

Summitview Child and Family Services

Specialty Mental Health Services

Brief Background

- Summitview has been providing Residential and Day Rehabilitation services for 20+ years and Outpatient services for over 8 years.
- Included in the services offered are Specialty Mental Health Services delivered to both in-patient and outpatient beneficiaries.
- Summitview Outpatient Services currently serves approximately 53 clients in the “Traditional”, MHSA WRAP (FSP), and Katie A. Programs.
- We offer trauma informed outpatient specialty mental health services for individuals, families and groups, Dialectical Behavior Therapy, TF-CBT, full service partnership, and educationally related mental health services (ERMHS). Summitview has readily available and flexible therapists to be utilized in office, in the field, school locations as identified by school personnel, CPS, and IEP Teams. Summitview is capable of providing services in all regions of the county and to as many students and families as needed.

MHSA Program

In addition to Mental Health Services Summitview has received a grant which is part of the Prevention and Early Intervention (PEI) program. MHSA funding has allowed Summitview to hold quarterly trainings in the Nurtured Heart Approach.

This training is designed for challenging children or teens found that no matter how much you (and others) try to help the child/teen, they still struggle with one or more of:

- Anger, disrespect, and arguing
- Self-control problems
- Overreacting
- Anxiety, depression, or self-harm

This training is designed for parents, mental health professionals, educators, law enforcement and others residing in El Dorado County. It is free of charge thanks to a grant from California's Mental Health Services Act. * **Flyer for next training included**

NH approach cont.

Nurtured Heart (Transforming the Difficult Child)

The Nurtured Heart Approach® is a set of core methodologies originally developed for working with the most difficult children. It has become a powerful way of bringing inner wealth to *all children* while facilitating parenting and classroom success. It has a remarkably transformative impact including those with behavioral diagnoses such as ADHD, Autism, Asperger's Syndrome, Oppositional Defiant Disorder, and Reactive Attachment Disorder.

For an overview of The Nurtured Heart Approach, please visit:
<http://difficultchild.com/nurtured-heart-approach/>

What are Specialty Mental Health Services?

“Specialty Mental Health Services” means:

Rehabilitative Mental Health Services, including: *Mental health services, Medication support services, Day treatment intensive, Day rehabilitation, Crisis intervention, Crisis stabilization, Adult residential treatment services, Crisis residential treatment services, Psychiatric health facility services, Psychiatric Inpatient Hospital Services, Targeted Case Management, Psychiatrist Services, Psychologist Services, EPSDT Supplemental Specialty Mental Health Services, and Psychiatric Nursing Facility Services.

NOTE: Authority: Section 14680, Welfare and Institutions Code.

Another Definition

*“Mental Health Services” means individual or group therapies and interventions that are designed to provide reduction of mental disability and restoration, improvement or maintenance of functioning consistent with the goals of learning, development, independent living and enhanced self-sufficiency and that are not provided as a component of adult residential services, crisis residential treatment services, crisis intervention, crisis stabilization, day rehabilitation, or day treatment intensive.

Service activities may include but are not limited to assessment, plan development, therapy, rehabilitation and collateral.

Access Standards for Specialty Mental Health Services

The Mental Health Plan (MHP) of the beneficiary shall be responsible for assuring that the beneficiary has access to specialty mental health services.

- Referrals to the MHP for Specialty Mental Health Services may be received through beneficiary self-referral or through referral by another person or organization, including but not limited to:
- Physical health care providers
- Schools
- County welfare departments
- Other MHPs
- Conservators, guardians, or family members
- Law enforcement agencies.

Medical Necessity Criteria

The beneficiary must meet criteria outlined below to be eligible for services:

(1) Have one of the following diagnoses in the Diagnostic and Statistical Manual of Mental Disorders, DSM-IV™, Fourth Edition (1994), published by the American Psychiatric Association:

- (A) Pervasive Developmental Disorders, except Autistic Disorders
- (B) Disruptive Behavior and Attention Deficit Disorders
- (C) Feeding and Eating Disorders of Infancy and Early Childhood
- (D) Elimination Disorders
- (E) Other Disorders of Infancy, Childhood, or Adolescence
- (F) Schizophrenia and other Psychotic Disorders, except Psychotic Disorders due to a General Medical Condition

Criteria Cont.

- (G) Mood Disorders, except Mood Disorders due to a General Medical Condition
- (H) Anxiety Disorders, except Anxiety Disorders due to a General Medical Condition
- (I) Somatoform Disorders
- (J) Factitious Disorders
- (K) Dissociative Disorders
- (L) Paraphilias
- (M) Gender Identity Disorder
- (N) Eating Disorders

Criteria Cont.

- (O) Impulse Control Disorders Not Elsewhere Classified
- (P) Adjustment Disorders
- (Q) Personality Disorders, excluding Antisocial Personality Disorder
- (R) Medication-Induced Movement Disorders related to other included diagnoses.

Criteria Cont.

(2) Have at least one of the following impairments as a result of the mental disorder(s) above:

- A significant impairment in an important area of life functioning.
- A reasonable probability of significant deterioration in an important area of life functioning.
- A reasonable probability a child will not progress developmentally as individually appropriate.
For the purpose of this Section, a child is a person under the age of 21 years.

Meet each of the intervention criteria listed below:

- The focus of the proposed intervention is to address the condition identified above. The expectation is that the proposed intervention will:
- 1. Significantly diminish the impairment, or 2. Prevent significant deterioration in an important area of life functioning, or 3. allow the child to progress developmentally as individually appropriate. 4. For a child who meets the criteria, the condition would not be responsive to physical health care based treatment.

When the requirements of this Section are met, beneficiaries shall receive specialty mental health services for a diagnosis included even if a diagnosis that is not included is also present.

In Summary

Thank you! To the commission for extending the opportunity to present Summitview Child and Family Services and some of the programs we have to serve El Dorado County and it's residents.

“A child’s mental health is just as important as their physical health and deserves the same quality of support. No one would feel embarrassed about seeking help for a child if they broke their arm – and we really should be equally ready to support a child coping with emotional difficulties”

- Kate Middleton