



# Mental Health Provider Panel

Joint Legislative and Executive Task Force  
on Mental Health Financing and Services

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WASHINGTON COMMUNITY  
MENTAL HEALTH COUNCIL



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## Role of Community Mental Health Agencies (CMHAs)

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- **Community Access**

CMHAs are the community access point for mental health services for children and families

- **WCMHC Member Agency Survey**

Provides snapshot of children's mental health services across the state



# Children's Mental Health Revenues



- Approximately 69% of CMHA funding for children comes from RSN/PIHP dollars
- CMHAs pursue, leverage and integrate other resources from Children's Administration, schools, local government, private insurance, United Way, DASA, JRA and other

# Children's Mental Health Revenues

<b>Fund Source</b>	<b>Percent Total Children's Mental Health Revenue</b>
RSN/PIHP mental health revenues	68.50%
DSHS – Children's Admin.	9.0%
Other Misc.	3.2%
Schools	3.1%
Other County/ Local Gov't	2.5%
Private pay/ private insurance	2.5%
United Way	1.8%
Other state revenues	1.7%
Non mental health RSN revenues	1.4%
Federal Block Grant	1.4%
DASA	1.0%
DSHS – Juvenile Rehab. Admin.	1.0%
Other donations	0.2%
DDD	0.02%

# Comprehensive Services Provided by CMHAs

Type of Service	% Agencies providing
Wraparound	65%
Other Outpatient	87%
School-based day support	13%
Other school-based services	83%
Therapeutic foster care	2%
Other DCFS services	3.5%
Chemical dependency services	43%
Services for delinquent youth	65%
Other: homeless services, infant mental health, DD, CLIP, E&T	3.5%



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# Children's Evidence Based Practices

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Numerous EBPs and promising practices are in place and/or being planned at CMHAs:

- Wraparound Services
- Functional Family Therapy
- Multi-Systemic Therapy
- Trauma-Focused Cognitive Behavioral Therapy
- Family Integrated Transitions
- Dialectic Behavior Therapy



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# Quality Mechanisms in Place

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CMHAs employ trained mental health practitioners specializing in children's mental health. In the 23 survey agencies:

- 26 Child Psychiatrists
- 11 Pediatric ARNPs/RNs
- 356 Child Mental Health Specialists
- Other specialized staff including DD Specialists, Deaf Specialists, parent trainers and peer support counselors, Minority Mental Health Specialists



# Programs that Work



Stories from the Community

Seattle Mental Health





# Integrated Services at Seattle Mental Health

- School-Based Mental Health Services
- Co-Occurring Disorders Treatment (Mental Health/  
Developmental Disabilities)
- Co-Occurring Disorders Treatment (Mental Health/  
Chemical Dependency)
- Therapeutic Foster Care
- Interagency Staffing Team
- Juvenile Justice – Project TEAM
- CD Advocacy Team Care



# Barriers and Recommendations

## Improving Children's Mental Health Services in Washington



# Barrier 1

**Barrier:** Current Medicaid Access to Care Standards as they apply to children and youth

**Recommendation:**

- Direct the Mental Health Division (MHD) to review the Access to Care Standards, identify changes that would work better for children/youth/ families, and assess cost implications



## Barrier 2



**Barrier:** Need a mental health benefit package that is specifically designed to meet the needs of children and families

**Recommendation:**

- Direct DSHS/MHD to include attention to children/youth as part of the System Transformation Initiative which calls for review/ redefinition of the Medicaid benefit package



## Barrier 3

**Barrier:** Examples of effective cross-system collaborations are scattered across the state but are not consistently available to children and families

**Recommendation:**

- MHD Identify and report to the legislature examples of successful programs and replicate to build consistent capacity across the state



## Barrier 4



**Barrier:** Current DSHS eligibility requirements and limited flexible funds restrict access to MH services

**Recommendation:**

- Identify unmet needs/gaps in service; determine priorities
- Additional flexible state dollars may be needed to fill gaps and improve access
- Return to legislature to seek additional funding for implementation