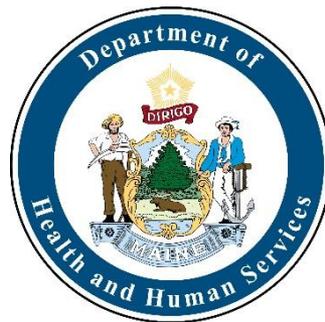


# Children's Behavioral Health and the System of Care

Dr. Adrienne Carmack

Elissa Wynne, MSW

September 14, 2022



# Disclosure Statement

*The planners and presenters for this activity have no financial relationships to disclose.*

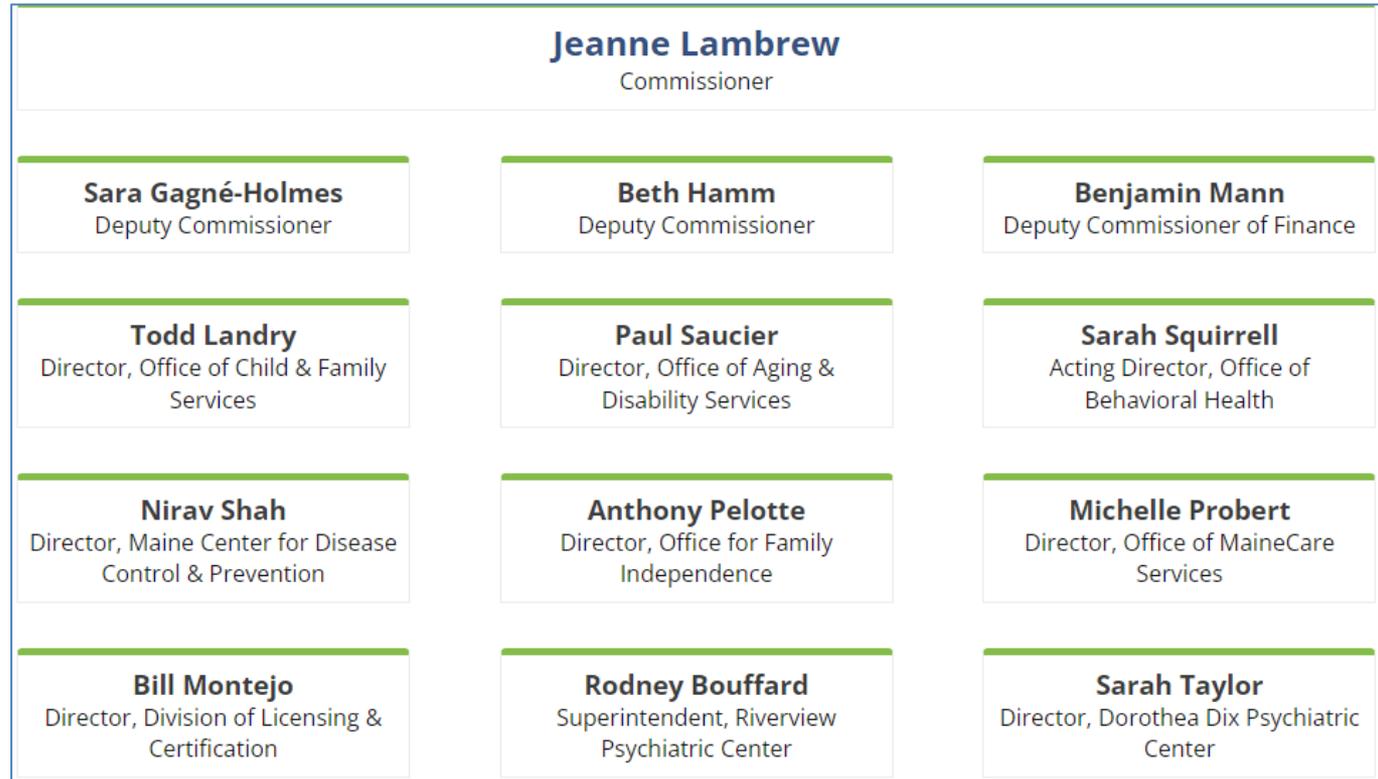


# Objectives

1. Gain overall knowledge of a Behavioral Health System of Care, including the strategies and goals of the system in Maine
2. To increase awareness of services available through Children's Behavioral Health and how to access these services for the families and children they serve- for example Help Me Grow, Early Childhood Consultation Partnership (ECCP), Home and Community Based Treatment, Crisis services, and treatment for adolescent Substance Use Disorder (SUD).
3. To prepare health care providers with tools and resources to stay informed on behavioral health, mental health initiatives and services available for children and adolescents in Maine.

# Department of Health and Human Services (DHHS)

Maine DHHS, the Department of Health and Human Services in Maine, provides supportive, preventive, protective, public health and intervention services to children, families and adults, including the elderly and adults with disabilities.



# OCFS Service Areas

OCFS Director Todd Landry oversees four service areas of OCFS

## Child Welfare Services

**Associate Director:  
Bobbi Johnson**

Seeks safety, well-being and permanent homes for children, working with professionalism and respecting the dignity of all families. Child abuse reports are investigated on behalf of Maine communities, working to keep children safe and to guide families in creating safe homes for children.

## Children's Behavioral Health Services

**Associate Director:  
Elissa Wynne**

The Child Development and Behavioral Health Services Team supports the families of Maine and their children in accessing high-quality early childhood education and behavioral health services in their homes, schools and communities.

## Early Care and Education

**Associate Director:  
Elissa Wynne**

Oversees the Child Care team manages the Child Care Subsidy Program that helps eligible families pay for child care so they can work, go to school, or participate in a job training program.

## Children's Licensing and Investigation

**Janet Whitten,  
Program Manager**  
This specialized team licenses, monitors and investigates child care programs, children's residential facilities, child placing agencies, emergency shelters, and homeless shelters for youth. This program conducts child abuse and neglect investigations in a wide variety of out of home settings subject to licensure.

# Staffing Team- CBHS

## **Associate Director**

## **Medical Director**

## **System of Care Team**

Federally funded the increase of family and youth peer support services statewide, evidence-based trainings for community providers and DHHS staff support high-quality of service delivery by MaineCare providers. OCFS used this grant to rebuild the Quality Assurance (QA) team in order to ensure better outcomes for youth.

## **Residential Specialists**

These positions aid children's residential providers in meeting high quality standards. There are two specialists for in state providers and one designated for the OOS providers. They convene meetings among providers, assess their progress on implementation, review treatment quality, data, and provide technical assistance to providers.

## **Family Specialists with Lived Experience**

Two Family Specialists with lived experience with the behavioral health system available to support families with accessing services. They specifically assist families with applying for MaineCare, transitioning to adult services and getting connected with care coordination.

## **Behavioral Health Program Coordinators**

Liaisons with the Department of Corrections (DOC) that sit in the local DOC offices

All BHPCs are co-located with Child Welfare staff

Assist with children who need higher level of services, are in crisis, need to transition to adult services etc.

# Staffing Team- CBHS

## **Resource Coordinators**

One per region, they monitor service needs to identify areas of the state that need a specific service and then work with providers to start or expand services in that area.

This team is responsible for finding, growing, training and vetting new MaineCare providers ensuring the providers are ready to provide the service, have orientation and training and understanding of the policy and service delivery expectations.

They also work with providers to meet the individual needs of children in need of services.

## **Programs:**

Youth Substance Use Disorder

Crisis

Respite

Homeless Youth

Youth and Family Peer Support

Certified Community Behavioral Health Clinics (CCBHC)

Hi-Fidelity Wraparound

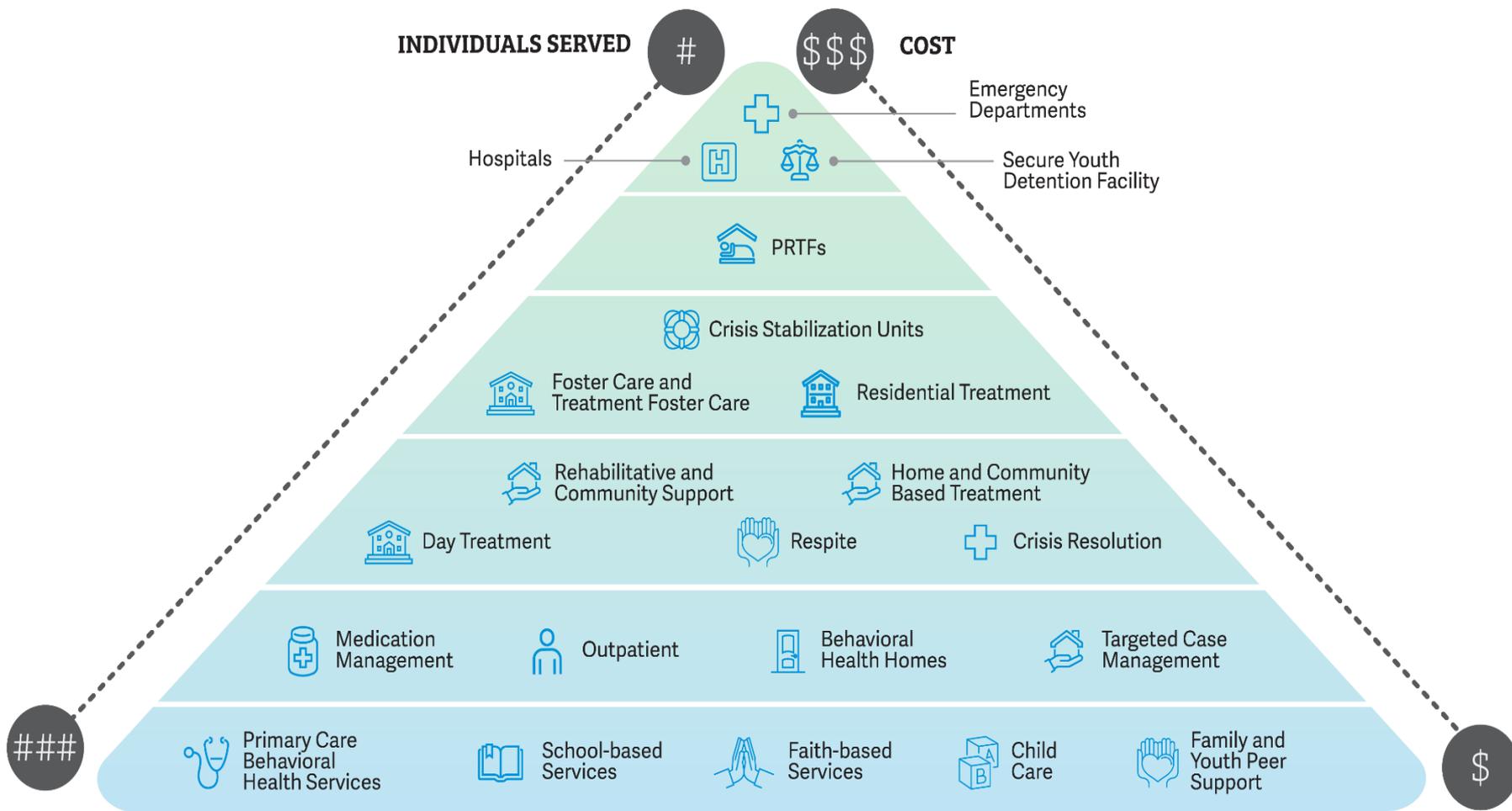
Evidence-Based Practices

Early Childhood Consultation Partnership (ECCP)

Help Me Grow & Developmental Screening (ASQ Online)

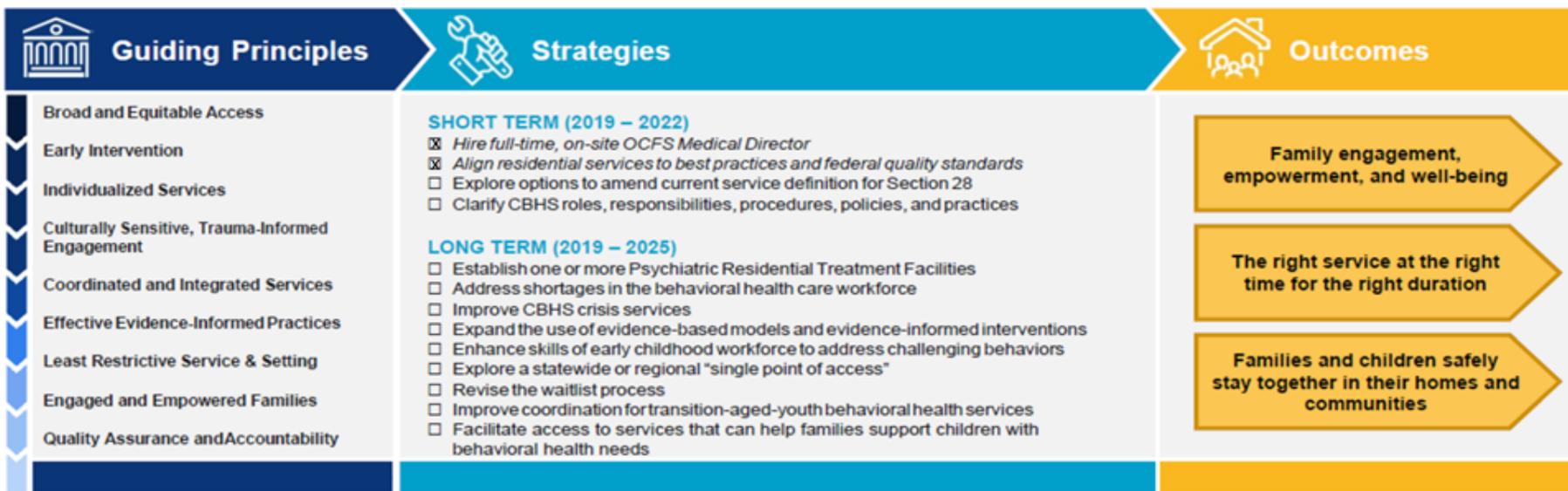
Tele-Behavioral Health in Schools

# CBHS Strategies Alignment with the Children's Cabinet Goals



# Maine Children's Behavioral Health Services VISION

All Maine children and their families receive the services and supports they need to live safe, healthy, and productive lives in their home, school, and community.



Strategies that are italicized are complete

Updated December 2021

Next update: December 2022

*\*Changes since the last update include completing "Align residential services to best practices and federal quality standards", and moving "Facilitate access to services that can help families support children with behavioral health needs" and "Establish one or more Psychiatric Residential Treatment Facilities" from short-term to long-term.*

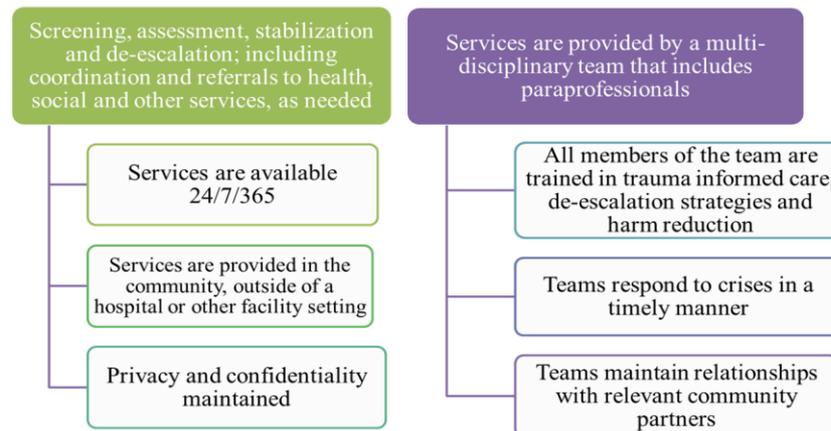
# Expand the Use of Evidence-Based Models and Evidence-Informed Interventions

DHHS believes that high quality, evidence-based services, implemented to fidelity, improve outcomes for children and families in Maine. Those italicized have been added to the MaineCare Benefits Manual.

- *Trauma Focused Cognitive Behavioral Therapy (TF-CBT)*
- *Multisystemic Therapy (MST)*
- *Multisystemic Therapy for Problem Sexual Behavior (MST-PSB)*
- *Functional Family Therapy (FFT)*
- *Positive Parenting Program (Triple P)*
- *Incredible Years Parenting Program*
- *Parent Child Interaction Therapy (PCIT)*
- **Research Units in Behavioral Intervention (RUBI)**
- **The Modular Approach to Therapy for Children with Anxiety, Depression, Trauma, or Conduct Problems (MATCH-ADTC)**
- **Adolescent Community Reinforcement Approach (A-CRA)**

# Enhance the Children's Crisis System

- Through the American Rescue Plan, the federal Center for Medicaid Services (CMS) requested applications from State Medicaid Authorities for competitive planning grants to support development of community-based mobile crisis intervention services for Medicaid beneficiaries experiencing a mental health or substance use disorder (MH/SUD) crisis
- Maine was one of 20 awardees for the grant period September 30, 2021 – September 29, 2022
- DHHS participating offices include OMS, OCFS, OADS, OBH, CDC
- Extensive stakeholder engagement
- MaineCare billable crisis services will undergo a rate study and policy updates which will minimally include the CMS required components:



# Maine Crisis Line

## “The Gateway to Acute Service”



FREE. CONFIDENTIAL. AVAILABLE 24/7.

- What It Is: Trained behavioral health professionals who provide support and consultation to Mainers experiencing immediate mental health crisis either in person or by phone. Statewide Mobile Crisis Services are available 24/7 via the hotline providing immediate, crisis-oriented support, triage, and assessment and follow up focused on the immediate stabilization of the crisis.
- Who Is Eligible: All Mainers experiencing a mental health crisis and are in need of supportive de-escalation, stabilization, suicide prevention, and connection to ongoing care as needed. They may be an immediate risk to themselves or others.
- How To Access It: Call the statewide crisis hotline at **1-888-568-1112**

# Key Strategy Progress Updates

- In 2020 OCFS launched a pilot program which provided **Aftercare services** for youth and family members when youth are transitioning home from emergency departments, psychiatric hospitals, crisis stabilization, and residential treatment
- The goal of the pilot is to decrease the number and length of youth's stays in these out-of-home settings.
- As of March 2022, the original pilot site served 108 families in Aroostook County and 6 families in Washington County.
  - 88% of families served by the pilot did not go to the ER for crisis once the team was involved
  - 90% youth served by the pilot were able to remain at home due to the service supporting the family 10% of the youth involved went to Crisis Stabilization Unit, Inpatient Psychiatric Unit, or Residential Care
- By braiding funding sources, OCFS was able to expand the pilot statewide through the end of State Fiscal Year (SFY) 23 to align with the CMS Crisis Planning grant work
- The service components of the Crisis Aftercare pilot and the pilot outcome data are being assessed to determine if they are eligible to be incorporated into the Medicaid crisis services policy

# System of Care Principles



# What the Grant Does



## TARGETED CASE MANAGEMENT (TCM)

### WHAT IS TARGETED CASE MANAGEMENT?

TCM is a service that provides a community Case Manager\*, to help a youth and their family identify their strengths and needs, develop a care plan, and implement the plan to assist with finding and connecting them to helpful resources and treatment services for their child. The Case Manager also helps monitor and follows up on the effectiveness of a youth's services and supports.

\*This is different from a school-based case manager.

### WHO IS ELIGIBLE?

A child or youth aged 0 - 21 with [MaineCare](#) or youth under age 19 with the [Katie Beckett waiver](#) and a mental health diagnosis, an intellectual disability, or a developmental disorder.

### HOW DOES IT HELP?

A Case Manager can help:

- Identify the child and family's strengths and needs for medical, educational, social, or other services
- Assist with creating a plan to support and address those needs
- Identify a variety of appropriate and available resources
- Identify treatment services and make referrals to services
- Set up appointments
- Coordinate and monitor services
- Family members with organizational tasks and skills, including paperwork, attending meetings to support the youth's needs including, when appropriate, IEP meetings, and/or advocating for family and child needs
- Educate families and children on services and systems

### HOW TO ACCESS TCM

To get a TCM call the provider you would like to work with. For more information about TCM, to find [a provider](#), or visit the [Children's Behavioral Health website](#).

For assistance with any of this information call the [CBHS Family Information Specialist](#). You may also reach out to a [Family Support Organization](#).

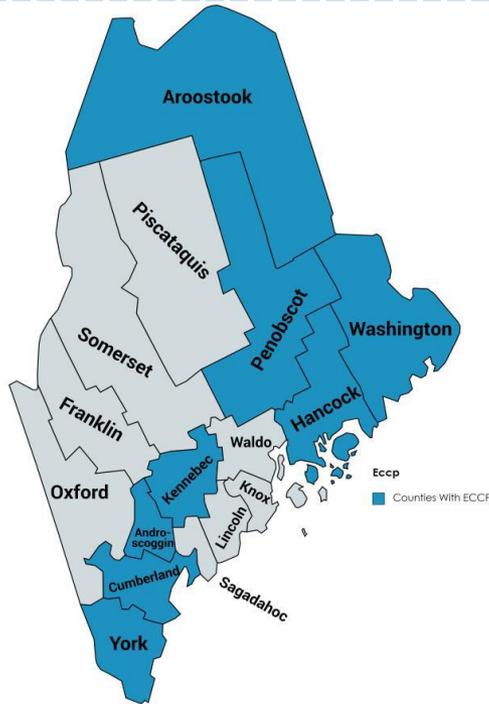


**Our targeted case manager was like a personal trainer: encouraging, showing next steps, and walking the path with us until we were ready to fly solo.**

-Jennifer

# Early Childhood Consultation Project (ECCP)

ECCP® is a **time-limited**, intensive service that helps **childcare providers, educators, and caregivers** of young children build understanding and skills to respond to the social-emotional needs of children.



Mental health consultants work directly with caregivers and educators to identify and implement strategies to support children's emotional wellbeing and effectively manage challenging behavior that may jeopardize a child's ability to attend an early childhood program or educational setting.

## Core Classroom & Child-Specific Services offered

Open to **any** eligible child, 100% state-funded service

- Children **0-5 years** (up to age 8 starting spring 2022)
- Enrolled in childcare center, family childcare, or public Pre-K
- Social-emotional issues, behavioral concerns, and/or normal developmental challenges
- Child maybe at risk of suspension and/or expulsion from childcare program
- Childcare provider AND parent/guardian agree to participate
- Not formally diagnosed with MH or ID/DD concern, not receiving concurrent MH or ID/DD services (OP, Sect 28, HCT)
- As of March 2022, 98% of individual children served through March 2022 were not suspended/expelled at one-month follow up

[Maine](#)  
[Early Childhood Consultation Partnership](#)  
[ECCP®](#)



# Help Me Grow Maine

## A Solution to Help Young Children Shine

Help Me Grow is a system model with a central access point that is designed to connect families to information and services about child development and community resources.

In partnership with 2-1-1 Maine, any parent and/or provider will be able to contact Help Me Grow for additional support as Help Me Grow will listen, link you to services, and provide ongoing support.

HMG Maine is an affiliate of the National Help Me Grow Network



## HOW IT WORKS



### Centralized Access Point

Assist families and professionals in connecting children to the grid of community resources that help them thrive.

### Resources

Help Me Grow builds an effective grid of connected service providers that best serves families within the state of Maine.

### Developmental Screening

Maine utilizes the Ages & Stages Questionnaire (ASQ-3) to assess a child's communication, motor skills, problem solving, and personal social skills.

### Eligibility

A free universal service available to all children, prenatal to eight years of age



[www.maine.gov/dhhs/ocfs/support-for-families/child-development](http://www.maine.gov/dhhs/ocfs/support-for-families/child-development)

Contact us at: [HelpMeGrow@maine.gov](mailto:HelpMeGrow@maine.gov)

# Youth SUD Services

OCFS is working to expand access to high quality treatment for adolescents with SUD across the continuum of care.



Harm reduction activities around the state have been expansive and well accessed.

In 2021, **132,422 doses of naloxone** were distributed.



Adolescent MOUD Project Echo, a part of the Maine SUD Learning Community, began May 4, 2022 with 9 participating practices.



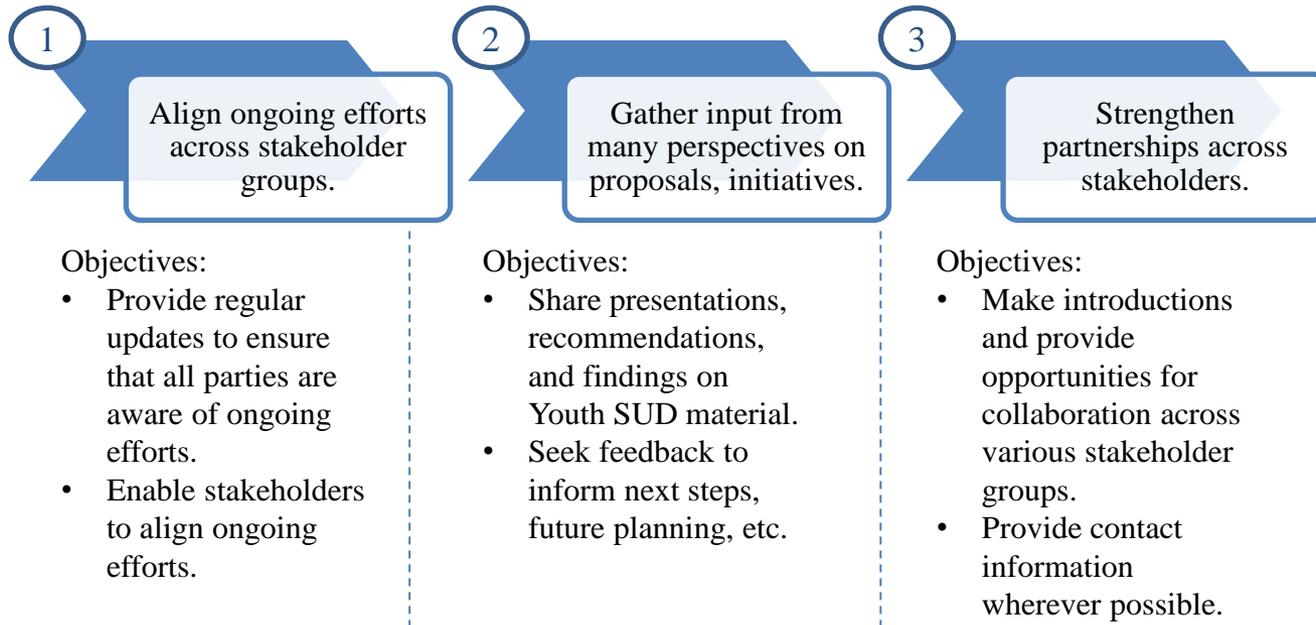
OCFS and OMS worked to identify nine Opioid Health Home programs, among other practices, open to treating adolescents with OUD using medication.



OCFS is developing a resource guide for prescribers to treat adolescents with MOUD. OCFS also updated the Maine AAP Service locator tool to reflect all available treatment options.

# Youth Substance Use Disorder

OCFS coordinates a quarterly stakeholder group of 75+ individuals working on Youth SUD from various communities including medical professionals, behavioral health providers, advocates, legislators, and teachers.



Individuals interested in joining should email  
Adrienne Carmack– [Adrienne.w.carmack@maine.gov](mailto:Adrienne.w.carmack@maine.gov)

# Youth Substance Use Disorder

OCFS is working in partnership with the OBH and the Co-Occurring Collaborative Serving Maine to bring the SUD Learning Community to providers.



The ECHO takes place on the first Wednesday of each month at 12pm.  
If interested- contact [adrienne.w.carmack@maine.gov](mailto:adrienne.w.carmack@maine.gov)

## Project ECHO on Adolescent MOUD:

### Learning objectives:

- Bolster skills to appropriately identify and treat SUDs within adolescent populations including specialty populations of adolescent girls and LBGQT+ populations;
- Build competencies to deliver trauma-informed SUD/MAT care from screening to navigating consent and confidentiality to treatment;
- Strengthen confidence to deliver integrated MAT services in the adolescent population; and
- Expand understanding of harm reduction practices in the adolescent population.

### Faculty:

- Eric Haram, LADC, Haram Consulting, LLC
- Amy West, FNP, PCHC, Bridge Clinic
- Jonathan Fanburg, MD, MaineHealth
- Ben Strick, LCSW, Spurwink
- Faculty from Boston Children's ASAP clinic

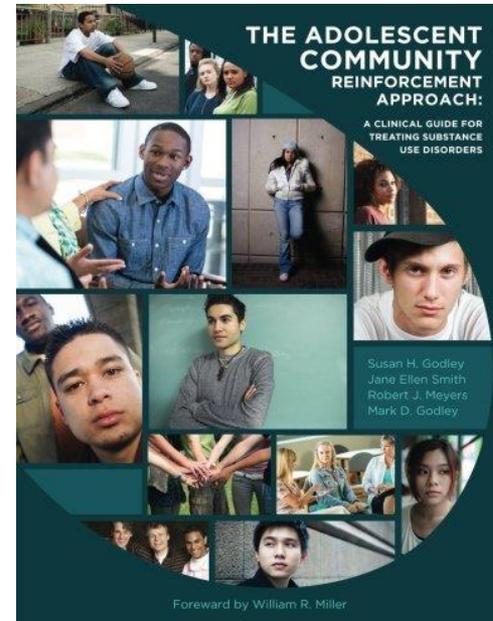
# Ongoing OCFS Projects

Early intervention and treatment are key components of the SUD continuum of care and essential to preventing youth overdose.

OCFS is working to increase the availability of SUD treatment that embodies System of Care principles.

Adolescent Community Reinforcement Approach (A-CRA) Training:

- What it is: Developmentally-appropriate, effective Youth SUD / co-occurring treatment modality
- Target participants: Children's Residential Care Facilities & Specialized Youth SUD facilities
- Key training components: The training will be offered at no-cost to providers, and participants will be reimbursed for their time.
- **OCFS plans to train 18 clinicians and 9 supervisors in A-CRA in SFY 23.**



Source: Chestnut Health Systems



# Substance Use/Opioid Treatment

Youth Peer Support Statewide Network

## Youth Peer Support Statewide Network now accepting referrals for youth peer support!

Maine Behavioral Healthcare was awarded a new contract with the State of Maine to develop a Youth Peer Support Statewide Network (YPSN). This program offers anyone in the state of Maine who is between the ages of 14 and 26 access to a variety of peer support opportunities. The contract officially began in February of this year and we are already offering a number of activities for Maine's youth and young adults who are struggling or have struggled with their mental health, which may include substance use. There is no insurance needed, no diagnosis required, and no cost.

The YPSN has youth peer support staff in Portland, Lewiston and Bangor primarily. We also will have staff in Piscataquis, Aroostook, and Penobscot Counties offering support to youth and young adults on waitlists for behavioral health services. Again, this is a statewide program, so youth and young adults from across Maine can access virtual and in-person activities.

## Resource Locator

Click on your county in the map. Local, state, and national resources will be shown.



### Washington County Resources

#### Aroostook Mental Health Center (AMHC)

Offers a variety of inpatient and outpatient substance use disorder prevention and treatment services, including residential, peer recovery, and Medication Assisted Treatment (MAT). MAT available at Madawaska, Caribou, Presque Isle, Houlton, and Ellsworth locations.

##### Outpatient locations:

###### Aroostook:

- 43 Hatch Drive, 3<sup>rd</sup> Floor, Caribou, (207) 493-3361
- 104 East Main St., Fort Kent, (207) 834-3186
- 11 Mill St., Houlton, (207) 532-6523
- 88 Fox St., Suite 101, Madawaska, (207) 728-6341
- 180 Academy St., Presque Isle, (207) 764-3319

###### Hancock:

- 710 Bucksport Road, Ellsworth, (207) 667-6890

###### Washington:

- 127 Palmer St., Calais, (207) 454-0775
- 14 Steve's Ln., Marsfield, (207) 255-0996

##### Outpatient Services available to adolescents:

- Mental health counseling
- Substance use counseling
- Medication Assisted Treatment (MAT)
- Dual-diagnosis treatment
- Detoxification management

# treat ME

MMA Center for Quality Improvement / Maine Chapter, AAP

## Treatment Recovery Education Advocacy for Teens with Substance use Disorder In Maine

- ❖ Urgency –Overdose increasing in younger populations
  - Worsening mental illness
  - Poor access to health care (PCPs, schools)
  - Declining social Influencers of health
- ❖ Learning Collaborative to Increase Treatment of Substance Misuse and SUD by Teens In Primary Care
  - Increase Clinician Knowledge
  - Cultivate Clinical Champions
  - Build Support for Clinicians and Families
- ❖ Steering Committee from OCFS, DHHS, Governor’s Office, Day One, Maine AAP, Opioid Response Network, Spurwink, PCHC, and MMACQI
- ❖ Faculty – Maine Health, St. Mary’s, Northern Light, Boston Medical Center, Boston Children’s , Yale, UCLA, Johns Hopkins, Dartmouth, University of Wisconsin, University Colorado





# treat ME

MMA Center for Quality Improvement / Maine Chapter, AAP

- Treatment
- Recovery
- Education
- Advocacy for
- Teens with SUD
- In ME (Maine)

## Learning Collaborative

### Curriculum Includes:

- Substance Use Disorders (Nicotine, Cannabis, Alcohol, Opioid, Stimulant)
- Poly-Substance Use
- Co-Occurring Mental and Medical Illnesses
- Evidence-Based Psychotherapies
- Addressing Barriers
- Recovery Supports/Harm Reduction in Youth
- Families and Youth SUD

24 hours of CME and MOC Credit!  
Including Opioid CME Credit

October 2022  
through  
November 2023

No charge to attend for  
Maine Clinicians - and prizes  
during each learning block!

Hybrid with asynchronous and  
virtual/ in-person participation

## COMING SOON!!

Faculty from Boston University, UCLA, Yale University and  
Boston Children's Hospital along with Maine based providers.





A path to resources and supports for families in Maine.

## About Access Maine

Access Maine is an online resource guide with information to connect people living in Maine to public programs, services, and other resources that are available to provide support they need to be safe, happy, healthy, and successful.

To begin searching for programs, click on a category or type in the search feature above.

[I'm looking for...](#)

[211 Maine](#)

[Crisis Support Numbers](#)

# Locating Services and Supports for Families in Maine

## [AccessMaine.org](#) :

Family Resource Guide for state and public programs to support families in Maine.

## [211 Maine](#):

Directory of community level resources and supports.  
Text, call, email, online search

## [Help Me Grow](#)

Free service available to children up to eight years of age and their families.  
Connects families/providers to information and services about child development and community resources

## [Child care](#)

Information on where to find a child care provider and how to get help paying for child care

## [Children's Behavioral Health](#)

Access to information on services, tools, guides and provider listings

# Children's Behavioral Health Services

## **CBHS Website**

### **Information for families:**

<https://www.maine.gov/dhhs/ocfs/support-for-families/childrens-behavioral-health/services>

### **Helpful Tools for Youth and Caregivers:**

<https://www.maine.gov/dhhs/ocfs/support-for-families/childrens-behavioral-health/services/resources>

### **Information for providers:**

<https://www.maine.gov/dhhs/ocfs/provider-resources/staff-development-training>

# Updates and Announcements from OCFS and Mainecare (OMS)

Go to:

<http://www.maine.gov/dhhs/ocfs/> and scroll to bottom of the page.  
Submit your email to receive the latest news and updates from OCFS

Go to:

<http://www.maine.gov/dhhs/oms/provider/news-subscription.html>  
Subscribe to E-messages from Mainecare

[The Maine Prevention Store](https://www.maine prevention store.com/)

<https://www.maine prevention store.com/>

# Questions?

