMHA



- <https://www.dshs.texas.gov/sa/OSAR/>
- Outreach, Screening, Assessment and Referral Source
- Local Mental Health Authority

Turning Point



- A Psychiatric Hospital Diversion Program for Children and Youth in Foster Care
- Children and youth in foster care, as well as their caregivers and families (including kinship families), now have access to Turning Point. This program offers emergency assessment and crisis intervention 24 hours a day, 7 days a week. Turning Point is being offered in the Dallas/Fort Worth, Houston, San Antonio and Abilene areas.
- Benefits of this new program include access to a 24-hour crisis information line, mental health assessment, counseling and family consultation, alternate care setting for youth who qualify and in-home crisis support and intervention planning.
- Through Turning Point, children and youth in foster care and their caregivers can get help to prevent hospitalizations and disruptions in placement. This program is being offered at no cost.
- More information is also available online at www.pathway.org and www.ACHservices.org.

To learn more about
Turning Point, call one
of these numbers:

Dallas/Fort Worth: 1-817-909-1171

Houston: 1-888-483-0831

San Antonio: 1-800-619-5291

Abilene: 1-888-263-1909

Turning Point



- Different from our traditional MCOT
- Mobile Crisis Outreach Team is specifically for children in foster care
- Services provided by agencies that are licensed by DFPS as Child Care Agencies. They are licensed as either/both or all of the following:
 - General Residential Operation
 - Residential Treatment Center
 - Child Placing Agency
- DFPS Licensed Foster Families can access Turning Point too.

Texas Mobile Crisis Outreach



<https://www.dshs.texas.gov/mhsa-crisishotline>

<https://www.dshs.texas.gov/mhsa/lmha-list/>

List of Local Mental Health Authorities (LMHAs) – 2017

ACCESS

913 N. Jackson St.
Jacksonville, TX 75766
Crisis Phone: 1-800-621-1693
Main Phone: 1-903-586-5507
Website: <http://www.accessmhm.org/>
Counties Served: Anderson and Cherokee

Austin Travis County Integral Care

1430 Collier St.
Austin, TX 78704
Crisis Phone: 1-512-472-4357
Main Phone: 1-512-447-4141
Website: www.integralcare.org/
Counties Served: Travis

Andrew Behavior Center Behavioral Healthcare System

2323 West Front St.
Tyler, TX 75702-7747
Crisis Phone: 1-877-934-2131
Main Phone: 1-903-597-1351
Website: <http://www.andrewscenter.com/>
Counties Served: Henderson, Rains, Smith, Van Zandt and Wood

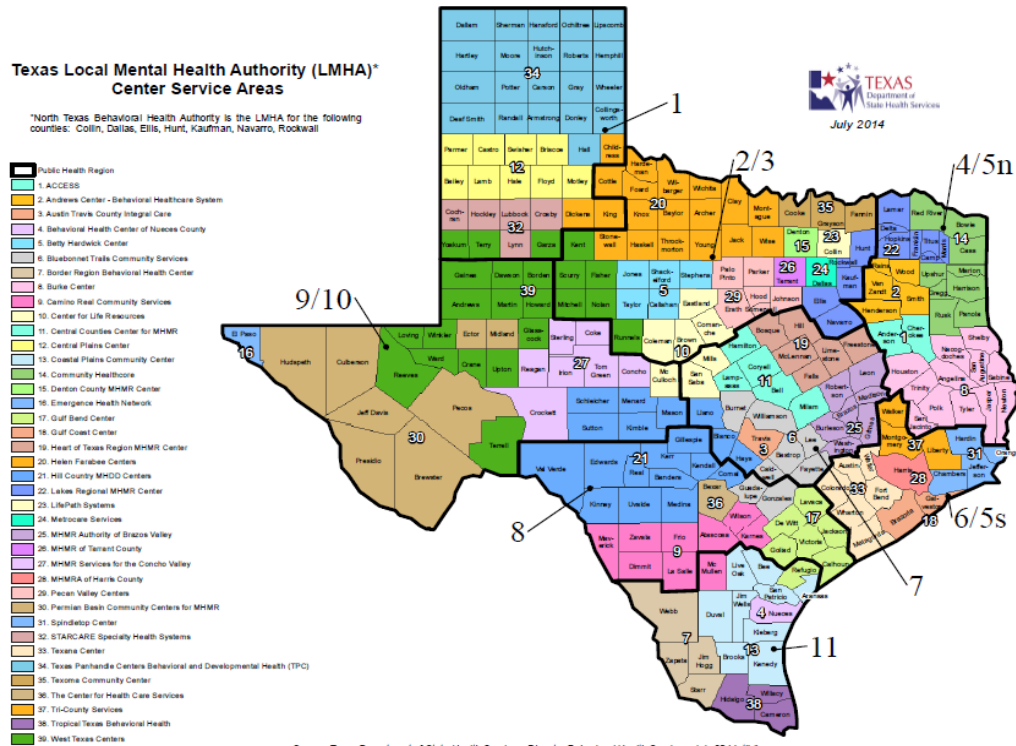
Betty Hardwick Center

2616 S. Clack
Abilene, TX 79606-1545
Crisis Phone: 1-800-758-3344
Main Phone: 1-325-690-5100
Website: <https://bettyhardwick.org/>
Counties Served: Callahan, Jones, Shackelford, Stephens and Taylor

Texas Local Mental Health Authority Center Service Areas



<https://www.dads.texas.gov/providers/LA/docs/bmpst-map.pdf>



STAR Health



- 1-866-912-6283
- www.FosterCareTX.com
- www.SuperiorHealthPlan.com

Additional Resources



- If you need more help or aren't sure who to call, your Regional DFPS Well Being Specialist is available to assist you.

Regional DFPS Well Being Specialist			
Region	Name	Phone number	Email
1 & 10	Lissette Amparan	915-521-3976	Lissette.Amparan@dfps.state.tx.us
2 & 9	John Clymer	325-691-8248	John.Clymer@dfps.state.tx.us
3	Terri Wynn	817-543-3979	Terri.Wynn@dfps.state.tx.us
4 & 5	Shelly Allen	903-533-4345	Shelly.Allen@dfps.state.tx.us
6	Deborah Kumar-Misir	713-394-4134	Deborah.Kumar-Misir@dfps.state.tx.us
7	Magen Henderson	254-939-4267	Magen.Henderson@dfps.state.tx.us
8 & 11	Sheryl McCloney	409-730-4132	Sheryl.McCloney@dfps.state.tx.us