



Welcome!

Please **sign in** for the meeting using the chat feature.
Include the following:

- Name
- Company
- Contact info (email or phone)

For **questions**, you can either add them to the chat or raise your hand to ask during the training

Health Plan
of San Joaquin



Behavioral Health Look & Learn

March 13, 2024

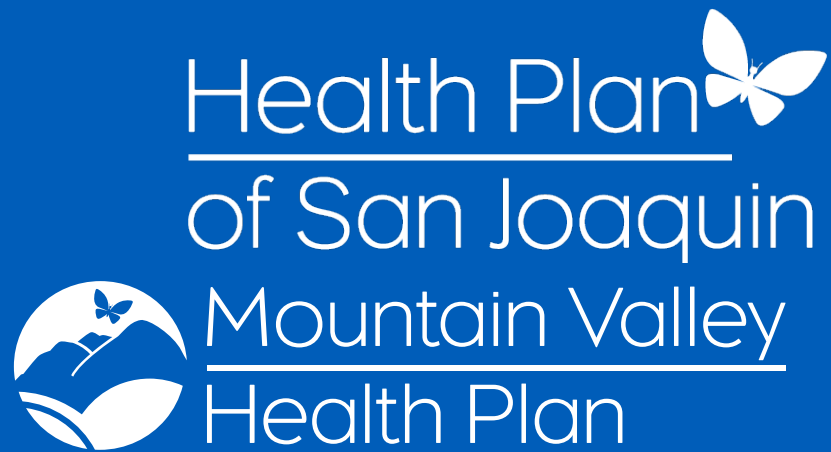


Community • Partnership • Wellness

Agenda

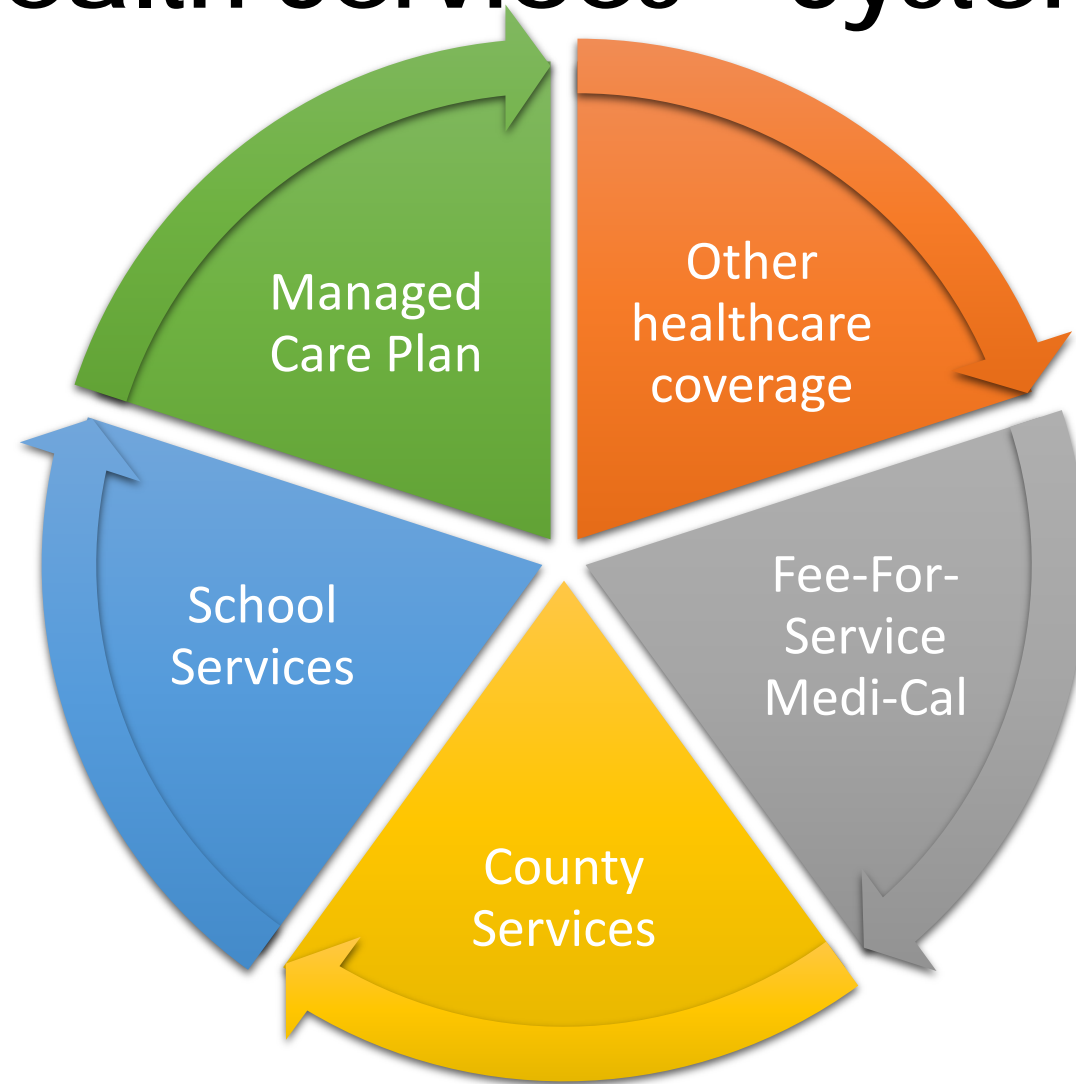
- 1 Introductions/Welcome
- 2 Behavioral Health Services – System of Care
- 3 Delivering Services: Medical Care Setting, BH Setting, and School
- 4 Quality Measures
- 5 Key Contacts
- 6 Questions

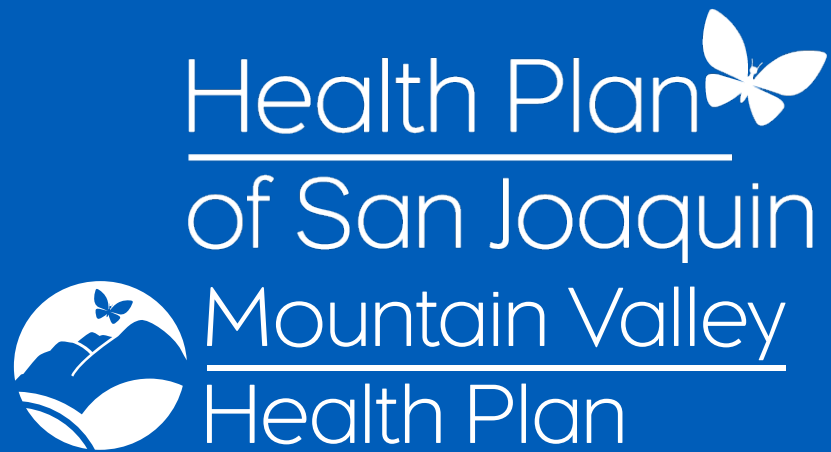




Behavioral Health (BH) Services Overview

Behavioral Health Services – System of Care





BH in Medical Care Setting

Delivering Behavioral Health in a Medical Setting

Scope	Services	Follow-up Action
Early Periodic Screening, Diagnosis, and Treatment (EPSDT) for members under 21	includes but is not limited to: <ul style="list-style-type: none"> • Developmental Screening • Adverse Childhood Experiences Screening(ACEs)¹ • Autism Spectrum Disorder • Anxiety Disorder • ADD/ADHD • Dyadic Services² 	Refer for OT/PT/ST and Behavioral Health Treatment (BHT) also known as Applied Behavioral Analysis (ABA) Mental Health Psychological / Neuropsychological Testing Regional Center, as needed
Depression Screening	Depression Screening with a PHQ2 or PHQ9	If positive, follow-up with a referral to mental health services
Alcohol/Substance Use Disorder Screening, Brief Intervention, and Referral to Treatment (SABIRT) ²	Screening Brief Intervention Referral to Treatment	If positive, follow-up with a referral to substance use disorder services
Annual Cognitive Health Assessment, for members over 65 years of age	Conduct annual cognitive health assessment ^{1,2}	If positive, follow-up with additional assessment or mental health and specialist referrals
Medication Management	Antidepressant Medication management ADHD/ADD Medication Management	Continued maintenance If necessary, refer for additional mental health support/services
Maternal Mental Health	Prenatal/Postnatal Depression Screenings ² At least once during each pregnancy and at least once within 12 weeks following the birth of the child	If screening is positive, refer member for mental health services

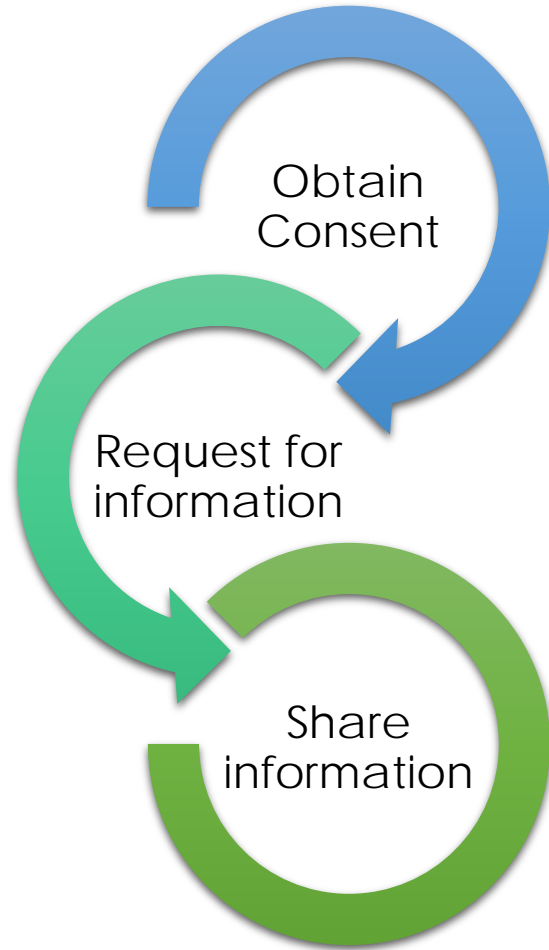
¹DHCS approved training required prior to administering tool(s)

²Refer to Medi-Cal Provider Manual for billing requirements





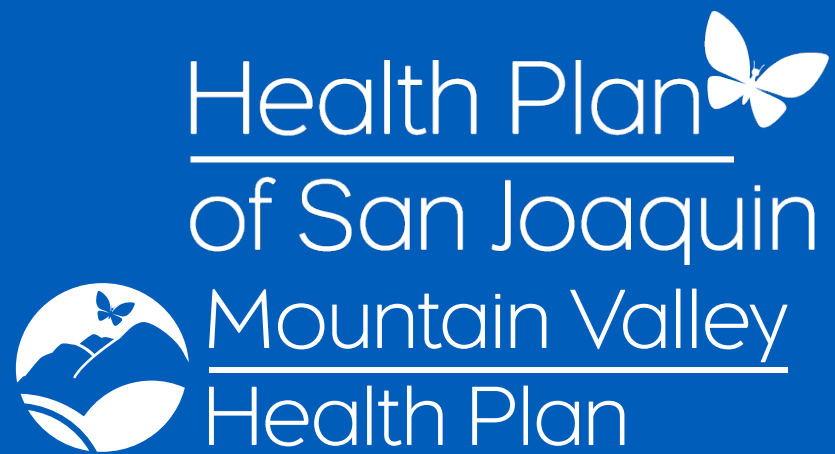
Continuity and Coordination of Medical and Behavioral Health Care



Percentage of PCPs attesting that they have exchanged information about the care of a mutual member has consistently been under 30%.

Our goal is to improve that!





BH in BH Setting

Delivering Behavioral Health in a BH Setting

In-person or via telehealth

(includes Dyadic Behavioral Health Services)

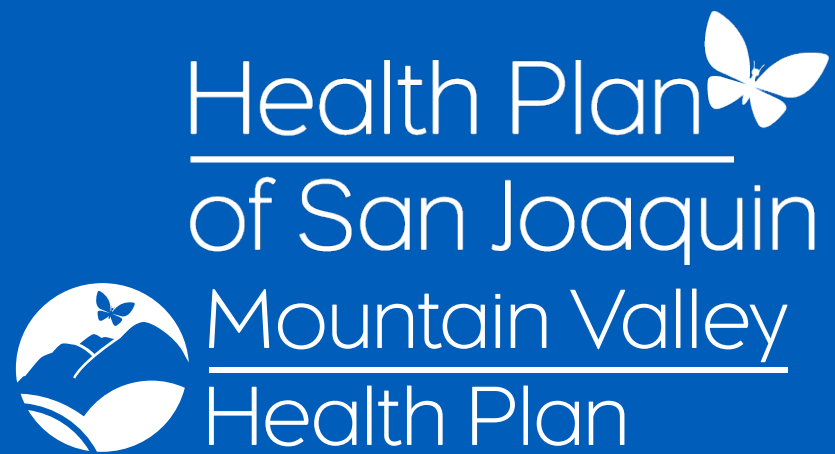
Managed Care Plan covered services:

- Individual, family and group therapy
- Psychological/Neuropsychological testing to evaluate a mental health condition
- Lab work, drugs and supplies
- Drug therapy monitoring

County Covered services:

- Counseling
- Psychiatric Medication Management
- Crisis Intervention
- Crisis mobile response (where available)
- Inpatient Psychiatric Hospitalization
- Substance Use Disorder treatment





BH in School Setting

Behavioral Health in School Setting

Mental Health Counseling

- Student Behavioral Health Incentive Program ([studentbehavioralhealthincentiveprogram \(ca.gov\)](https://studentbehavioralhealthincentiveprogram.ca.gov/))
- County Services delivered within the School setting

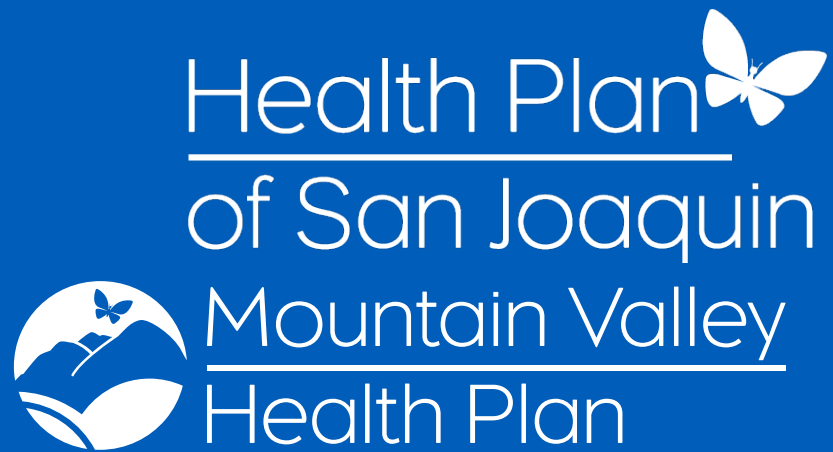
Behavioral Health Treatment

- Behavioral Interventionist (BI) to support social skills development within a school setting
- Individualized Education Plan can include BI Support

CalHOPE – Children and Youth Behavioral Health Initiative

- Web and app-based platforms to offer all California families with kids, teens, and young adults ages 0-25 free one-on-one support with live wellness coach, a library of multimedia resources, wellness exercises, and peer communities moderated by trained behavioral health professionals
- [24-03-CYBHI-1-16-24.pdf \(ca.gov\)](https://24-03-CYBHI-1-16-24.pdf)





Quality Measures



Behavioral Health Quality Measures

Measure	Description
Exchange of Information (PCP/BH)	PCP/BH Coordination of Care involves exchange of information to ensure each practitioner is able to collaborate on the treatment plan
ADHD – Attention-Deficit/Hyperactivity Disorder	<i>Initiation Phase:</i> Assesses children between 6 and 12 years of age who were diagnosed with ADHD and had one follow-up visit with a practitioner with prescribing authority within 30 days of their first prescription of ADHD medication. <i>Continuation and Maintenance Phase:</i> Assesses children between 6 and 12 years of age who had a prescription for ADHD medication and remained on the medication for at least 210 days and had at least two follow-up visits with a practitioner in the 9 months after the Initiation Phase.
AMM – Antidepressant measure	Effective Acute Phase Treatment: Adults who remained on an antidepressant medication for at least 84 days (12 weeks) Effective Continuation Phase Treatment: Adults who remained on an antidepressant medication for at least 180 days (6 months).
Depression Screening	Utilization of the PHQ9 to Monitor Depression Symptoms for Adolescents and Adults (DMS) Depression Screening and Follow-up for Adolescents and Adults (DSF)
Follow-up after Emergency Department*	FUA – Assesses emergency department (ED) visits for members 13 years of age and older with a principal diagnosis of alcohol or other drug (AOD) abuse or dependence, who had a follow up visit for AOD within 7 and 30 days. FUM – Assesses emergency department (ED) visits for adults and children 6 years of age and older with a diagnosis of mental illness or intentional self-harm and who received a follow-up visit for mental illness within 7 and 30 days.
Follow-up after Hospitalization	FUH – Assesses the percentage of inpatient discharges for a diagnosis of mental illness or intentional self-harm among patients age 6 years and older that resulted in follow-up care with a mental health provider within 7 and 30 days.
PND / PDS	Prenatal Depression Screening and Follow-up (PND) Postpartum Depression Screening and Follow-up (PDS)
SMC	Diabetes Monitoring for People with Diabetes and Schizophrenia: Assesses adults 18-64 years of age with schizophrenia and diabetes who had both an LDL-C Test and an HbA1c test during the measurement year
SMD	Cardiovascular Monitoring for People with Cardiovascular Disease and Schizophrenia: Assesses adults 18-64 years of age with schizophrenia and cardiovascular disease, who had an LDL-C test during the measurement year
SSD	Diabetes Screening for People With Schizophrenia or Bipolar Disorder Who Are Using Antipsychotic Medications: Assesses adults 18-64 years of age with schizophrenia or bipolar disorder, who were dispensed an antipsychotic medication and had a diabetes screening test during the measurement year.

*Medi-Cal Managed Care Accountability Set (MCAS) held to Minimum Performance Level (MPL)

Key takeaways and Next steps

- Reach out to us if you have questions
- Conduct necessary screenings
- Make referrals when needed
- Exchange information with other service providers
- Keep medical records
- Consider partnering with us on future BH initiatives



Important Contact Numbers

988 Suicide and Crisis Lifeline

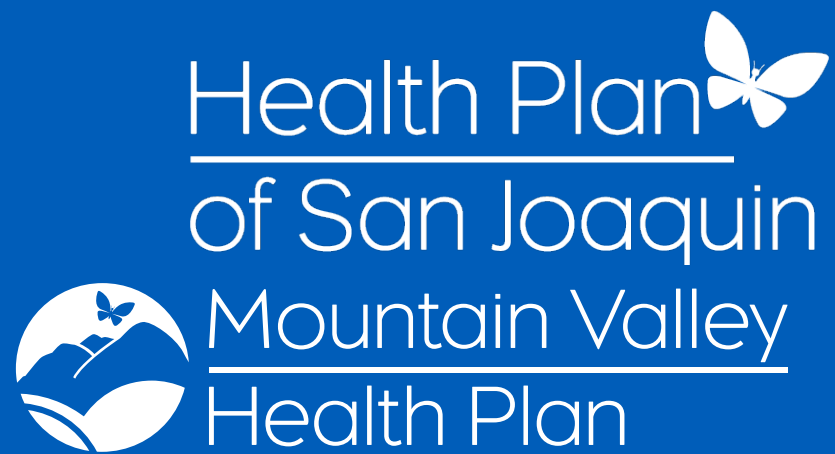
Service Area	Health Plan Contacts	County Access Line	Regional Center
Alpine	Social Worker of the Day: 1-209-942-6395	1-800-318-8212	Alta California Regional Center 1-916-978-6400
El Dorado	Behavioral Health (MH and BHT): Carelton Behavioral Health 1-888-581-PLAN (7526)	1-800-929-1955	
San Joaquin		1-888-468-9370	Valley Mountain Regional Center 209-473-0951
Stanislaus	Social Worker of the Day: 1-209-942-6395	1-888-376-6246	Valley Mountain Regional Center 209-529-2626

PCP, Specialty referral, Interpreter or Transportation Request: 1-888-896-PLAN (7526)



Questions?

Thank you!



Resources

Screening Resources

Topic	Resource
Child Development	CDC – Child Development Developmental Milestone Screening Specific Conditions (birth defects, disabilities, mental, emotional, and development disorders, and blood disorders that affect children Free materials Positive Parenting Tips
Adverse Childhood Experience Screening (ACEs)	CDC ACEs Resources Youth and Adult Screening Tools
Depression	PHQ-9 PHQ-2
Alcohol & Substance Use Disorder	<p>Screening, not limited to:</p> <ul style="list-style-type: none"> • Cut Down, Annoyed, Guilty, Eye-Opener Adapted to Include Drugs (CAGE-AID) • Tobacco, Alcohol, Prescription medication, and other Substances (TAPS) • National Institute on Drug Abuse (NIDA) Quick Screen for adults • Alcohol Use Disorders Identification Test (AUDIT-C) • Parents, Partner, Past and Present (4Ps) for pregnant women and adolescents • Michigan Alcoholism Screening Test Geriatric (MAST-G) alcohol screening for geriatric population <p>If positive, validation tools, not limited to:</p> <ul style="list-style-type: none"> • NIDA-Modified Alcohol, Smoking and Substance Involvement Screening Test (NM-ASSIST) • Drug Abuse Screening Test (DAST-20) • Alcohol Use Disorders Identification Test (AUDIT)

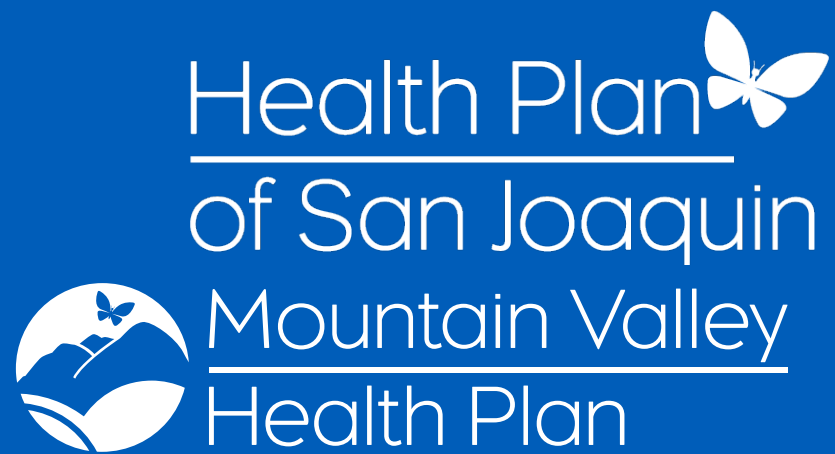
Provider Alerts

All provider alerts can be located here: <https://www.hpsj.com/alerts/>

Topic	Link
FUA/FUM	https://www.hpsj.com/reminder-for-follow-up-after-emergency-department-visit-for-mental-illness-fum-and-follow-up-after-emergency-fua-department-visit-for-substance-use/
FUH/FUI	https://www.hpsj.com/follow-up-after-hospitalization-for-mental-illness-fuh-follow-up-after-high-intensity-care-for-substance-use-disorder-fui/
Prenatal and postpartum care including PND-E and PDS-E	https://www.hpsj.com/update-prenatal-and-postpartum-care-ppc-prenatal-immunization-status-prs-e-prenatal-depression-screening-and-follow-up-pnd-e-postpartum-depression-screening-and-follow-up-pds-e/

Medi-Cal Provider Manual

[Provider Manual](#) | [Medi-Cal Providers](#)



Regional Centers

Regional Centers

What are Regional Centers?

Regional centers are nonprofit private corporations that contract with the Department of Developmental Services to provide or coordinate services and supports for individuals with developmental disabilities. They have offices throughout California to provide a local resource to help find and access the many services available to individuals and their families.

- Created by the Lanterman Act passed in 1969
- People with disabilities and their families have a right to live like people who don't have disabilities.

Services covered by the Regional Centers

- Differs for the following age groups: 0<3 and 3+
- Diagnostic Eligibility has to occur prior to age 18
- List shared on next slide

Regional Center - Services

Regional centers provide diagnosis and assessment of eligibility and help plan, access, coordinate and monitor the services and supports that are needed because of a developmental disability. There is no charge for the diagnosis and eligibility assessment. Once eligibility is determined, a case manager or service coordinator is assigned to help develop a plan for services, tell you where services are available, and help you get the services. Most services and supports are free regardless of age or income.

There is a requirement for parents to share the cost of 24-hour out-of-home placements for children under age 18. This share depends on the parents' ability to pay.

For further information, see [Parental Fee Program](#). There may also be a co-payment requirement for other selected services. For further information, see [Family Cost Participation Program](#).



Valley Mountain Regional Center



Office Locations

San Joaquin Main Office:
702 N. Aurora St. P.O. Box 692290
Stockton, CA 95269-2290
Phone: (209) 473-0951

Stanislaus County Office:
1820 Blue Gum Avenue
Modesto, CA 95358
Phone: (209) 529-2626

Amador, Calaveras, Tuolumne Counties:
704 Mountain Ranch Road, Suite 203
San Andreas, CA 95249
Phone: (209) 754-1871

<https://www.vmrc.net/>

Alta California Regional Center



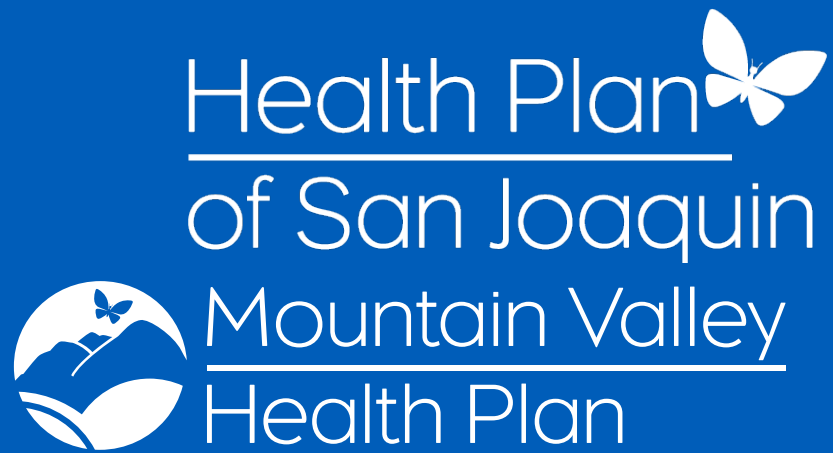
Office Locations

Main Location:
2241 Harvard Street, Suite 100
Sacramento CA 95815
Phone: (916) 978-6400

Placerville – serving El Dorado
County:
573 Main Street
Placerville, CA 95667
(530) 626-1353 voice
(530) 626-0162 fax

South Lake Tahoe – serving Alpine
and Eastern El Dorado Counties:
2489 Lake Tahoe Boulevard, Suite 1
South Lake Tahoe, CA 96150
(530) 314-5970 Voice
(530) 314-5971 Fax

<https://www.altaregional.org/>



Community Resources

24-hour Pharmacies

Service Area	Pharmacy	Additional information
Stockton	WALGREENS #2680 15 W HARDING WAY STOCKTON, CA 95204-5716 (209) 941-9632	NPI 1952316234 Electronic Prescribing Enabled Retail Compounding
Stanislaus	CVS PHARMACY #09248 1700 MCHENRY AVE MODESTO, CA 95350 (209) 529-4810	NPI 1053354845 Electronic Prescribing Enabled Retail Compounding
BH Pharmacy Locator	https://medi-calrx.dhcs.ca.gov/home/find-a-pharmacy/	



Consider your sensitive patients

Laboratories for Special Needs

Valley Children's Hospital/Quest Laboratory
3525 Pelandale Avenue
Modesto, CA 95356
(209) 545 1415

Appointments are Available

Hours of Operation: Monday-Friday 730AM – 430PM

Convenient Location, Phlebotomists are trained specifically for children

Quest Diagnostics- Madera
363 East Almond Avenue, Suite 107
Madera, CA 93636
(559) 662 8993

Appointments are Available

Hours of Operation, Monday-Friday 730AM – 430PM

