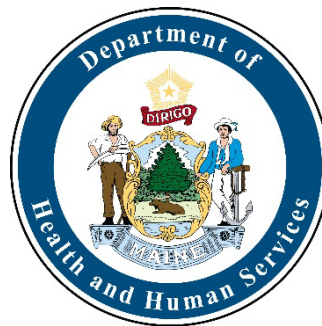


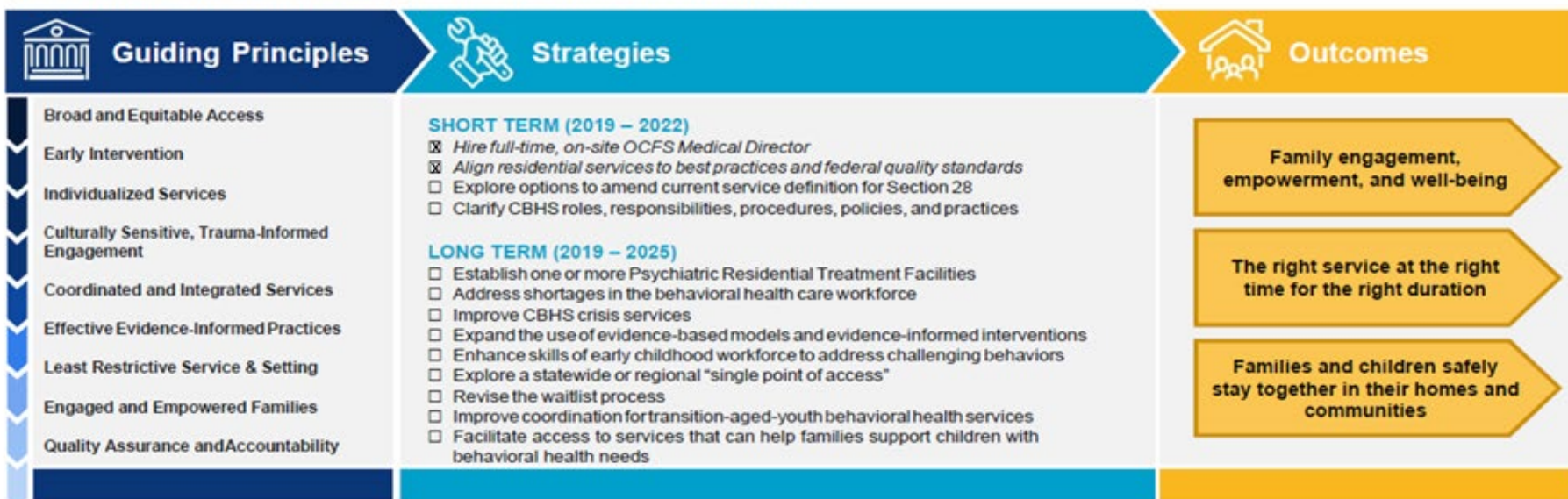
# Office of Child and Family Services

June 28, 2022



# Maine Children’s Behavioral Health Services VISION

All Maine children and their families receive the services and supports they need to live safe, healthy, and productive lives in their home, school, and community.



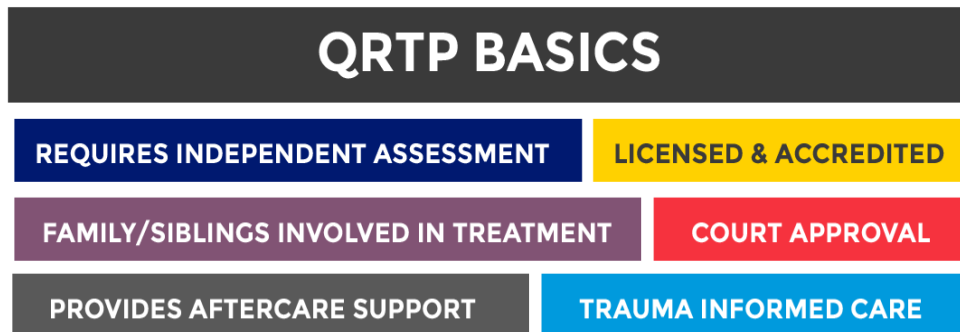
Strategies that are italicized are complete

Updated December 2021  
Next update: December 2022

*\*Changes since the last update include completing “Align residential services to best practices and federal quality standards”, and moving “Facilitate access to services that can help families support children with behavioral health needs” and “Establish one or more Psychiatric Residential Treatment Facilities” from short-term to long-term.*

# Key Strategy Progress Updates

- **Update Children’s Residential Care Facility (CRCF) MaineCare policy, rules and rates to align with National Best Practices**
- OCFS fully completed this strategy in December 2021. OMS and OCFS worked together, with unmatched partnership of all 11 providers of CRCF services in Maine, to update the MaineCare Section 97, Appendix D policy and associated reimbursement rates for the first time in over ten years.
- Concurrent with MaineCare Policy, Children’s Licensing and Investigation Services (CLIS) implemented updated Children’s Licensing Rules (10-148-Chapter 35 Children’s Residential Care Facility Licensing) to align with the new MaineCare Policy.
- The updated policy and rule incorporates the Quality Residential Treatment Program (QRTP) standards outlined in the Family First Prevention Services Act (FFPSA). The incorporation of the QRTP standards significantly raises the expectations and quality of CRCF services.



# Key Strategy Progress Updates

- **Expand the Use of Evidence-Based Models and Evidence-Informed Interventions**

DHHS believes that high quality, evidence-based services, implemented to fidelity, improve outcomes for children and families in Maine. Those italicized have been added to the MaineCare Benefits Manual.

- *Trauma Focused Cognitive Behavioral Therapy (TF-CBT)*
- *Multisystemic Therapy (MST)*
- *Multisystemic Therapy for Problem Sexual Behavior (MST-PSB)*
- *Functional Family Therapy (FFT)*
- *Positive Parenting Program (Triple P)*
- *Incredible Years Parenting Program*
- *Parent Child Interaction Therapy (PCIT)*
- **Research Units in Behavioral Intervention (RUBI)**
- **The Modular Approach to Therapy for Children with Anxiety, Depression, Trauma, or Conduct Problems (MATCH-ADTC)**
- **Adolescent Community Reinforcement Approach (A-CRA)**

# OCFS Supported Evidence-Based Practices Training Opportunities

- OCFS supported no cost training for eligible clinicians in Trauma-Focused Cognitive Behavioral Therapy (TF-CBT).
- Offered training and consultation for national certification for **165 clinicians**.
- **122 clinicians** from the 165 completed the training and consultation and are eligible for national certification.
- Clinicians that are nationally certified TF-CBT clinicians are eligible for the **enhanced Medicaid rate**.
- OCFS supported multiple eligible clinicians to obtain their national certification June 2022.



# OCFS Supported Evidence-Based Practices Training Opportunities

- OCFS continues to support no cost training in Triple P Standard, Triple P Standard Teen, Triple P Pathways and Triple P Group.
- This includes reimbursement for time in training and accreditation as well as one year of materials for all four interventions.
- Accreditation for a total of **180 practitioners** has completed or started with **20 additional** practitioners starting training September 2022.
- Applications will open July 2022 for the September cohort.
- 143 practitioners are accredited in Standard and Standard Teen with an additional 96 accredited in Pathways. The first Group cohort is not yet accredited.



# OCFS Supported Evidence-Based Practices Training Opportunities

- OCFS is supporting no cost training in Research Unit in Behavioral Intervention (RUBI).
  - Training includes reimbursement for time in training as well as one year of materials.
- Level 1 training will be offered to a maximum of 400 direct care professionals with 140 eligible for Level 2 training once Level 1 is complete.
  - Level 2 training is a ‘train the trainer’ to support sustainability.
- Training will begin in September 2022, and registration has begun

# OCFS Supported Evidence-Based Practices Training Opportunities

- OCFS is supporting no cost MATCH training, consultation and accreditation through the support of the Federal System of Care Grant.
- Training for two cohorts has completed for a total of 37 clinicians.
- An additional cohort of 42 clinicians will start July 2022.



# OCFS Supported Evidence-Based Practices Training Opportunities

- Adolescent Community Reinforcement Approach (A-CRA)  
Training:
  - A-CRA is an evidence-based, developmentally appropriate treatment modality for youth with substance use disorders and co-occurring substance use / mental health disorders.
  - OCFS is offering the opportunity to complete the training at **no cost to providers** by offering reimbursement for time spent in training, coaching, and accreditation requirements in addition to the cost of materials.
  - The target audience for the training sessions is staff in Children's Residential Care Facilities. Each agency operating a CRCF will have the opportunity to train one supervisor and two clinicians in the model.
  - Training is scheduled to begin in July 2022 and an additional training cohort will begin in September 2022.

# Ongoing CBHS Initiatives

- Federal System of Care Grant
- Crisis Grant and Aftercare Pilot
- Early Childhood Consultation Partnership (ECCCP®)
- Help Me Grow
- Hi-Fidelity Wraparound
- Psychiatric Residential Treatment Facility – update of rates and rules in partnership with MaineCare
- Youth transitioning to adulthood
- Youth SUD Services
- Rate Studies for Children’s Behavioral Health Services (HCT, RCS, PRTF, TCM, BHH, Crisis, Outpatient)

# Closing Remarks/Questions/Comments



All Maine Children & Families

**SAFE, STABLE,  
HAPPY, HEALTHY**

# Additional Information on Ongoing CBHS Initiatives



All Maine Children & Families

**SAFE, STABLE,  
HAPPY, HEALTHY**

# Trauma Focused Cognitive Behavioral Therapy (TF-CBT)

**Trauma Focused Cognitive Behavioral Therapy (TF-CBT)** is an evidence-based treatment that has been evaluated and refined during the past 25 years to help children and adolescents recover after trauma.

- To date, OCFS has organized and offered no-cost training and consultation for national certification for 165 clinicians, 122 of them are eligible for national certification.
- Clinicians are provided with reimbursement for their time spent on the training and will receive ongoing clinical support, training, and consultation. OCFS has also worked with the trainer to develop a system of tracking fidelity to the model to ensure youth and families can benefit fully from this service.
- The majority of the clinicians are working within the Home and Community Treatment (HCT) model providing support to youth in their homes.
- National certification is a requirement to bill the enhanced Outpatient MaineCare rate that was added to the MaineCare Benefits Manual in 2020.

# Multisystemic Therapy (MST) and Functional Family Therapy (FFT)

**Multisystemic Therapy/ Multisystem Therapy for Problem Sexual Behavior (MST-PSB)** is an evidence-based model where research demonstrates that MST reduces criminal activity and other undesirable behavior. At the close of treatment, 87% of youth have no arrests and 91% remain in their home.

**Functional Family Therapy** is an evidence-based model which is proven to help at-risk youth and families overcome behavior problems, conduct disorder, substance abuse, and delinquency.

- Between 2014 and 2019, eight MST teams, discontinued service two of which were in Aroostook County. Currently, in Maine, there is one provider of FFT and three providers of MST.
- DOC contracts with providers to serve justice-involved youth
- OCFS supported MST and FFT providers in Maine, by funding not MaineCare covered service components, to prevent program closures in 2020 while awaiting a rate study.
- Based on that rate study, a 20% rate increase was implemented in 2020, making Maine's reimbursement rate for MST and FFT one of the highest in the nation as well as a transition from 15-minute billing to a weekly case rate.
- Workforce shortages, coupled with the pandemic, have kept these providers from expanding to other areas despite a desire to. Some providers have been unable to fill vacancies for over six months. OCFS is meeting with the providers individually to brainstorm solutions for sustainability and expansion.

# Positive Parenting Program (Triple P)

**Positive Parenting Program (Triple P)** is an evidence-based model designed to prevent – as well as treat – behavioral and emotional problems in children and teenagers. It has shown to result in fewer out of home placements 60 fewer hospitalizations/ER visits for child maltreatment injuries.

- OCFS continues to organize and fund no cost training in Triple P Standard, Triple P Standard Teen, Triple P Pathways and Triple P Group. This includes reimbursement for time in training and accreditation as well as one year of materials for all four interventions.
- Accreditation for a total of 180 practitioners has completed or started with 20 additional practitioners starting training September 2022.
- Applications will open July 2022 for the September cohort.
- 143 practitioners are accredited in Standard and Standard Teen with an additional 96 accredited in Pathways. The first Group cohort is not yet accredited.
- The majority of the practitioners are working within the Home and Community Treatment (HCT) model providing support to youth in their homes.
- Triple P was added to the MaineCare Benefits Manual in 2020 as a standalone service. To date, no providers have billed for this service as currently designed. OMS and OCFS are planning policy updates based on provider feedback.

# Research Units in Behavioral Intervention (RUBI)

**Research Units in Behavioral Intervention (RUBI)** program is a parent training program developed to decrease challenging behaviors in children with autism spectrum disorder (ASD).

- After extensive stakeholder engagement including parents and providers, research and consultation with experts, RUBI was selected as the model that will best meet the needs of parents/caregivers parenting youth with ASD in managing challenging behaviors. This has been identified as a missing service in the CBHS.
- OCFS is supporting no cost training in Research Unit in Behavioral Intervention (RUBI).
- Training includes reimbursement for time in training as well as one year of materials.
- Level 1 training will be offered to a maximum of 400 direct care professionals with 140 eligible for Level 2 training once Level 1 is complete.
- Level 2 training is a ‘train the trainer’ to support sustainability
- Training will begin in September 2022, and registration has begun.
- Preference will be given to individuals who work directly with families of children with Intellectual Disability and Autism diagnoses.
- OMS and OCFS are exploring the feasibility of including this model in the MaineCare Benefits Manual



# Modular Approach to Therapy for Children with Anxiety, Depression, Trauma or Conduct Problems (MATCH-ADTC)

**The Modular Approach to Therapy for Children with Anxiety, Depression, Trauma, or Conduct Problems (MATCH-ADTC)** is an evidence-based treatment of childhood anxiety, depression, trauma, and conduct problems. Extensively tested in community mental health settings. Unlike most specific counseling programs, which focus on a single problem (e.g., anxiety only), MATCH is designed for multiple problems related to anxiety, depression, posttraumatic stress, and disruptive conduct, including conduct problems associated with ADHD.

- MATCH training is being funded by the federal System of Care grant.
- OCFS organized and funded training for two cohorts for a total of 37 clinicians.
- An additional cohort of 42 clinicians will start July 2022.
- Clinicians working in Home and Community Treatment (HCT) will be prioritized.

# Adolescent Community Reinforcement Approach (A-CRA)

**Adolescent Community Reinforcement Approach (A-CRA)** is an evidence-based, developmentally appropriate treatment modality for youth with substance use disorders and co-occurring substance use / mental health disorders.

- OCFS is offering the opportunity to complete the training at no cost to providers by offering reimbursement for time spent in training, coaching, and accreditation requirements in addition to the cost of materials.
- The target audience for the training sessions is staff in Children's Residential Care Facilities (CRCF) and Children's Substance Abuse Treatment Facilities.
- Each agency will have the opportunity to train one supervisor and two clinicians in the model.
- Training is scheduled to begin in July 2022 and an additional training cohort will begin in September 2022.

# Federal System of Care Grant

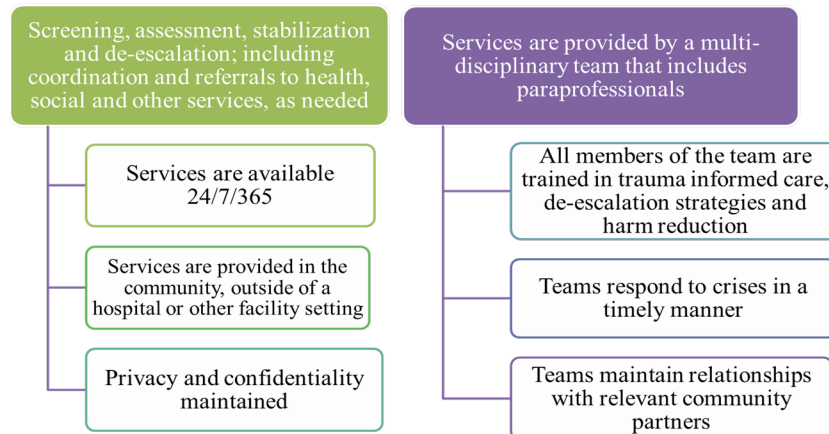
- \$8.5 million over 4 years, ends 08/2024
- OCFS:
  - Made available a free, administration, technical assistance and scoring of a nationally recognized Trauma Informed Agency Assessment Tool & Trauma Informed Training for providers (required by Children's Residential Providers annually)
  - Created and distributed ten, brief training videos on the SOC Principles identified by SAMHSA as essential guiding principles for a quality CBHS (required by Children's Residential Providers)
  - Created over 15 Information Sheets, with the SOC Steering Committee, describing CBHS services in plain language for Youth and Families and now require them to be shared with families prior to referrals for services
  - Organized and staffed an SOC Steering Committee comprised of Youth and Families with lived experience and the 5 organizations representing Maine Association of Family Organizations (MAFO). The SOC Steering Committee:
    - Is researching and interviewing other states and partners to gather national best practices on how to become leaders in implementing two of the SOC principles: Youth Guided and Family Driven Care in Maine's CBHS system and will issue recommendations to OCFS/OMS.
    - Recommended and assisted in the development of the Information Sheets now available to families, in plain language, that explain each behavioral health service
    - Youth on the committee created Information Sheets, now available to providers and other youth, and also distributed them at their schools

# Federal System of Care Grant

- OCFS:
  - Rebuilt the quality assurance team responsible for the quality oversight of MaineCare services for children
  - Crafted language to incorporate into Children's MaineCare policies to support quality service provision
  - Completed quality assurance desk reviews of individual case files of youth referred for HCT and/or RCS Services. This data was used to inform policy and system improvement initiatives to re-build the CBHS system driven by data and identified needs of Maine children
  - Hired a grant-funded Data Analyst which allows Maine to now use real-time data, as opposed to retroactive data, to make programmatic and financial decisions. SAMHSA recognized Maine for this accomplishment citing this as a challenge nationwide in behavioral health
  - Using data, piloted new ways of matching children with the most appropriate service(s), often resulting in them no longer needing to wait to get their needs met
  - Completed quality assurance desk reviews of HCT service providers including family and youth interviews leading to quality improvement recommendations
  - Expanded Family and Youth Peer Supports which allowed a grant-funded OCFS staff member, with lived experience, to make calls to each family waiting for services to explain and offer these additional supports

# Crisis Services

- Enhancing the children's crisis system is one of CBHS' 13 Priority Strategies as well as a goal of the Children's Cabinet
- Through the American Rescue Plan, the federal Center for Medicaid Services (CMS) requested applications from State Medicaid Authorities for competitive planning grants to support development of community-based mobile crisis intervention services for Medicaid beneficiaries experiencing a mental health or substance use disorder (MH/SUD) crisis
- Maine was one of 20 awardees for the grant period September 30, 2021 – September 29, 2022
- DHHS participating offices include OMS, OCFS, OADS, OBH, CDC
- MaineCare billable crisis services will undergo a rate study and policy updates which will minimally include the CMS required components:



# Crisis Aftercare Pilot

- In 2020 OCFS launched a pilot program which provided Aftercare services for youth and family members when youth are transitioning home from emergency departments, psychiatric hospitals, crisis stabilization, and residential treatment
- The goal of the pilot is to decrease the number and length of youth's stays in these out-of-home settings.
- As of March 2022, the original pilot site served 108 families in Aroostook County and 6 families in Washington County.
  - 88% of families served by the pilot did not go to the ER for crisis once the team was involved
  - 90% youth served by the pilot were able to remain at home due to the service supporting the family 10% of the youth involved went to Crisis Stabilization Unit, Inpatient Psychiatric Unit, or Residential Care
- By braiding funding sources, OCFS was able to expand the pilot statewide through the end of SFY 23 to align with the CMS Crisis Planning grant work
- The service components of the Crisis Aftercare pilot and the pilot outcome data are being assessed to determine if they are eligible to be incorporated into the Medicaid crisis services policy

# Maine Early Childhood Consultation Program (ECCP®)

- LD 997 An Act To Promote Social and Emotional Learning and Development for Young Children
- Maine selected ECCP® as it is the only evidence-based Infant and Early Childhood Consultation model. It was listed on the California Clearinghouse for Evidence-Based Practice in Child Welfare as of December 2021. And is also listed on the What Works Clearinghouse used by DOE
- Implementation of ECCP® began in 5 pilot counties in January 2021 and OCFS was able to expand to 8 counties May 2021 using five funding sources including CRSSA and ARPA.
- LD 533 Act To Expand the Statewide Voluntary Early Childhood Consultation Program
- ECCP will expand and be available statewide beginning January 2023. Maine is the only state to implement this model statewide, besides Connecticut, where the model was developed
- The process evaluation began in March 2022 with SRI International who will report on implementation strengths and challenges including the impact of the pandemic on this in-person service
- Services provided to eligible children in settings including family and center-based child care, Pre-K, schools, and afterschool programs.
- As of March 2022, 60 locations served impacting 699 children
- 98% of individual children served through March 2022 were not suspended/expelled at one-month follow up

# Youth Transitioning to Adulthood

- Youth, families and stakeholders have identified challenges in the process by which a youth transitions to adulthood and, as such, prioritized this as one of CBHS' 13 Priority Strategies. This is also a goal of the Children's Cabinet.
- OCFS and OADS are collaborating to map out a clear and streamlined process for youth transitioning from OCFS to OADS services. Other state agency partners involved in this project include DOE, OBH, DOL.
- Stakeholders are and will continue to be engaged in the design of the process
- Once the updated process is finalized, it will be made available publicly and will outline the roles and responsibilities of all entities involved in the transition.
- A Transition Resource Guide will accompany the release of the updated process and is being developed with the assistance of DHHS, DOE and DOL
- Four transition liaisons will be hired (2 OCFS, 2 OADS) to work as a single point of contact team to oversee the updated process, provide ongoing quality assurance, quality improvement, and accountability checks. They will review data and create reports and provide training and support to all entities involved, with an emphasis on supporting care coordinators (TCM and BHH providers) as they lead the process.
- OCFS and OADS are active participants in LD 924
  - LD 924: To Establish a Task Force to Study the Coordination of Services and Expansion of Educational Programs for Young Adults with Intellectual or Developmental Disabilities to Identify Barriers to Full Societal Integration



# Youth SUD Services

OCFS is working to expand access to high quality treatment for adolescents with SUD across the continuum of care.



Harm reduction activities around the state have been expansive and well accessed.

In 2021, **132,422 doses of naloxone** were distributed.



Adolescent MOUD Project Echo, a part of the Maine SUD Learning Community, began May 4, 2022 with 9 participating practices.



OCFS and OMS worked to identify nine Opioid Health Home programs, among other practices, open to treating adolescents with OUD using medication.



OCFS is developing a resource guide for prescribers to treat adolescents with MOUD. OCFS also updated the Maine AAP Service locator tool to reflect all available treatment options.

# Rate Studies for Children's Behavioral Health Services

- Rate studies are being conducted by Burns and Associates, a division of Health Management Associates, for services covered by the MaineCare Benefits Manual including:
  - Section 13-Targeted Case Management
  - Section 28-Rehabilitative and Community Support Services for Children with Cognitive Impairments and Functional Limitations
  - Section 65-Behavioral Health Services
  - Section 92-Behavioral Health Homes

# Rehabilitative and Community Services (RCS28)

- OCFS worked with Division of Licensing to incorporate the BHP credential into the Direct Care Worker/CNA Registry.
  - Since that time, 3 BHPs have been annotated
  - BHPs will be listed on the Registry if they are disqualified from being employed as a BHP. Annotation on the Registry results from a disqualifying criminal conviction, or a substantiated finding of child abuse or neglect, following an investigation by the Office's Out of Home Investigation Unit and the exhaustion of appeal rights, as applicable
- OCFS held multiple stakeholder engagements and identified that parents of children with Intellectual Disability and Autism were in need of de-escalation and parenting skills.
  - CBHS has initiated a contract with the developers of the Research Units in Behavioral Intervention (RUBI), to train direct care professionals in the manualized parenting program to include 'train the trainer' for ongoing sustainability
- OCFS worked with the Office of MaineCare services to revise the RCS policy, which is on track for promulgation and updated rates in 2023.
- Revisions include recommendations from parents and other stakeholders
- OCFS is also working to ensure this service is licensed by DHHS