Joint Commission on Health Care

Trauma-Informed Mental Health and Child Development Services

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✖ Child Savers

Today's Presentation

- Introduction Child**Savers**

- Focus trauma-informed mental health services & the context for our work

- Credentialing of mental health providers

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Guiding our community's children through life's critical moments with trauma-informed mental health and child development services.

ChildSavers Services

MENTAL HEALTH SERVICES

Helps children, ages 2 - 18, cope with adversity and build resiliency. Resiliency enables children to succeed in school, deal effectively with stress, and build strong and healthy social relationships with peers and adults.

- **Outpatient therapy**
- **Immediate response**
- **School based mental health services**

CHILD DEVELOPMENT SERVICES

Helps children, ages zero to five, develop in a way that's healthy and that ensures school success.

- **Early care providers:** Providers receive training to help children develop social and emotional competency, build resiliency, and establish a foundation for life-long learning. ChildSavers coordinates Virginia Quality for Central Virginia.
- **Parents:** Helps parents find, select quality preschool.
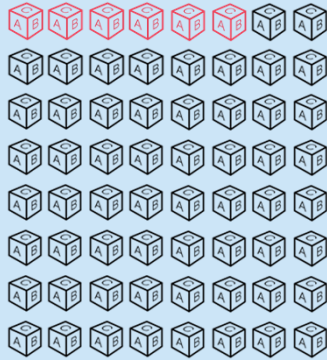
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ChildSavers Reach

ChildSavers service area:
291,000 children

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The Extraordinary Need: the gap

Child Development Services

64,000 spaces for early childhood education.
Only 6,000 served by VA Quality participants.

Mental Health Services

58,000 children in our region (1 in 5)
will experience a mental health crisis.
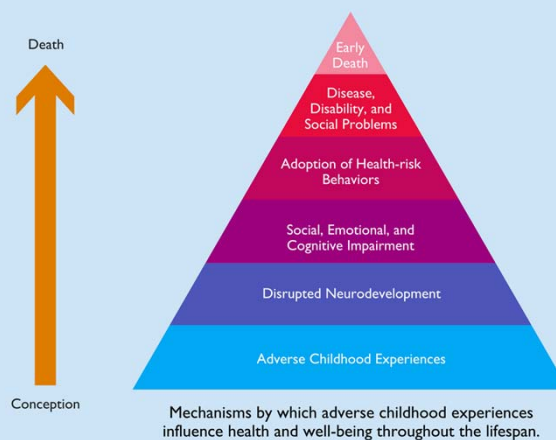**Only about 2,000** have access to services.

Definition of Trauma-Informed Care

Individual trauma results from an event, series of events, or set of circumstances experienced by an individual as physically or emotionally harmful or life-threatening with lasting adverse effects on the individual's functioning and mental, physical, social, emotional, or spiritual well-being. (**SAMHSA**)

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Adverse Childhood Experiences Study or ACES

Death

Conception

Early Death

Disease, Disability, and Social Problems

Adoption of Health-risk Behaviors

Social, Emotional, and Cognitive Impairment

Disrupted Neurodevelopment

Adverse Childhood Experiences

Mechanisms by which adverse childhood experiences influence health and well-being throughout the lifespan.

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ACES- Adverse Childhood Experiences

1. Emotional Abuse
2. Physical Abuse
3. Sexual Abuse
4. Emotional Neglect
5. Physical Neglect (including poverty)
6. Parental Separation or Divorce
7. Domestic Violence
8. Substance Abuse in Family
9. Mentally Ill Family Member
10. Incarcerated Family Member

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Adverse Childhood Experiences

Toddlers exposed to 5 or more significant adverse experiences are 76% more likely to have delays in their language, emotional, or brain development.

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Risk Associated with Trauma

Shift from an ACE Score of 0 to 4

222%
More Likely
to Become
Obese

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Risk Associated with Trauma

Shift from an ACE Score of 0 to 4

15X More Likely to
Attempt Suicide

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Risk Associated with Trauma

Shift from an ACE Score of 0 to 4

357% More Likely to Experience Depression

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Risk Associated with Trauma
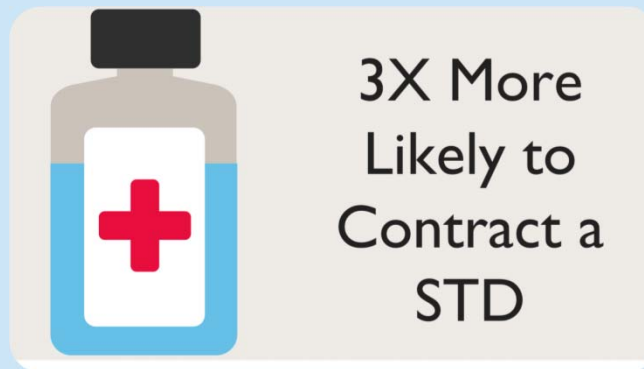
Shift from an ACE Score of 0 to 4

5X More Likely to Develop Alcoholism

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Risk Associated with Trauma
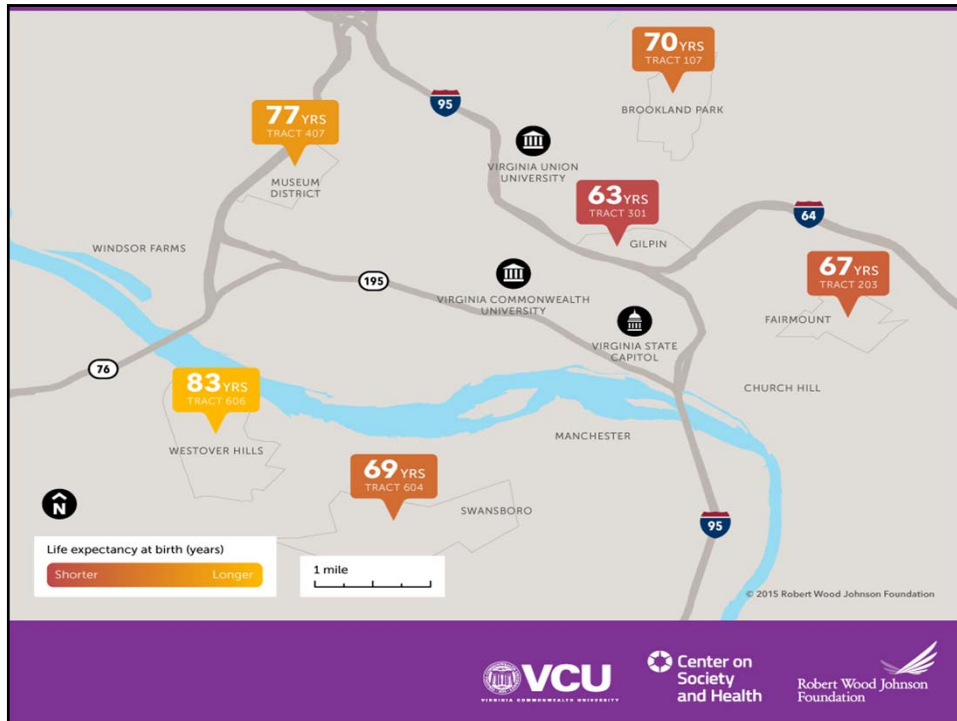
Shift from an ACE Score of 0 to 4

3X More Likely to Contract a STD

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Risk Associated with Trauma

On average, people with an ACE score of 6 or higher will have a lifespan shortened by 20 years.

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Credentialing:
Current State in Virginia

- Licensed clinicians are required to be paneled or credentialed by individual insurance companies to qualify for reimbursement

- Credentialing process takes 90-180 days

- No single approval process: applicants most submit separate applications to multiple insurers

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Impact on Providers (Revenue)

Revenue impact (loss of revenue from providing services that will not be reimbursed):

- Weekly minimum productivity per Clinician II LCSW = 20 sessions per week
- Average reimbursement rate = $75
- Average duration for paneling confirmation = 6 months
- Financial Impact per Clinician = $36,000

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Impact on Providers (Cost)

Cost impact (financial cost implications for hiring clinician and waiting for paneling while services are being provided):

- Average Clinician II LCSW (fully loaded, salary + benefits + overhead) = $95,872
- Impact of Clinician FTE cost over paneling period of 6 months = $47,936

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Combined Impact of Lost Revenue and Cost of Non-Credentialed Clinician

Actual FY 18 Experience –
(2 ChildSavers Clinicians)

- Revenue: $144,000
- Cost: 192,000
- Total $336,000

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What We Want?

- Decrease the time for credentialing of licensed mental health professionals.

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Related legislative activities in Virginia

- **HB 139**: allows reimbursement for physicians for work done during application process

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Options for Improvements

- **Option 1**: Expand eligibility for during reimbursement credential approval to licensed mental health professionals

- **Option 2**: Reduce credentialing time for license mental health professionals to less than 60 days

- **Option 3**: Allow insurers to approve experience agency as the credentialed entity

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- **Thank you**

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