

Contra Costa Health Plan

Utilization Management

Title: Dyadic Services Benefit

Policy # UM15.070

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Applies to:

Medi-Cal

BHC

Medicare

State Sponsored

Commercial

All

N/A

Regulatory/Accreditation:

DMHS:

Other Reg. References:

CMS

NCQA:

DHS: APL 22-005&APL 22-028

N/A

Units:

Administration

Behavior Health Unit

Marketing

Provider Affairs

Advice Nurses

Case Management

Member Services

Quality Management

All Staff

Health Ed/Cultural Ling.

Compliance

Auth/Utilization Management

POLICY & PURPOSE

Contra Costa Health Plan (CCHP) shall comply with all requirements for coverage of Dyadic Services as described by Medi-Cal APL 22-029 and the Non-Specialty Mental Health Services section of the Medi-Cal Provider Manual.

The Dyadic Care Services benefit is a family- and caregiver-focused model of care intended to address developmental and behavioral health conditions of children as soon as they are identified, and is designed to support the implementation of comprehensive models of dyadic care within the pediatric clinic setting to identify and address caregiver and family risk factors for the benefit of the child. In this way, dyadic services foster access to preventive care for children, rates of immunization completion, coordination of care, child social-emotional health and safety, developmentally appropriate parenting, and maternal mental health.

Dyadic care refers to serving both parent(s) or caregiver(s) and child together as a dyad and is a form of treatment that targets family well-being as a mechanism to support healthy child development and mental health. It is provided within pediatric primary care settings whenever possible and can help identify behavioral health interventions and other behavioral health issues, provide referrals to services, and help guide the parent-child or caregiver-child relationship. Dyadic care fosters team-based approaches to meeting family needs, including addressing mental health and social support concerns, and it broadens and improves the delivery of pediatric preventive care.

Dyadic Care Services include Dyadic behavioral health (DBH) well-child visits, Dyadic Comprehensive Community Supports Services, Dyadic Psychoeducational Services, and Dyadic Family Training and Counseling for Child Development. DBH are provided for the child (ages 20 or below) and their caregiver(s) or parent(s) at medical visits, providing screening for behavioral health problems,

interpersonal safety, tobacco and substance misuse and social drivers of health (SDOH), such as food insecurity and housing instability, and referrals for appropriate follow-up care.

PROCEDURE

Dyadic Care Services Provider Requirements and Qualifications

As outlined in the NSMHS: Psychiatric and Psychological Services section of the Provider Manual, Dyadic Care Services may be provided by Licensed Clinical Social Workers, Licensed Professional Clinical Counselors, Licensed Marriage and Family Therapists, Licensed Psychologists, Psychiatric Physician Assistants, Psychiatric Nurse Practitioners, and Psychiatrists.

Associate Marriage and Family Therapists, Associate Professional Clinical Counselors, Associate Clinical Social Workers, and Psychology Assistants may render services under a supervising clinician.

Appropriately trained nonclinical staff, including Community Health Workers (CHW), are not precluded from screening Members for issues related to SDOH or performing other nonclinical support tasks as a component of the DBH visit, as long as the screening is not separately billed. Under the supervision of a supervising Provider from one of the provider types listed above, CHWs who meet the qualifications listed in the Community Health Worker (CHW) Preventive Services section of the Provider Manual can assist a dyad to gain access to needed services to support their health, through the CHW benefit for health navigation services described in APL 22-016, or any superseding APL. 3 However, MCPs must reimburse Dyadic Comprehensive Community Supports Services as defined below when provided by a licensed Provider. MCPs are responsible for ensuring appropriate supervision of Dyadic Care Services Providers and educating their Network Providers on the Dyadic Care Services benefit.

Member Eligibility

For CCHP Medi-Cal members under the age of 20, CCHP shall provide Dyadic Services without any requirement for prior authorization and will not establish unreasonable or arbitrary barriers for accessing coverage.

Children (Members ages 20 or below) and their parent(s)/caregiver(s) are eligible for DBH well-child visits when delivered according to the Bright Futures/American Academy of Pediatrics periodicity schedule for behavioral/social/emotional screening assessment, and when medically necessary, in accordance with Medi-Cal's Early and Periodic Screening, Diagnostic and Treatment (EPSDT) standards in Title 42 of the United States Code (USC), Section 1396d(r). Under EPSDT standards, a diagnosis is not required to qualify for services. DBH well-child visits are intended to be universal per the Bright Futures periodicity schedule for behavioral/social/emotional screening assessment. The DBH well-child visits do not need a particular recommendation or referral and must be offered as an appropriate service option even if the Member does not request them.

The family is eligible to receive Dyadic Care Services so long as the child is enrolled in Medi-Cal. The parent(s) or caregiver(s) does not need to be enrolled in Medi-Cal or have other coverage so long as the care is for the direct benefit of the child.

Covered Services

MCPs may offer the Dyadic Care Services benefit through telehealth or in-person with locations in any setting including, but not limited to, pediatric primary care settings, doctor's offices or clinics, inpatient or outpatient settings in hospitals, the Member's home, school-based sites, or community settings. There are no service location limitations.

Dyadic Services includes the following:

- *DBH Well Child Visits* are services provided for the child and caregiver(s) or parent(s) at medical visits, providing screening for behavioral concerns, interpersonal safety, tobacco and substance misuse and social drivers of health (SDOH), such as food insecurity and housing instability and linkage for appropriate follow-up services.
- *Dyadic Comprehensive Community Supports Services* help the child (Member ages 20 or below) and their parent(s) or caregiver(s) gain access to needed medical, social, educational, and other health-related services.
- *Dyadic Psychoeducational Services* are planned, structured interventions that involve presenting or demonstrating information with the goal of preventing the development or worsening of behavioral health conditions and achieving optimal mental health and long-term resilience.
- *Dyadic Family Training and Counseling for Child Development* includes brief training and counseling related to a child's behavioral issues, developmentally appropriate parenting strategies, parent/child interactions, and other related issues.
- *Dyadic Parent or Caregiver Services* also include services delivered to a parent(s) or caregiver(s) during a child's visit that is attended by the child and parent(s) or caregiver(s).

Family Therapy as Non-Specialty Mental Health Benefit

Family therapy is a type of psychotherapy covered under Medi-Cal's Non-Specialty Mental Health Services (NSMHS) benefit since 2020 and is composed of at least two family members. Family therapy sessions address family dynamics as they relate to mental status and behavior(s). It is focused on improving relationships and behaviors in the family and between family members, such as between a child and parent(s) or caregiver(s).

Both children and adult Members can receive family therapy mental health services that are medically necessary. MCPs are required to provide family therapy to the following Medi-Cal Members to improve parent/child or caregiver/child relationships and bonding, resolve conflicts, and create a positive home environment:

- Members ages 20 or below with a diagnosis of a mental health disorder.
- Members ages 20 or below with persistent mental health symptoms in the absence of a mental health disorder.
- Members ages 20 or below with a history of at least one of the following risk factors:

- o Neonatal or pediatric intensive care unit hospitalization
 - o Separation from a parent or caregiver (for example, due to incarceration, immigration, or military deployment)
 - o Death of a parent or caregiver
 - o Foster home placement
 - o Food insecurity, housing instability
 - o Maltreatment
 - o Severe and persistent bullying
 - o Experience of discrimination, including but not limited to discrimination on the basis of race, ethnicity, gender identity, sexual orientation, religion, learning differences, or disability; or
- Members ages 20 or below who have a parent(s) or caregiver(s) with one or more of the following risk factors:
 - o A serious illness or disability
 - o A history of incarceration
 - o Depression or other mood disorder
 - o Post-Traumatic Stress Disorder or other anxiety disorder
 - o Psychotic disorder under treatment
 - o Substance use disorder
 - o Job loss
 - o A history of intimate partner violence or interpersonal violence
 - o Is a teen parent

References:

DHCS APL 22-029

Medi-Cal Non-Specialty Mental Health Provider Manual