



Georgetown University
Health Policy Institute
CENTER FOR CHILDREN
AND FAMILIES



Make their potential our priority.

Medicaid's Role In Ensuring Young Children's Healthy Emotional Development

November 26, 2018

ZERO TO THREE created the Think Babies™ campaign to make the potential of every baby a national priority. Funding partners for Think Babies™ include the Robert Wood Johnson Foundation, which supports the campaign's public education aspects, and the Perigee Fund, which supports the campaign's public education and advocacy aspects. Learn more at www.thinkbabies.org.

What is *Think Babies*™ ?

- ZERO TO THREE created the *Think Babies*™ campaign to bring nationwide attention to what babies and families need to thrive.
- *Think Babies*™ builds awareness and will at the state and federal levels to advance infant-toddler policy priorities.



Think Babies™ State Partnerships: Policy Solutions

- Affordable, quality child care for infants and toddlers
- Paid family leave
- ✓ Infant and early childhood mental health
- Voluntary, evidence-based home visiting
- Healthy nutrition and obesity prevention
- Child and family screenings



Think Babies[™] State Partnerships

STATE PARTNERS

- **Colorado** – Colorado Children's Campaign and Clayton Early Learning
- **Georgia** – Georgia Early Education Alliance for Ready Students
- **New Jersey** – Advocates for Children of New Jersey, in partnership with Right from the Start NJ
- **North Carolina** – Child Care Services Association, in partnership with North Carolina Early Education Coalition
- **Rhode Island** – Rhode Island Kids Count
- **Washington** – Children's Alliance

SUPPORT FOR STATE PARTNERS

- Funding
- Technical assistance
- Communications assets
- Peer learning opportunities

Think Babies™ National Partnerships





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Medicaid's Role in Young Children's Social and Emotional Development

Elisabeth Wright Burak

November 26, 2018

What are we talking about?

Young children's social and emotional development, **or infant and early childhood mental health (IECMH)**, is a young child's ability to:

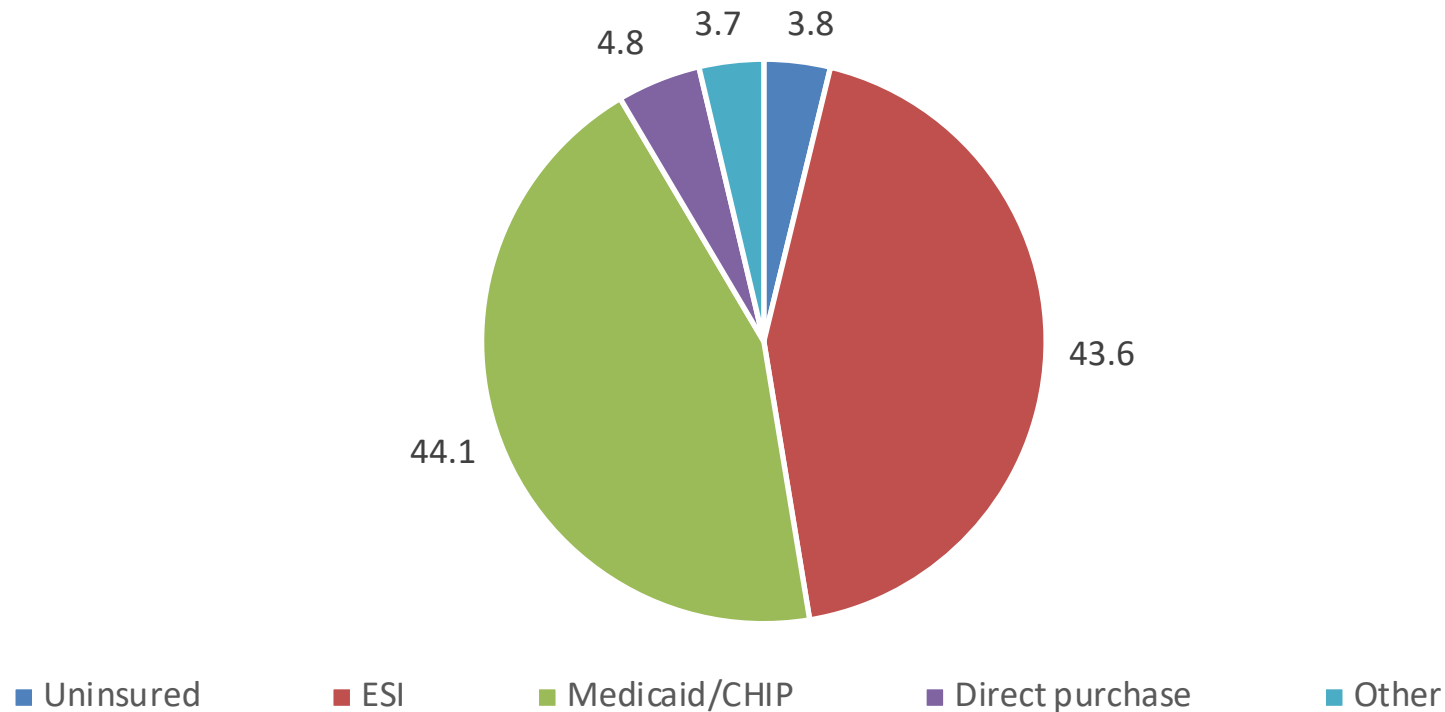
- experience, express, and regulate emotions;
- form close, secure interpersonal relationships; and
- explore his or her environment and learn, within the context of family and cultural expectations.

IECMH: WHY?

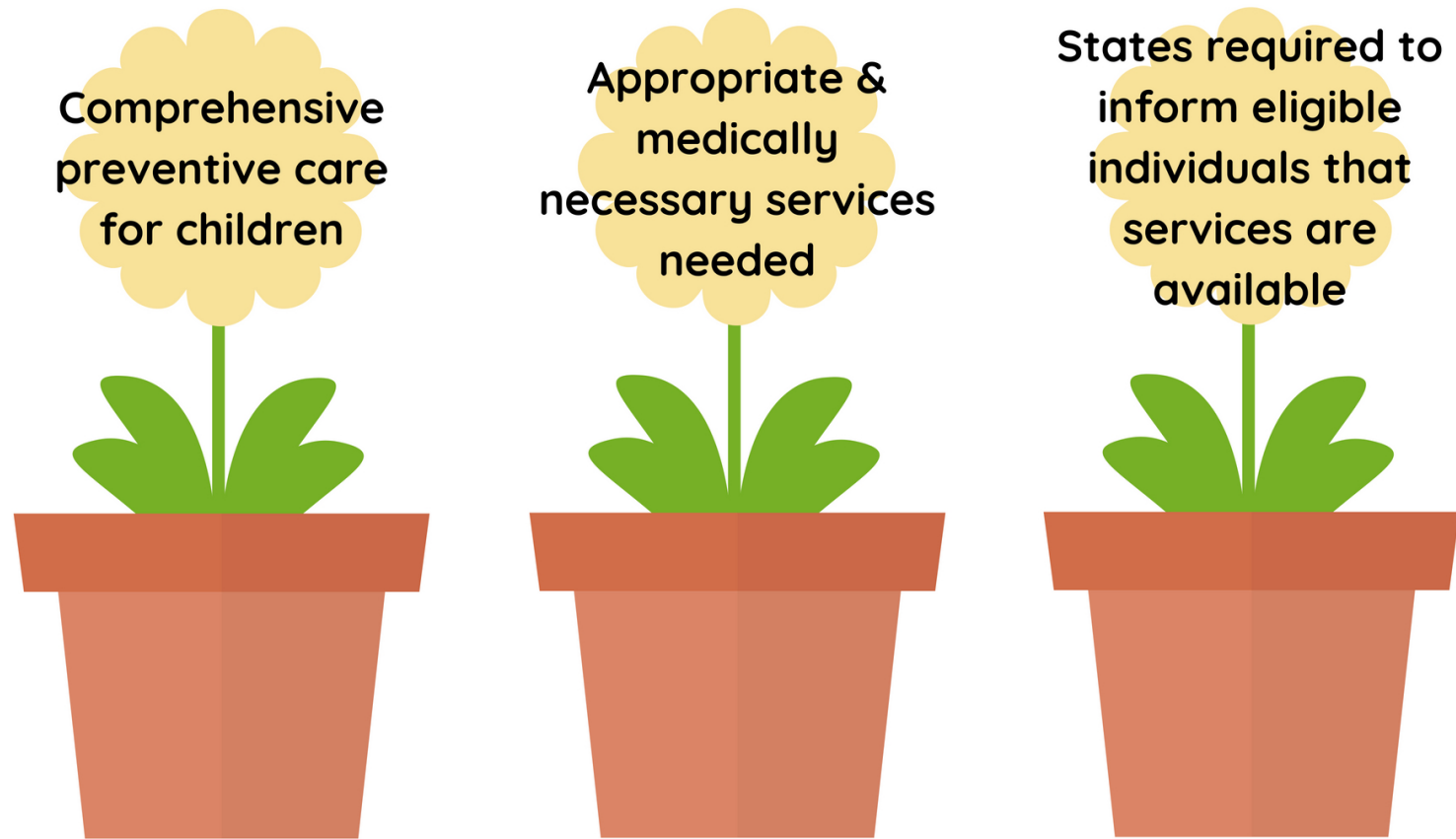
- Underpins overall healthy development, influences early brain development.
- Not well-known or broadly embraced despite having research-based interventions that work.
- Parents and caregivers are key actors in early development.

Medicaid and IECMH

Sources of Health Coverage for Children Under Age 6, 2016



Early Periodic Screening Diagnostic and Treatment (EPSDT): Medicaid's Pediatric Benefit for all children under age 21



The Building Blocks of EPSDT

Early

Identify problems early, starting at birth.

Periodic

Check children's health at periodic, age-appropriate intervals and whenever a problem appears.

Screening

Provide physical, mental, developmental, hearing, vision, and other screening tests to detect potential problems or affirm healthy development. Screenings start with a comprehensive health and development history, an unclothed physical exam, appropriate immunizations and laboratory tests, as well as health education for the parent and child.

Diagnosis

Perform diagnostic tests to follow up when a risk is identified.

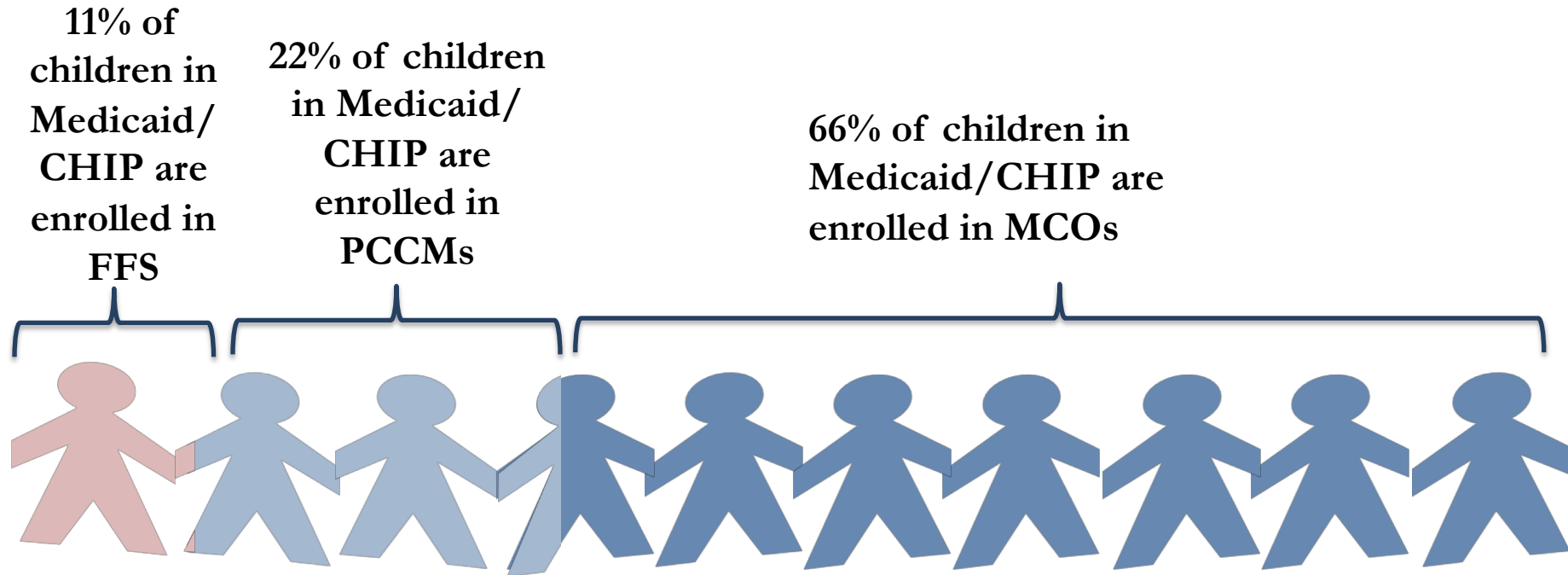
Treatment

Address any problems that are found.

State Medicaid Levers for Change

- Eligibility and Enrollment
- Benefits
- Payments
- Delivery Systems (e.g. managed care, fee-for-service)
- Quality Improvement/Program Integrity
- Consumer/Beneficiary Engagement

Managed Care Enrollment of Children in Medicaid and CHIP



EPSDT in Managed Care

Managed care contracts must
specify whether the plan or state is
responsible for...

certain services
outreach
data reporting



Recommendations



The Future of Children's Health Coverage

October 2018

Promoting Young Children's Healthy Development in Medicaid and the Children's Health Insurance Program (CHIP)

Summary

A child's brain develops most rapidly in the earliest years of life, building the foundation for learning, behavior and health. Medicaid—as the primary source of health coverage for young, low-income children—is a logical system to reach families with young children and set them on a path of healthy physical, social, and emotional development. Any effort to improve young children's healthy development should intentionally involve Medicaid and the Children's

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November 2018
(coming this week!)

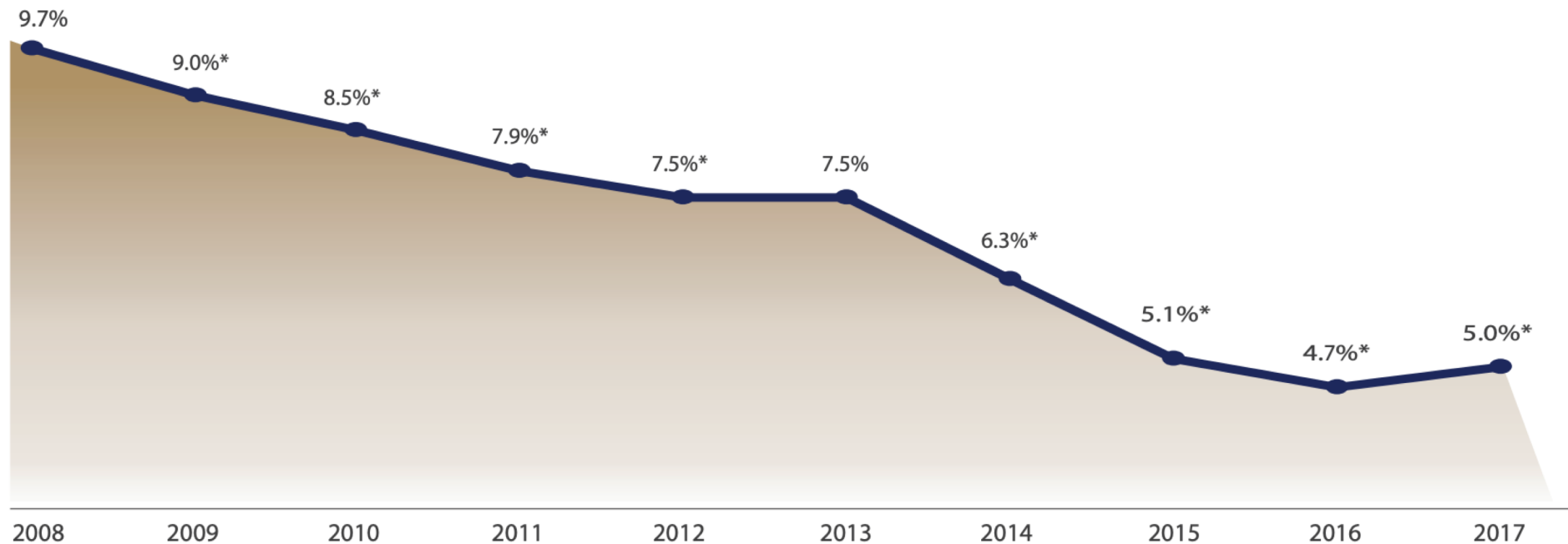
Using Medicaid to Ensure the Healthy Social and Emotional Development of Infants and Toddlers

Recommendations

- Prioritize the health of parents and caregivers as key players in children's healthy development.
- ✓ Expand Medicaid.
- ✓ Ensure all eligible parents are enrolled.



Rate of Uninsured Children Reversing Course



Recommendations (Con't)

- Maintain continuous, consistent health coverage for young children and their families.



- ✓ Adopt 12+ month continuous coverage for young children
- ✓ Adopt other measures to streamline enrollment/renewals (e.g. presumptive eligibility, express lane)

Recommendations: Medicaid and IECMH

1. Improve preventive screenings based on expert-recommended schedules and guidelines.

- ✓ Require AAP Bright Futures Guidelines for Preventive Care (e.g. developmental screenings, maternal depression screening, psychosocial/behavioral assessments)
- ✓ Adopt clear guidelines and processes for referrals and follow-ups (e.g. uniform tracking system or standardized referral process)

Recommendations (con't)

2. Adopt diagnosis guidelines specific to young children's mental health.

- ✓ Adopt the DC:0-5™: *Diagnostic Classification of Mental Health and Developmental Disorders of Infancy and Early Childhood*
- ✓ Allow multiple sessions for assessment or prevention services before making a diagnosis.

Recommendations (con't)



3. Update or clarify payment policies and processes for needed IECMH services.

✓ *Review the state definition and application of pediatric “medical necessity”*

4. Consider new settings or provider types for IECMH services to aid workforce challenges.

Recommendations Specific to IECMH (con't)

5. Include IECMH in broader Medicaid improvements and reforms.

- ✓ *Address IECMH in Medicaid quality improvement efforts.*
- ✓ *Elevate IECMH in broader reforms.*

Opportunity: CMS CMMI [Integrated Care for Kids \(InCK\) Model](#)

Resource Center: <http://www.inckmarks.org/>

For More Information...

Using Medicaid to Ensure the Healthy Social Emotional Development of Infants and Toddlers



✓ Tip Sheet for Advocates

Why Advocates Should Elevate the Importance of Social and Emotional Development for Young Children

What is “social and emotional development”? Why is it important for young children?

“Social and emotional development” describes a young child’s ability to experience, express, and regulate emotions; form close, secure interpersonal relationships, and explore his or her environment and learn within the context of family and cultural expectations. Also called infant and early childhood mental health (IECMH), these milestones underpin each child’s overall development and greatly influence his or her lifelong trajectory.

What challenges to healthy social and emotional development do young children face?

Infants and toddlers’ rapid brain development makes them especially vulnerable to the effects of stress. Infants and

How Advocates Can Support Healthy Social and Emotional Development for Children in Medicaid

Child advocates don’t have to be experts in brain development or mental health to jumpstart the conversation in their states about Medicaid’s role supporting young children’s social and emotional health.

The child advocacy community can raise its credible voice to highlight the rapidly evolving science around early brain development, infant and toddler health, and the critical importance of parent-child bonding. Advocates can also call attention to the need for early interventions and policy and practice changes that support children’s healthy social and emotional development, which underpins their mental and physical health throughout life.

Building on their reputation as trusted partners, advocates can bring together individuals who touch the lives of young children and families—such as state infant mental health association members, parents, early care and education providers, child welfare workers, pediatricians, university faculty, home visitors,

To call attention to the social and emotional needs of young children in Medicaid, advocates can serve as:

- ▶ **Dot Connector** – Link up state Medicaid officials, whose program insures 44 percent of all U.S. children under 6 years old, with early childhood leaders and other systems leaders to ensure services are being offered in pediatric offices, early care and education centers, foster care or home visiting and to discuss how to coordinate the systems so that children receive the screenings and treatment they need.
- ▶ **Knowledge Broker** – Leverage relationships with content experts, providers, and state agencies to find solutions to practice-level challenges, such as billing problems or kids missing out on services or interventions. Educate policymakers about the ways in which social and emotional development is foundational to other issues they care about,