

Behavioral Health Home Program Description

The Behavioral Health Home (BHH) Program provides nursing and wellness care coordination, support and education to youth /young adults ages 5 to 21 who are receiving care management services from Cape Atlantic I.N.K.. The BHH staff are trained in the research-based Wraparound Model of care management and provide integrated health and wellness services as members of the Child Family Team. BHH services are delivered in the youth/young adult's home, community or a location preferred by the family. Office hours are Monday through Friday 8:00AM to 5:00PM however staff meet with families seven days a week at the time that is preferred by the family. After – hours support is available seven days a week to assist with any immediate needs. Cape Atlantic I.N.K.'s BHH services are funded through state and federal Medicaid. Youth/Young Adults and their families do not pay any fees for behavioral health home services.

The goal of Behavioral Health Home Services is to be bridge that connects prevention, primary care, specialty care, and behavioral health in order to prevent fragmented care that leads to unnecessary use of emergency rooms and inpatient hospital stays and at the same time increase school attendance and academic success.

Who We Are:

BHH services build on the current CMO array of staff with the intent to provide a holistic approach to care. Services enhance the existing care management team by providing medical expertise and support needed to assist the youth/young adult and/or family manage their health and wellness needs in concert with their behavioral health challenges. A registered nurse will complete a nursing assessment to determine the eligibility of each youth. Once a youth is deemed eligible, a registered nurse and/or wellness coach will join the CFT and engage in regular face to face and telephonic contact with the family and other members of the CFT in order to support, educate, and link families to appropriate health and wellness services. BHH services are need based, and families are supported to choose their own providers and community resources.

What We Do:

The Behavioral Health Home team provides services to children with the goal of improving health outcomes; promoting better functional outcomes (such as increased school attendance); decreasing overall cost on the healthcare system and the cost associated with the use of acute medical and psychiatric services; improving youth/family's satisfaction with care; and improving the family's ability to manage chronic illness. Services may include, but are not limited to:

- Health and wellness education
- Healthcare coordination
- Communication among providers
- Empowerment of the youth and caregivers
- Making linkages to primary care providers and specialists as needed, as well as community and social support services.

Population health management strategies are implemented as needs are identified. BHH staff gather information and data about the characteristics and needs of the population served and maintain data on best practices for both behavioral and physical healthcare. Data and outcomes will be reviewed quarterly for quality improvement purposes.

Who is eligible:

Cape Atlantic INK's Behavioral Health Home services are available to youth and young adults aged 5-21 diagnosed with eligible chronic medical conditions in addition to their mental health challenges, who are currently enrolled in the care management organization. BHH is not a free-standing program, and requires that youth/young adults are receiving Care Management services through Cape Atlantic I.N.K.

Admission Criteria:

In order to receive BHH services, a youth/young adult must meet each of the following criteria:

- a. Youth/young adult meets CMO criteria and is receiving CMO services
- b. Youth/young adult is under the age 21
- c. Youth/young adult is presently active with NJ Family Care
- d. Youth/young adult is diagnosed with an eligible covered chronic health condition, as determined by the Children's System of Care.
 - i. Current eligible conditions include:
 1. Asthma
 2. Obesity
 3. Seizure disorders
 4. Hypo/Hyperthyroid disorders
 5. Hypertension
 6. Diabetes Mellitus
 7. Cystic Fibrosis
 8. Kidney/Renal Disease
 9. Eating Disorders
 10. Cardiac Disorders
 11. Polycystic Ovarian Syndrome
 12. Pre-Diabetes
 13. Autism with GI-Concerns
 14. Chronic Migraines
 15. Substance Use Disorder
 16. Sickle Cell Disease
 17. Developmental Disability (with co-occurring medical condition)
- e. Youth/young adult has a need for additional care management services to coordinate behavioral and physical health, such as:
 - i. Youth/young adult needs help adhering to the prescribed treatment plan for his/her chronic health condition,
 - ii. Youth/young adult demonstrates poor coping in managing his/her chronic health condition,
 - iii. Youth/young adult and/or family is experiencing barriers to accessing care for his/her chronic health condition,
 - iv. Youth/young adult demonstrates a pattern of over or under utilization of services for his/her chronic health condition,
 - v. Youth/young adult and or family is experiencing challenges in managing the daily care required for his/her chronic medical condition,
- f. Youth/young adult's caregiver(s) reside in a county where BHH services are initiated, and

- g. Youth/young adult and family agree to participate in BHH services.

Note: Youth/young adult will be excluded from receiving BHH services if he/she has an open case with DCP&P and is presently in a resource home or was transitioned from an out of home placement or treatment setting within the past 30 days and is being monitored by the DCP&P Child Health Unit. Cape Atlantic I.N.K. must coordinate with DCP&P (if family is in agreement) to determine if BHH through Care Management is more appropriate than involvement with Child Health Unit for youth in out of home treatment programs through CSOC.

Continued Stay Criteria:

The following guidelines must be met for continued enrollment in BHH:

1. Youth/young adult continues to have an eligible medical condition,
2. Youth/young adult continues to have active Medicaid,
3. Youth/young adult and family continue to have needs related to health and wellness, or have unmet goals,
4. Youth/young adult and family continue to consent to services, and
5. Youth/young adult remains enrolled in Care Management services with Cape Atlantic I.N.K.

Transition Criteria

Any of the following criteria is sufficient for transition out of BHH services while continuing to receive Care Management services:

- a. Youth has lost eligibility for NJ Family Care and will be transitioned on the last day of the month,
- b. Youth has achieved his/her service goals for BHH,
- c. Youth/young adult and/or family decline continuation of BHH services, and
- d. Youth has partially achieved his/her service goals for BHH and received maximum benefit.

Additionally, the following criteria is sufficient for transition out of Cape Atlantic I.N.K. and BHH services:

- a. Treatment Goals Achieved,
- b. 60 Days of Stability/Level of Care Not Needed,
- c. Long Term Incarceration,
- d. AWOL /Missing Youth,
- e. Youth-Family Declined Services/ Loss of Contact,
- f. Youth-Family Requested Discharge,
- g. Move from Geographic Area/Transfer to another CMO, and
- h. Youth-Family unwilling to complete Medicaid Process.