EMERGING OPPORTUNITIES TO USE MEDICAID TO SUPPORT TRAUMA SERVICES IN SCHOOLS

The Office of Juvenile Justice and Delinquency Prevention, National Center for Mental Health and Juvenile Justice, & Futures Without Violence

September 19, 2016

POLL NOW OPEN! Please complete the polling questions while you wait for the webinar to begin.
HOUSEKEEPING

To ask questions throughout the webinar, please type your question into the Q&A panel located underneath the participant tab. When you are finished entering in your question click send.

If we have not answered your questions during the presentation, we will set aside time at the end to address them.

Please note: due to the large volume of participants, all attendees are muted upon entry.

A recording of this webinar will be posted to:
http://www.ncmhjj.com/resources/emerging-opportunities-use-medicaid-support-trauma-services-schools/
Sixty percent of American children are exposed to violence, crime or abuse in their homes, schools, and communities.

Without intervention, children exposed to violence are more likely to:

- Fail in school and in jobs;
- Suffer from mental health problems
- Suffer from serious medical problems
- Become future victims of violence
- Become involved in the juvenile and criminal justice systems.
DEFENDING CHILDHOOD STATE POLICY INITIATIVE

The goal of the State Policy Initiative is to implement the recommendations of the Attorney General’s Task Force on Children Exposed to violence to:

IMPROVE THE ABILITY OF STATES TO IDENTIFY AND TREAT CHILDREN EXPOSED TO VIOLENCE AND TO IMPLEMENT A CROSS-SYSTEMS, TRAUMA-INFORMED APPROACH.

“This is much more than a public health crisis which imposes a cost burden on our health care system amounting to hundreds of billions of dollars each year. It is also a significant public safety and criminal justice problem – with growing financial and human costs.”

ATTORNEY GENERAL ERIC H. HOLDER JR.
in the report of the attorney general’s national task force on children exposed to violence
DEFENDING CHILDHOOD STATE POLICY INITIATIVE

Collaboration between state leaders and policymakers *at the highest levels of government*

Identification of evidence-based treatment and interventions

Increased coordination of service provision

Development of sustainable policies and programs

Critical Components
DEFENDING CHILDHOOD STATE POLICY INITIATIVE

Three states were selected to be a part of this initiative:

- CALIFORNIA
- MASSACHUSETTS
- MICHIGAN

and asked to make strategic plans that will:

- Ensure all at-risk children and youth are screened, and if necessary, assessed, at multiple points of contact
- Provide evidence-based, trauma-informed treatment services to children and youth exposed to violence
- Identify mechanisms to collaboratively blend and braid funding sources to support screening, assessment, and treatment services
TRAUMA CAN IMPACT SCHOOL PERFORMANCE

• Grades
• Absences
• Drop-out
• Suspension and Expulsions
• Reading struggles

TRAUMA CAN IMPACT IMPAIR LEARNING

• Impacts on attention, memory, and cognition
• Reduced ability to focus, organize, and process information
• Interference with problem solving and/or planning
• Overwhelming feelings of frustration and anxiety

Emerging Opportunities to Use Medicaid to Support Trauma Services in Schools

September 19, 2016

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What is Medicaid?

- Medicaid is health insurance for more than 72 million people including of children and families
  - Some states call Medicaid by another name

- Medicaid covers health care and behavioral health services
  - Benefits vary by state
  - Comprehensive benefits for children

- Medicaid is jointly funded by the federal government and states
  - The federal government reimburses states a % of expenditures
  - The Medicaid state plan determines what services are covered
Medicaid & Trauma Services

- Medicaid covers health and behavioral health services including trauma-informed services
- July 2013 tri-agency federal guidance in supports providing trauma-informed care under Medicaid
Tri-Agency Trauma Guidance

- Makes clear that Medicaid plays an important role in coverage of trauma-informed services
  - Trauma-focused screening, assessments
  - Coverage of care to address complex, interpersonal trauma
  - States must cover medically necessary trauma-informed services

- Coverage of trauma services for children is covered under the Early and Periodic Screening, Diagnosis and Treatment (EPSDT) benefit
EPSDT and Trauma Services

- EPSDT is a guaranteed benefit for all children <21
- Includes an initial screening and assessment as well as all medically necessary habilitative and rehabilitative services
- If a medical or behavioral health service is needed to treat the symptoms of trauma and it is deemed medically necessary, the Medicaid plan must pay for that service to be provided (even if it is not typically covered by Medicaid)
Schools & Trauma-informed Services

- One place where trauma-informed services can be provided is in schools.

- A recent change in federal policy presents a new opportunity under Medicaid to do this.

- Increasing access to, and capacity for, health services in schools presents an opportunity for integrating trauma-informed care.

- Prior to 2014, Medicaid payment was not permitted for services provided at no cost to Medicaid beneficiaries. Medicaid was only permitted in limited circumstances including:
  - Students with Individualized Education Plans (IEP)
  - Individualized Family Service Plans (IFSP)
  - Maternal and Child Health Block Grant
In 2014, CMS reversed long-standing policy and gave states the option to obtain federal Medicaid reimbursement for services provided to all Medicaid-enrolled students in schools

The “free care rule”

According to CMS guidance, states can draw down reimbursement for Medicaid services if the following conditions are met:

- The student is enrolled in Medicaid;
- The services provided are covered by the state plan;
- Services are delivered by a qualified provider (as outlined in the Medicaid state plan); and
- States have appropriate billing mechanisms in place; other oversight, documentation rules, and other requirements are met
Opportunities Under the New Policy

- Increases funding for school-based health services
- Potentially provides additional resources for trauma-informed care and services
- Expands health care work force and provider types
- Encourages new thinking around how schools and health care entities can work together to improve health outcomes
State Planning Process

To implement new free care rule policy, states will:

- Assess student needs and capacity for services in schools for all Medicaid-enrolled students.

- States that are interested will need to review their state plan and determine if they need to submit a state plan.
  - Some states will need to submit a formal state plan amendment (SPA) to CMS if needed.
  - Some states will not need to get federal approval to implement policy change.

- Develop guidance for LEAs and providers on billing process and standard operating procedures.

- Opportunities exist for increasing access to services, to test delivery models, or to pilot new ideas.
State SPA Options

- Expand eligibility so that all Medicaid-enrolled students have access to the existing school-based services
- Expand the school-based services in the state plan
- Expand the providers in the state plan who can deliver school-based services
- All of the above!
Questions for States

- Does your state’s Medicaid state plan specify what services can be provided in schools?
  - Does it limit Medicaid school-based services to students with IEP/IFSPs?

- Will your state need a SPA to implement the free care rule?

- Is your state already developing a SPA?

- What is the public input process for the SPA?
Support Medicaid With Data and Examples

- Partner with and provide information to the Medicaid department about the need to increase school-based health services
  - Provide data and case studies on unmet need for trauma-informed services in the general student population
  - Estimate the number of Medicaid-eligible students need trauma-informed services

- Partner with local education agencies to demonstrate the need for expanding trauma-informed services in schools and document how the free care rule increase access
Build a Case for Trauma-informed Services

- Identify key trauma-informed services or other behavioral health services that could be included in a state plan amendment
  - Use case studies to show why these interventions work in a school-based setting

- Identify the types of providers who, with training and support, can deliver trauma-informed settings in schools

- Use data to show why investing in trauma-informed services makes sense in schools
Identify Partner Schools & Education Agencies

- Identify local education agencies who have already invested in trauma-informed care through various funding sources
  - These schools would benefit by increasing federal revenue to supplement other funding
  - Analyze staffing and funding needed to stand up the services, and what it takes to make the interventions sustainable

- Encourage partner organizations to provide data to the state on their experience with trauma-informed care in schools
Recommend Blending Funding

- Identify other state, local and grant funding opportunities to support an initial investment in trauma-informed care
  - Resources could include training and staff development, and other costs related to standing up interventions
  - Start-up costs will not likely be covered by Medicaid

- Highlighting cross-agency opportunities to blend and braid funding highlights for states and local education agencies how to begin integrating trauma-informed services into schools
  - These funds could later be supplemented or replaced by sustainable reinvestment of Medicaid reimbursement
Highlight Trauma-informed Policies

- Integrate trauma-informed care into state policy
  - Encourage the state to develop guidance to Medicaid providers on how to deliver trauma-informed services, and through EPSDT
  - Promote best practices in early identification and screening/assessment for all children on Medicaid
  - Encourage the Medicaid department to host a webinar for local education agencies on existing opportunities to integrate trauma-informed care into schools
  - Propose a pilot program to develop best practices for blending funding in schools to support trauma-informed care
Questions?

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Slides and a recording of this webinar will be available at: http://www.ncmhjj.com/resources/emerging-opportunities-use-medicaid-support-trauma-services-schools/