

Case Management Supports and Resources

Anxiety and Tic Disorders

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Agenda

- Review of ECHO sessions
- Mental Health Support in every Community
- Case Management through Community Mental Health Centers
- Integration of Systems
- Information Related to School Supports

ECHO sessions on Case Management

- <https://camhecho.iu.edu/schedule/>

Case Management as related to:

- 10/3/19 -Disruptive Behavior Disorders
- 1/23/20 - Mood Disorders

Community Mental Health Centers and System of Care

- Indiana Definitions
 - The **Community Mental Health Centers (CMHC)** provide mental health and addiction services to persons with a mental illness and/or a substance use disorder. The CMHCs are required by Indiana code and by contract with the Division of Mental Health and Addictions (DMHA) to offer a full continuum of mental health and addiction services. They are required to take Medicaid as a Payer
 - The local and regional community **System of Cares (SOC)** take responsibility for building a comprehensive system that leads to sustainable success for youth and families.
- https://www.in.gov/fssa/dmha/files/Combined_Access_Site_SOC_Coordinator_List.pdf
- https://www.in.gov/fssa/dmha/files/DMHA_SOFs_and_CMHCs.pdf

Purpose of Community Mental Health Center (CMHC) Case Management

- Facilitation that help clients gain access to medical, social, educational and other services
- Must be eligible for Medicaid Rehabilitation Option (MRO) package through Medicaid
- Mental Health Diagnosis and Assessment with Child Needs and Strengths (CANS)
- Documented as an intervention on a treatment plan.

What to expect next:

- With the client and caregiver assess the needs and targeted supports for home, community and school
- Treatment plan development
 - This interaction can take place in the home, school or community.
- *With COVID-19 restrictions video technology is used for intakes, assessments and treatment.*
 - *This service is billable*

Integration with School, Community, and Home Still possible with COVID-19



- Together with a treatment team a well-rounded and integrated recovery plan can be developed that may include counseling, medications, support groups, education programs and other strategies that work for everyone.

NAMI (adapted)

Integration with Individuals from School, Community and Home

Therapies

- Cognitive behavioral therapy
- Relaxation skills

- Comprehensive Behavioral Interventions for Tics (CBITS)
- Medications

Case Management Supports

- Communication of techniques and skills with other individuals who have contact with youth (teachers, childcare, mentors, etc.)
- Facilitate information sharing between all settings.
- Educate and provide information to school personnel on treatment, expectations and ways to support at school.

Involvement with schools After COVID-19



- Since children spend much of their productive time in educational settings, schools provide a unique opportunity to provide supports for mental health conditions by serving students where they already are.

NAMI

Connection with School

- Explore functioning level at school – *Direct communication* with school if possible
 - Grades
 - Social-Emotional Skills
 - Ability to independently use coping skills

Indiana Special Education Rule-Article 7

<https://www.doe.in.gov/sites/default/files/specialed/art-7-english-may-2019-update-index.pdf>

<http://www.m-gsd.org/document-library/monroe-gregg-school-district-documents/special-education/464-navigating-the-course/file>

<http://insource.org/resources/parent-resource-packets/section-504/>

- If diagnosis is impacting educational performance, request specific supports based on deficits
 - Could be informal
 - 504
 - Article 7

SUPPORTING YOUR CHILD.

Children tend to react on what they see from adults around them. It is important for parents and caregivers to deal with COVID-19 calmly to help create a safe environment for children.

REASSURE THEY ARE SAFE.

Share ways you deal with stress

TALK AND ANSWER QUESTIONS

Share facts that your child will understand, don't go overboard with details.

LIMIT MEDIA EXPOSURE

BE A ROLE MODEL

Practice good coping skills that children will mimic.

KEEP A STRUCTURE