Financing Family and Youth Services
Your Answer to the Workforce Gap is Peer Support Providers

National Technical Assistance Center for Children’s Mental Health, Georgetown University Center for Child and Human Development
April 18, 2013
This webinar will focus on ways to incorporate family and youth peer support services

How jurisdictions can support

What is done by Youth Support Specialists

What is done by Parent Support Providers

Funding Consideration for Parent and Youth Support Services
Fundamental Assumptions

• Our work is intended to support and improve the lives of children, youth, young adults and families

• Youth, young adults and families must be equal partners with the community and system providers in the development of policies and programs

• Best practice is to provide services for youth, young adults and families in their homes and communities

• System of Care’s are effective and provide a framework for peer support services
Certified Parent Support Providers (CPSP) Credential Definition

CPSP’s use their lived experience and specialized training to assist and empower families raising children and youth:

- who experience emotional
- developmental, behavioral
- substance use
- mental health concerns

CPSPs partner with child and family serving systems to improve family outcomes and strive to eliminate stigma and discrimination
## Certified Parent Support Providers Service

<table>
<thead>
<tr>
<th>Focus</th>
<th>Scope</th>
</tr>
</thead>
<tbody>
<tr>
<td>Empowering Parents and Caregivers</td>
<td>Assisting and Supporting Family Members to Navigate through Multiple Agencies and Systems</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Skills</th>
</tr>
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<tbody>
<tr>
<td>Skill-based Coaching Built on Common Lived Experience</td>
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</tbody>
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Certified Parent Support Providers

- Leadership Development and Systems Advocacy
- Child/Youth Skills Building
- Parent/Adult Skills Building
- Support, Connecting, and Mentoring
- Goal Setting and Information Sharing
- Information & Referral/Intake/ Initial Engagement
- Outreach, Awareness, and Stigma Reduction
Certified Parent Support Providers

Promotes wellness, trust and hope

Reduces isolation and stigma

Increases communication, informed decision making, and self-determination

Identifies and develops parenting and advocacy skills

Increases use of formal and natural supports

Reduces isolation and stigma
Certified Parent Support Providers

Reductions in:

• Rate of missed appointment and premature terminations
• Overall cost by at least $300 per month compared to teams without a Parent Support Provider
• Lengths of stay in foster care and a reduction in out of home placements.
Certified Parent Support Providers

- Relative risk of entering detention or a correctional facility reduced by 86%
- Relative risk of being placed out-of-home reduced by 90%
- Premature terminations
- Parents more than four times as likely to be successfully reunified with their children reduction in out of home placements.
Certified Parent Support Providers

- Children will stay in school rather than drop out
- Having family involvement at the system level requires an engaged, locally developed, autonomous family organization
- Parents more than four times as likely to be successfully reunified with their children reduction in out of home placements.
Resources of Effectiveness of Parent Support

Two publications with citations at
http://certification.ffcmh.org/resources

“Effectiveness Of Family Organizations In Maintaining Children’s Mental Health And Wellness”

What is done by Youth Support Specialists

Lacy Kendrick Burk,
lkendrick@youthmovenational.org
Executive Director of Youth M.O.V.E National
Why youth peer support (YSP)?

• Youth have unique developmental needs
  – Defining recovery, support, supervision

• Developmentally, peer connections are prominent during adolescence and transition to adulthood

• “Family of choice” for youth of transition age

• Role:
  – Help navigate current systems
  – Provide support and facilitation for case planning
  – Model positive self-advocacy
  – Provide guided support in individual recovery
What does YPS look like?

• Informal peer support
  – Recreation, social groups, internships, supportive social programming

• YPS components exist in many programs

• Progression of youth-guided, youth-led, and youth-driven programs

• Formal YPS programs
  – Medicaid reimbursable, grant funded, etc.
Current state of YSP

• Current practice in the field primarily based off adult peer support models
• Youth and young adults have unique developmental needs
• Although many states have established programs very few states have Medicaid language or programs specific to youth peer support
• Service delivery and supervision must take into account positive youth development principles
Implications for Sustainability

• Youth programs and/or youth led organizations can partner or independently become youth peer to peer providers
  – Medicaid funding sources include state plan amendments (SPA), Medicaid waivers, and Medicaid administrative match.
  – Current adult peer mechanisms
  – Developmentally appropriate certification, supervision, and support necessary
Next steps

- Extensive field review
- National Commission on Youth Peer Support and Practice Standards
  - Iterative review process with wide representation of stakeholders
  - Including young people providing and receiving youth peer to peer support services
  - Open to public review mid-July 2013
- Certification, curriculum, support around program development
“Sometimes when you’re struggling, the most powerful words you can hear from someone are “me too”.”
Funding Parent and Youth Support

Frances Purdy

CERTIFICATION COMMISSION
For Family Support
The National Federation of Families for Children’s Mental Health
How To Provide Certified Parent Support Providers Services

Employees or contractors
  • Located in the family organization or
  • Out-stationed in another organization

Supervised by
  • Family organization staff or
  • Out-stationed CPSPs
  • CPSPs with concurrent other licensed staff

Not employees of the family organizations, but are
  • (Co-)Supervised by the family organization, or
  • Trained by the family organization
How To Provide Certified Parent Support Providers Services

Should the family organization create an infrastructure to be an independent biller or Can the family organization contract through an existing biller?

- Necessary functions such as financial, quality assurance, contracting, data management,
- Additional functions such as tracking outcomes, training, supervision, billing

Credentialing

- For individual staff
- For supervisors of direct service staff
- For the organization
Training and Credentialing for
Parent Support Provider

Peer support providers must complete training and certification as defined by the State. Training must provide [parent/youth] peer support providers with a basic set of competencies necessary to perform the [parent/youth] peer functions.

New Letter on CPSP due anytime, contact Director Melissa Harris

Melissa.Harris@cms.hhs.gov
410-786-3397

Core Competencies and standards found at
http://certification.ffcmh.org/

Taken from State Medicaid Director Letter #07-011, August 15, 2007]
State Plan Nature and Scope

- Administrative functions
- Who is eligible
- What services are covered
- Limitations on coverage
- Reimbursement methodologies
Supervision for Parent Support Provider

• Supervision must be provided by a competent mental health professional (as defined by the State).

• The amount, duration and scope of supervision will vary depending on State Practice Acts

• The demonstrated competency and experience of the [parent/youth] peer support provider

• As well as the service mix, and may range from direct oversight to periodic care consultation.
Supervision for Parent Support Provider

• Day to day supervision can be provided by a CPSP

• Periodic consultation provided through the medically supervised team who is responsible for the treatment plan

John O’Brien, CMS, telephone communication on 12/14/12

Taken from State Medicaid Director Letter #07-011, August 15, 2007
Service Requirements

Each [Medicaid] service must be sufficient in amount, duration, and scope to reasonably achieve its purpose.”
42 CFR 440.230(b)

Amount, Duration and Scope Must be

• medical or remedial in nature
• sufficient to achieve its purpose
• appropriate limits may be imposed (i.e., utilization, prior authorization)
• may not arbitrarily deny or reduce amount duration or scope of mandatory services based on diagnosis, type of condition
Service Requirements

Comparability

Section 1902(a)(10) and 42 CFR 440.240: With certain exceptions, services available to any categorically needy recipient are not less in amount, duration, and scope than those services available to a medically needy recipient; services are equal for any individual with an eligibility group.

Service is available equally to all individuals who can demonstrate a medical necessity.
Service Requirements

The State may not discriminate on the basis of disease or condition. When making a coverage decision, the only criterion is that of medical necessity.

Exceptions:

• Targeted case management
• Services provided only to children under EPSDT
• IMD for persons 65 years and older
• PRTF and psychiatric hospital services for persons under 21
Medicaid Funding Authorities to Consider for Parent Support Providers

• Section 1905 (a)(13) – Rehabilitation

• 1915(b) waiver authority – waives freedom of choice and state wideness

• 1915(c) waiver authority - HCBS for those meeting level of care for institutionalization

• 1915(i) State Plan Amendment - HCBS without a waiver for specific population
Medicaid Funding Authorities to Consider for Parent Support Providers

• Money Follows the Person - Enhanced Federal Match for 365 days for individuals transitioning into community after 90 days in institution

• Early and Periodic Screening, Diagnosis and Treatment (EPSDT)
Care Coordination, Navigator and Parent Support Provider

- Must be coordinated within the context of a comprehensive, individualized plan of care that includes specific individualized goals that have measurable results.

  *Taken from State Medicaid Director Letter #07-011, August 15, 2007*

- Private or public entity or individual that is qualified, and licensed, if appropriate, and meet the standards

- To prevent, minimize, and mitigate any conflicts of interest, financial or otherwise and carry out functions with appropriate integrity

  *Taken from §155.210*
Navigator and Parent Support Provider

To ensure expertise in:

- the needs of underserved vulnerable populations,
- eligibility
- enrollment rules and procedures,
- the range of options
- insurance affordability programs
- the privacy and security standards

*Taken from §155.210*
Additional Roles and Funding Resources to Consider for Parent Support Providers

- Health Care Navigators and Community Health Workers
- Block Grants
- Child Protection and Juvenile Justice (Engagement, Skill Building, Navigation, and Support) Parent and Youth Support
- IDEA or other education navigators
- Young Adult of Transition Age Youth Support
Contact Information

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Next Webinar:

Improving Services and Supports for Youth Who Are Lesbian, Gay, Bisexual, Transgender, Questioning, Intersex, 2-Spirit (LGBTQI2-S)

May 16th at 1pm ET

Register at NTAC Webinar website:
http://gucchdtacenter.georgetown.edu/resources/TAWebinars.html
IMPORTANT LINKS

Evaluation Form:  
https://www.surveymonkey.com/s/TACenterWebinarEvaluation

Webinar Website:  
http://gucchdtacenter.georgetown.edu/resources/TAWebinars.html

Data Matters:  http://www.gucchdgeorgetown.net/data/