

UNDERSTANDING SCHOOL BASED MENTAL HEALTH & MEDICAID WEBINAR SERIES: 5 PART SERIES

PRESENTER: MATT BUCKMAN, PH D

Welcome to the Understanding School-Based Mental Health and Medicaid webinar series. This five-part series is designed to build a shared foundation for understanding how Medicaid supports mental health services in both school-based and community-based settings across the state of Illinois.

The vision of this series is to support the provision of mental health services to students within school settings—reaching all youth, especially those who are most vulnerable and may not otherwise be able to access services.

My name is Matt Buckman. I am a licensed clinical psychologist, dually credentialed as a school psychologist, and the Executive Director of the Stress and Trauma Treatment Center. I will be guiding you through today's content and the broader five-part series.

This webinar was developed with support from the U.S. Department of Education's School-Based Mental Health Services Grant, awarded to West 40 Intermediate Service Center #2 in partnership with the Stress and Trauma Treatment Center.

This material is provided for educational purposes as a broad overview and does not replace official guidance from HHS, CMS, or the Illinois Department of Healthcare and Family Services (HFS). Regulations and compliance requirements may change, and participants should always consult authoritative sources.

This five-part series progresses from foundational Medicaid concepts to increasingly specific

applications. Beginning with a core understanding of Medicaid allows us to explore school-based reimbursement systems, community mental health services, and specialized care coordination and pathway programs.

UNDERSTANDING SCHOOL BASED MENTAL HEALTH & MEDICAID WEBINAR SERIES

PART 4: OVERVIEW OF CCSO AND PATHWAYS TO SUCCESS SERVICES IN ILLINOIS

PRESENTER: MATT BUCKMAN, PH D

Part Four focuses on care coordination service organizations (CCSOs) and Pathways to Success services for students with the highest and most complex mental health needs.

AGENDA

OVERVIEW OF CCSO AND PATHWAYS TO SUCCESS SERVICES IN ILLINOIS

- Benefits of Community Partnerships
- Family Support Program
- CCSO Wraparound & Care Coordination
- CCSO & Pathways to Success Service Types
- Useful Resources

Today's Agenda:

- Benefits of community partnerships for high-need youth
- Family Support Program (FSP) and residential treatment services
- Care Coordination Service Organizations (CCSOs)
- Wraparound, care coordination, and intensive care coordination
- Pathways to Success providers and service types
- Resources



SOURCE: 
SOUTHERN ILLINOIS
Education Alliance

Tier I, II, and III Services and Supports

There is an inverse relationship between prevention and intensive services across systems of care. Community-based partners often have greater capacity, resources, and reimbursement for Tier 3 services than for prevention or early intervention.

Illinois's Current Continuum of Care for Children



Annually:

- 100,000+ crisis calls to the CARES line
- 35,000-40,000 crisis screenings
- Hospitalization rate following screening of ~40-45%
- ~\$140 million in psychiatric hospitalization
- ~\$90 million for children's community-based services

SOURCE:  HFS
Illinois Department of
Healthcare and Family Services

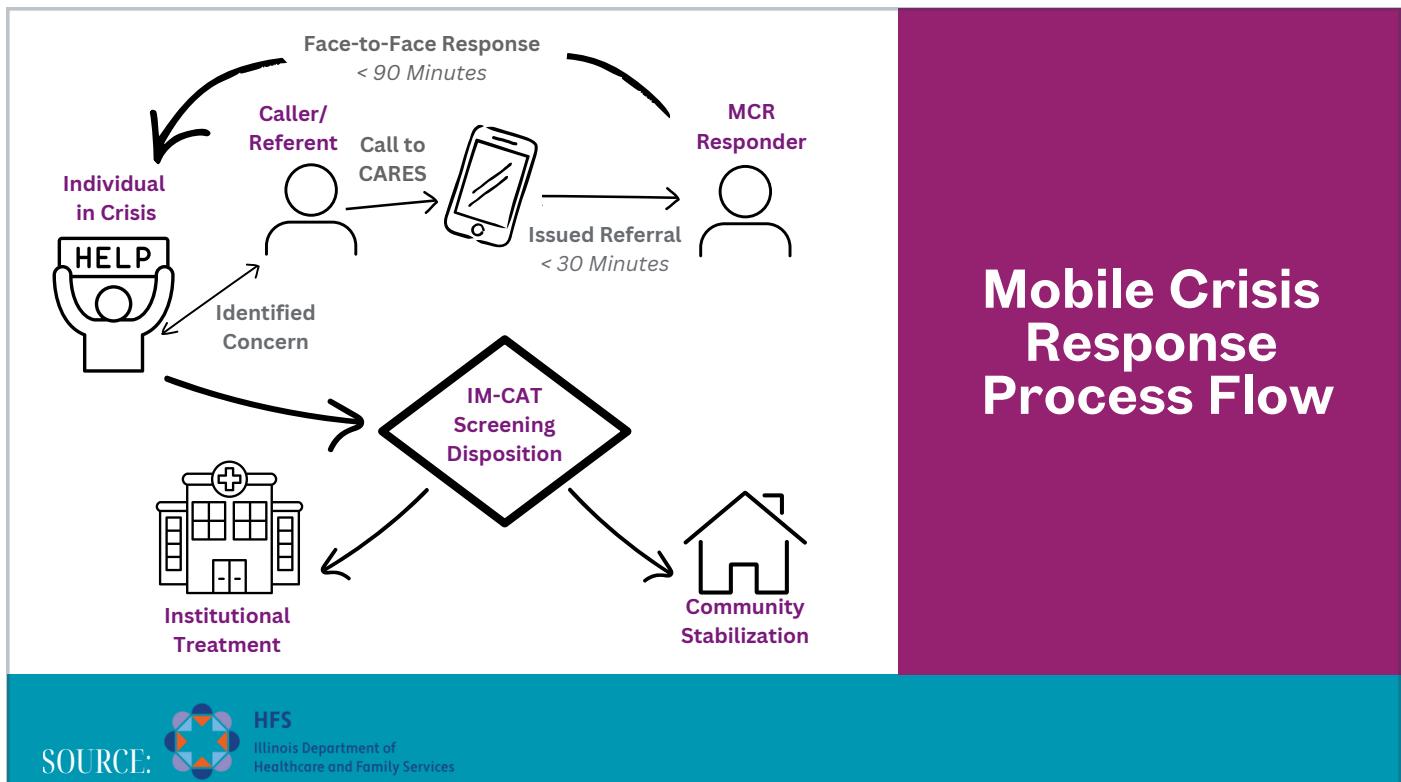
The Illinois Department of Healthcare and Family Services (HFS) identifies a continuum of care that includes:

- Limited prevention services
- Community-based services
- Intensive community-based services
- Crisis services
- Inpatient psychiatric services

HFS reports approximately 100,000 crisis calls annually to the CARES hotline. Of these, approximately 35,000–40,000 result in a crisis screening, where a provider responds in person to a school, home, or community setting.

Of those screenings, 40–45% result in psychiatric hospitalization, which may range from short-term stays of 1–3 days to longer admissions of 7–14 days, depending on clinical need.

Psychiatric hospitalizations account for approximately \$140 million in annual costs, serving a relatively small number of youth. In contrast, children's community-based mental health services cost approximately \$90 million and serve a much larger population. As a result, Illinois continues to invest in community-based stabilization and intensive supports to reduce unnecessary hospitalization and residential placement.



Mobile Crisis Response Process

When a crisis occurs, schools and families contact the CARES hotline. Within 30 minutes, a referral is made to the appropriate crisis provider. A mobile crisis response team provides a face-to-face response within approximately 90 minutes.

During this response, Medicaid-reimbursable services may be provided to ensure the safety of the individual and others. Providers conduct an assessment using the Illinois Medicaid Crisis Assessment Tool (IM-CAT) to determine the appropriate level of care, prioritizing community stabilization whenever possible.

Family Support Program (FSP)

- Formerly known as the Individual Care Grant (ICG)
- Administered by 89 Ill. Admin. Code 139, commonly referred to as 'Rule 139'
 - Rule 139 became effective in May of 2018
- Youth enrolled in FSP receive 180 days of initial program eligibility, and can apply for a continued 180 days of program eligibility
- Administrative and Clinical Support is performed by a contracted Quality Improvement Organization/Peer Review Organization (QIO/PRO)
- Youth enrolled in FSP are assigned an FSP Coordinator
 - The FSP Coordinator may assist the family in completion and submission of any required documentation, and in the identification of services
- FSP provides youth access to differing levels of treatment services, including community-based and residential treatment services

SOURCE:  Illinois Department of Healthcare and Family Services

Family Support Program (FSP)

When repeated crises occur or community stabilization is not successful, youth may be referred to the Family Support Program (FSP), formerly known as the Individual Care Grant (ICG).

Youth are initially enrolled for 180 days, with extensions available as needed. FSP provides intensive care coordination with small caseloads and focuses on families experiencing multiple hospitalizations or significant psychiatric needs.

Services include:

- Comprehensive assessment (IM+CANS)
- Integrated treatment planning
- Care coordination
- Therapeutic supports not typically reimbursed by Medicaid
- Individual supports such as summer programs or gym memberships

When community stabilization is not sufficient and an appropriate placement is available, residential treatment may be provided through FSP. Residential treatment is a longer-term level of care reserved for youth with the highest needs and is distinct from psychiatric hospitalization.

FSP Services

CARE COORDINATION

- All youth enrolled in FSP are assigned to an FSP Coordinator.
- The FSP Coordinator assists the family with:
 - Service planning: identification of services and prior authorization when necessary
 - Case management: creation of an IM+CANS, the Department's Integrated Assessment and Treatment Planning tool, etc.
 - Service Coordination: Identifying service providers to improve clinical outcomes

FAMILY SUPPORT SERVICES

- Family Support Services provides funds for services and supports not normally available, with the purpose of promoting stabilization of the youth in their community
- Examples:
 - Therapeutic Support Services: equine therapy, weighted blanket
 - Individual Support Services: gym membership, summer camps

RESIDENTIAL TREATMENT

- Residential Treatment services are subject to prior authorization and review of medical necessity
- Treatment services must be at an in-network Residential Treatment Facility
- Once the youth is determined clinically appropriate for residential treatment, the FSP Coordinator assists the family with:
 - Identifying potential facilities available for placement
 - Preparing and submitting referral packets to potential residential placements

SOURCE:



HFS
Illinois Department of
Healthcare and Family Services

FSP Program Benefits:

- ✓ **Strengthens family stability**
- ✓ **Promotes community-based services**
- ✓ **Improves and promotes clinical outcomes**
- ✓ **Encourages meaningful impact through coordinated services**

SOURCE:  HFS
Illinois Department of
Healthcare and Family Services

The goals of FSP include:

- Strengthening family stability
- Promoting community-based services
- Providing flexible funding
- Improving clinical and functional outcomes
- Encouraging meaningful impact through coordinated services



Pathways to Success

- One part of the State's efforts to enhance the behavioral health system for children
- A program that makes care coordination & home and community-based services (HCBS) available to children with complex behavioral health needs who are identified as V.B. Class Members
- Guided by the System of Care philosophy
- Operationalizes the children's mental health benefit under the pending 1915(i) Medicaid State Plan Amendment

SOURCE:  HFS
Illinois Department of
Healthcare and Family Services

Pathways to Success:

Pathways to Success serves youth with significant or extreme mental health symptoms who require multi-system involvement. These youth often experience challenges across school, home, child welfare, justice, and community systems.

Pathways to Success *(Illinois' High-Fidelity Wraparound Model)*

- Evolved from SASS & earlier wraparound systems
- Designed for youth with significant behavioral health needs who require multi-system support
- Emphasizes:
 - Family-driven care
 - Strength-based planning
 - Child & family teams
 - Integrated cross-sector solutions

schools, DHS, DCFS, juvenile justice, mental health providers

Pathways uses a system-of-care framework that emphasizes:

- Family-driven and youth-guided planning
- Strength-based approaches
- Child and family teams
- Cross-sector coordination



SOURCE: 
 SOUTHERN ILLINOIS
Education Alliance

Services may involve education, primary care, child welfare, probation, faith-based supports, recreation, and substance use services, depending on family needs.

Pathways to Success Services

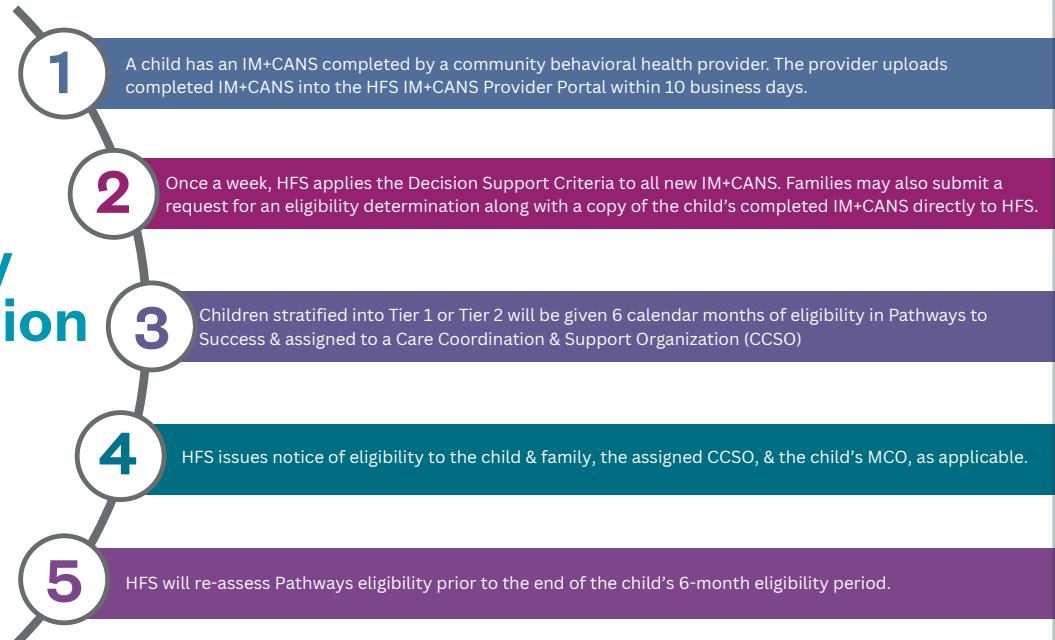
- 1** Care Coordination & Support (CCS)
- 2** Family Peer Support
- 3** Intensive Home-Based Services
- 4** Respite
- 5** Therapeutic Mentoring
- 6** Therapeutic Support Services
- 7** Individual Support Services

SOURCE:



HFS
Illinois Department of
Healthcare and Family Services

Eligibility Determination Process



SOURCE:  HFS
Illinois Department of
Healthcare and Family Services

Eligibility Determination:

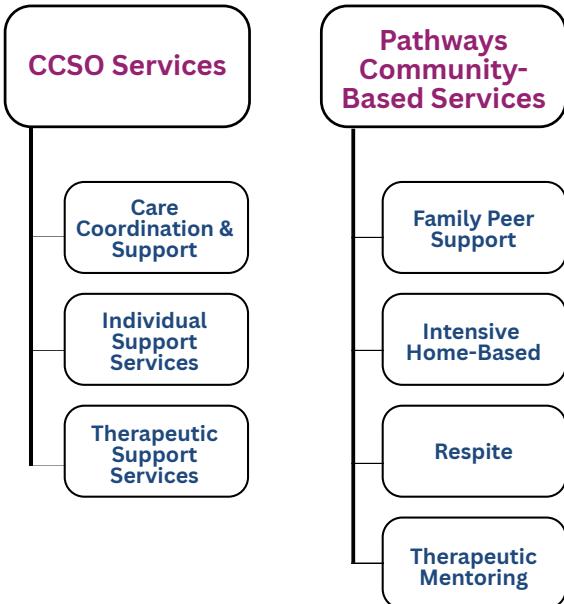
Eligibility for Pathways to Success is determined using the Illinois Medicaid Comprehensive Assessment of Needs and Strengths (IM+CANS), completed by a Medicaid-certified community behavioral health provider.

Assessment results are reviewed at the state level to determine eligibility and tier placement:

Tier 1: High-fidelity wraparound

Tier 2: Care coordination or intensive care coordination

Families receive written notification of eligibility, typically for a six-month period, during which enhanced services are available.

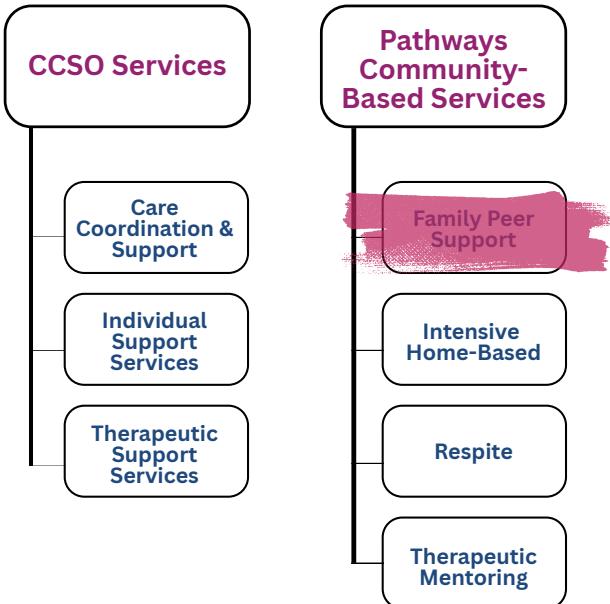


Special Services Available to Pathways Youth

SOURCE:  HFS
Illinois Department of
Healthcare and Family Services

CCSO and Pathways Services:

Care Coordination Service Organizations (CCSOs) provide coordination and oversight, while Pathways community-based providers deliver additional direct services. Two organizations typically collaborate to support each youth and family.



Special Services Available to Pathways Youth

SOURCE:  HFS
Illinois Department of
Healthcare and Family Services

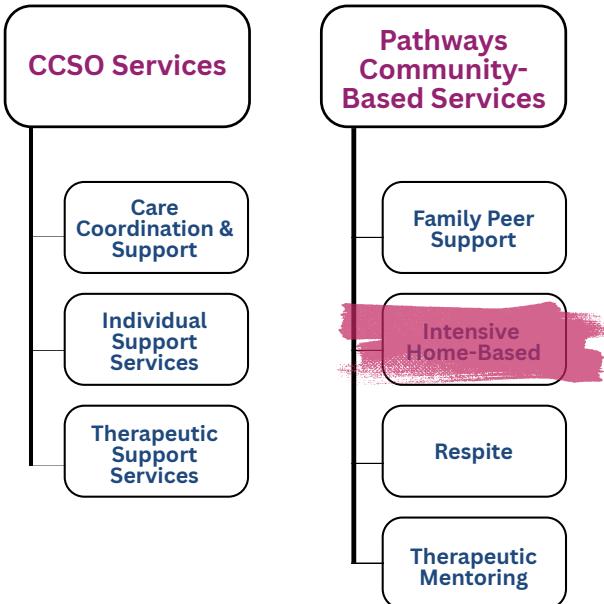
Family Peer Support

- Designed to enhance a parent or caregiver's capacity to manage their child's behavioral health needs through the development of skills, knowledge, & parenting techniques necessary to improve coping abilities & to address the child's social-emotional health needs.
- Delivered by Family Peer Supporters who have individual lived experience or experience as a caregiver or a child with special needs, preferably behavioral health needs.

SOURCE:  HFS
Illinois Department of
Healthcare and Family Services

Family Peer Support Services:

Family peer support providers offer coaching and guidance based on lived experience, helping caregivers navigate systems and cope with the challenges of supporting a child with complex mental health needs.



Special Services Available to Pathways Youth

SOURCE:  HFS
Illinois Department of
Healthcare and Family Services

Intensive Home-Based (IHB)

- Short term, team-based interventions designed to enhance & improve the family's capacity to maintain the child within the home & community & to prevent admissions to out-of-home treatment settings.
- Delivered consistent with evidence-informed approaches of Managing & Adapting Practice (MAP) & solution-focused therapy.
- Consists of two components:
 - Intensive Home-based Clinical (IHBC)
 - Intensive Home-based Support (IHBS)

SOURCE:  HFS
Illinois Department of
Healthcare and Family Services

Intensive Home-Based (IHB) Services:

Intensive Home-Based services are short-term, team-based interventions delivered at least twice per week. Services include:

- Evidence-based treatments (e.g., solution-focused therapy, MAP-informed practices)
- Support for caregivers, youth, and schools
- Functional Behavioral Assessments linked to targeted interventions

IHB services are supervised by licensed clinical providers and delivered with limited caseloads to ensure intensity and effectiveness. Services may occur in homes, schools, community settings, or via telehealth and typically last 3–6 months.

Providers also participate in crisis prevention and response, attending child and family team meetings within 48 hours of a crisis.

Intensive Home-Based (IHB) Services

Definition

- IHB is a team-based service that provides individualized, time-limited, focused services directly to children & their caregivers in home & community settings.
- Consists of two components:
 - Intensive Home-based Clinical (IHBC)
 - Intensive Home-based Support (IHBS)

Purpose

INCREASE *child & family functioning*

PROMOTE *healthy family functioning*

IMPROVE *the family's ability to provide effective support for the youth*

SUPPORT *the family's capacity to maintain the child within the home & community*

SOURCE:  **HFS**
Illinois Department of
Healthcare and Family Services

IHB Clinical

- Utilizes information from a functional behavioral assessment combined with MAP tools to develop a clinical intervention plan that drives IHB services.
- Delivers therapeutic interventions focused on symptom reduction & improving family functioning.
- Provides clinical direction of the interventions of the IHB Support staff.

IHB Support

- Provides adjunct services that supports the family & child in implementing the therapeutic interventions, skills development, & behavioral techniques identified on the clinical intervention plan.
- May only be provided in conjunction with IHBC services.
- Consistent with MAP tools & performed under the direction of the IHBC.

SOURCE:  **HFS**
Illinois Department of
Healthcare and Family Services

Caseload Best Practices



- Team Leads don't manage more than 6-8 IHB Teams.
- IHBC & IHBS don't work with more than 6-8 families, depending on complexity of families.
- If Team Lead also serves in IHBC role, no more than 6-8 families in addition to reduced number of IHB Teams they supervise.

SOURCE:  **HFS**
Illinois Department of
Healthcare and Family Services

IHB Service Delivery

MODE	FREQUENCY	DURATION
<p><i>IHB Services are Delivered:</i></p> <ul style="list-style-type: none">• At times & locations that are convenient to the child & family, including evenings & weekends as needed• In home & community-based settings• Face-to-face, by phone, or by video	<ul style="list-style-type: none">• Best Practice: 2 hours per week• Should be determined based on needs/preferences of the family & consistent with the recommendations of the Child & Family Team (CFT)	<ul style="list-style-type: none">• Best Practice: 3-6 months• The IHB team should reassess with the CFT if the youth is not making progress after 6 months• No prior or continued authorization required

SOURCE:  HFS
Illinois Department of
Healthcare and Family Services

Roles & Responsibilities of IHB Crisis Prevention & Response

IHB Team members serve as active resources on the youth's CPSP, working to prevent & de-escalate potential crises.

- IHB staff are expected to have availability outside of normal business hours to help families implement their CPSP

IHB providers must make every effort to be available for consultation with the Mobile Crisis Response team and/or the youth's Care Coordinator in case the youth experiences a crisis event.

Participates in 48hr post crisis CFT meetings.

Summarizes progress on utilization of CPSP.

SOURCE:



HFS
Illinois Department of
Healthcare and Family Services

Solution-Focused Approaches

Helps customers find tools they can use immediately to manage symptoms by helping them identify & develop existing skills to create change in their lives.

Helps customers develop a vision of their future & then determine how internal abilities can be enhanced to attain the desired outcome.

Can stand alone as a therapeutic intervention or be used along with other therapy styles & treatments.

Can be used to treat individuals across the life span & a variety of issues, including child behavioral problems, family dysfunction, domestic or child abuse, addiction, & relationship problems.

SOURCE:



HFS
Illinois Department of
Healthcare and Family Services

Managing & Adapting Practice (MAP)

- Provides a framework for expanding access to evidence-based & informed interventions.
- MAP tools guide clinical activity based upon the current research literature.
- Compiles, summarizes, & distributes knowledge on the common elements of hundreds of evidence-based interventions.
- Coordinates provider & family expertise (local knowledge) with findings from the evidence base (general knowledge) to guide & organize treatment.
- More like a toolkit to build treatment, rather than a treatment itself.

SOURCE:  HFS
Illinois Department of
Healthcare and Family Services



How Does MAP Work?

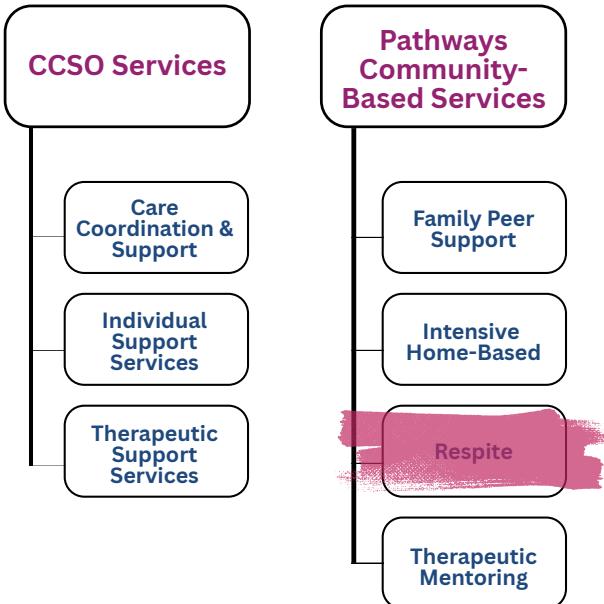
- Child-specific information (i.e. age, gender, race or ethnicity, problem type) is entered into the PracticeWise Evidence-Based Services (PWEBS) Database.
- PWEBS identifies the common practice elements found to be effective for youth with similar presentations
 - Examples of common elements: Praise, Time Out, Modeling, Parent Psychoeducation
- Clinicians access information on recommended treatment protocols & practices & determine which to incorporate into their work with the child & family.
- The effectiveness of the practices is continuously monitored & managed to inform treatment.

SOURCE:  HFS
Illinois Department of
Healthcare and Family Services

Typical Service Week

- Individual, family, parent interventions
- Cross-system interventions
- Crisis availability & response; Safety Planning
- Resource & support building activities
- Who: youth, family members, collaterals (*school, court, etc.*)
- Multiple service hours & contacts

SOURCE:  HFS
Illinois Department of
Healthcare and Family Services



Special Services Available to Pathways Youth

SOURCE:  HFS
Illinois Department of
Healthcare and Family Services

Respite

- Time-limited, face-to-face service that provides scheduled relief to help prevent stressful situation, including avoiding a crisis or escalation within the home.
- Primarily delivered on an individual basis but may be provided to groups of up to 3.
- Requires prior authorization & is limited to 7hrs/event, 21hrs/month, or 200hrs/state fiscal year without additional authorization.
- Must be provided by staff who minimally:
 - meet the qualifications of a RSA
 - are CPR certified
 - have access to a QMHP for consultation

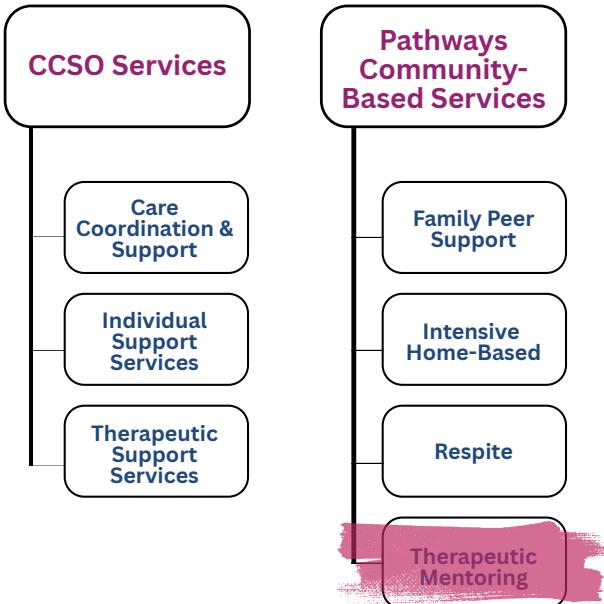
SOURCE:  HFS
Illinois Department of
Healthcare and Family Services

Respite Services:

Respite services provide caregivers temporary relief and support youth during periods of high stress. Services may be provided:

- Up to 21 hours per month
- Up to 7 hours per event
- Up to 200 hours per year

Respite may occur in homes, schools, community centers, or recreational settings and may be structured or unstructured depending on youth needs.



Special Services Available to Pathways Youth

SOURCE:



HFS
Illinois Department of
Healthcare and Family Services

Therapeutic Mentoring

- Strength-building service provided on an individual basis to children who require support in recognizing, displaying, & using pro-social behavior in home & community settings.
- Allows trained mentors to spend quality in the community with the child, modeling positive ways of interacting with other children & adults in a variety of social situations.
- Children work with their Therapeutic Mentors to gain & practice valuable skills that will help them develop positive relationships & build their confidence.
- Services may be provided face-to-face, by phone, or by video.
- Therapeutic Mentors must minimally meet the qualifications of an RSA, have access to a QMHP for consultation, & attend training for Therapeutic Mentoring through PATH.

SOURCE:  Illinois Department of Healthcare and Family Services

Therapeutic Mentoring Services:

Therapeutic mentoring focuses on building strengths and pro-social skills through one-on-one support. Mentors:

- Model appropriate behaviors
- Teach social skills, problem-solving, and coping strategies
- Reinforce skills across home, school, and community settings

These services align closely with social-emotional learning goals and provide supplemental support for youth with high needs.

What does success look like for children and families?



Improved family functioning and reduced caregiver stress.



More stable living situations for children & youth, including fewer out-of-home treatment episodes.



Increased use of evidence-based practices, including access to services provided in home & community settings.



Improved school attendance & performance.



Increased family & youth involvement in services.



Reduced contacts with law enforcement & child welfare.

SOURCE:



HFS
Illinois Department of
Healthcare and Family Services

What Success Looks Like

Successful outcomes across FSP, wraparound, and Pathways programs include:

- Improved family functioning and reduced caregiver stress
- Improved school attendance and academic performance
- Increased stability in living situations
- Reduced out-of-home placements
- Increased engagement in effective services
- Reduced involvement with DCFS and law enforcement

Resources:

**Care Coordination and Support Organizations
(CCSO) per Designated Service Area (DSA)**

**Pathways to Success: Behavioral Health
Decision Support Model Description**

FSP Application Packet



FOR MORE INFORMATION

E-mail dmattbuckman@stressandtrauma.org

Website www.west40.org

Watch Webinar Series Part 5:

Ideas for Action: Increasing Mental Health
Services for Students in Illinois

The final webinar in this series—Ideas for Action—will synthesize strategies to expand mental health services for students across Illinois through effective partnerships and Medicaid funding.