

## New Child and Adolescent Mental Health Benefit

Starting July 1, 2019, all Qualified Health Plans will include benefits around diagnosing and treating child and adolescent mental health disorders on a non-discriminatory basis. This means that:

Members under the age of 19 will be covered for mental, behavioral or emotional disorders that significantly limit or interfere with their functioning and social interactions. These disorders may be biologically-based (for example, resulting from a chemical or hormone) or non-biologically based (for example, resulting from gender identity confusion).

The member's PCP, primary pediatrician or licensed mental health professional must document how the disorder is limiting or interfering with the member's life and recommend the member for treatment. Factors that may qualify the member for treatment may include:

1. an inability to attend school as a result of the disorder
2. the need to hospitalize the member as a result of the disorder
3. a pattern of behavior caused by the disorder which poses a serious danger to self or others.

Members recommended for this benefit may receive:

- **Intensive Care Coordination:** A non-clinical service that provides community-based care management to families who are receiving multiple services across multiple agencies.
- **Family Stabilization Team:** An intensive family therapy model focused on youth who are most at risk for out-of-home placement due to behaviors in the home. Youth and family engage in intensive family therapy, as well as some individual skill building to improve functioning.
- **In-home Behavioral Services:** A behavioral planning approach that includes a functional behavioral assessment, a behavioral intervention plan, and parent training to improve specific behaviors causing functional impairments. This service is reserved for youth who do not respond to traditional talk therapy models.
- **Mobile Crisis Intervention (MCI):** A service used for worsening mental health symptoms that may require stabilization in an out-of-home or diversionary level of care. Similar to Emergency Service Providers, MCI provides an expanded set of services. Available for up to seven days, MCI does an evaluation of need with the goal of maintaining community.

These services will be managed by our behavioral health partner, Beacon Health Strategies.

You can find additional information on this benefit in your new *Evidence of Coverage*. It is available at [bmchp.org/benefits](http://bmchp.org/benefits).

### Questions?

Please call us at 1-855-833-8120 (TTY: 711), Monday through Friday from 8:00 a.m. – 6:00 p.m.