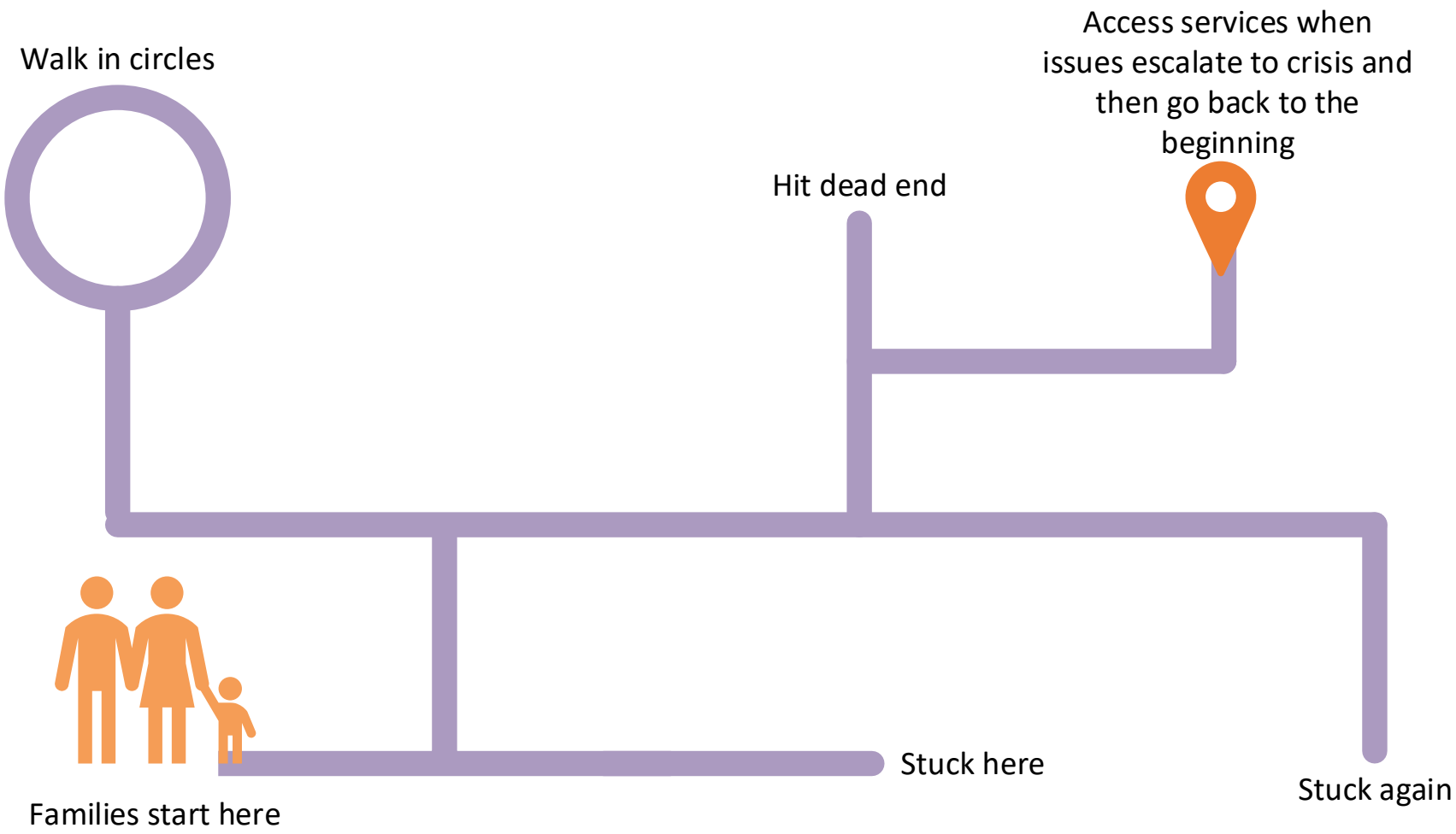
Pathways to Success

Building a System of Care for Children with Complex Behavioral Health Needs

Townhall Presentation · July 13th & 15th, 2021

Current System and Family Experience



What is Pathways to Success?

- One part of the State's efforts to enhance the behavioral health service system for children.
- A program for children with complex behavioral health challenges that provides access to home and community-based services that is targeted to launch March 1, 2022.
- Built upon an intensive model of care coordination that addresses the broad range of each child and family's needs.
- Guided by System of Care principles that put children and families at the center of planning for services and supports.
- Designed to address many of the State's commitments under the N.B. Consent Decree.

Pathways to Success are paved utilizing System of Care principles.

System of Care Principles

Culturally Humble

Family Driven

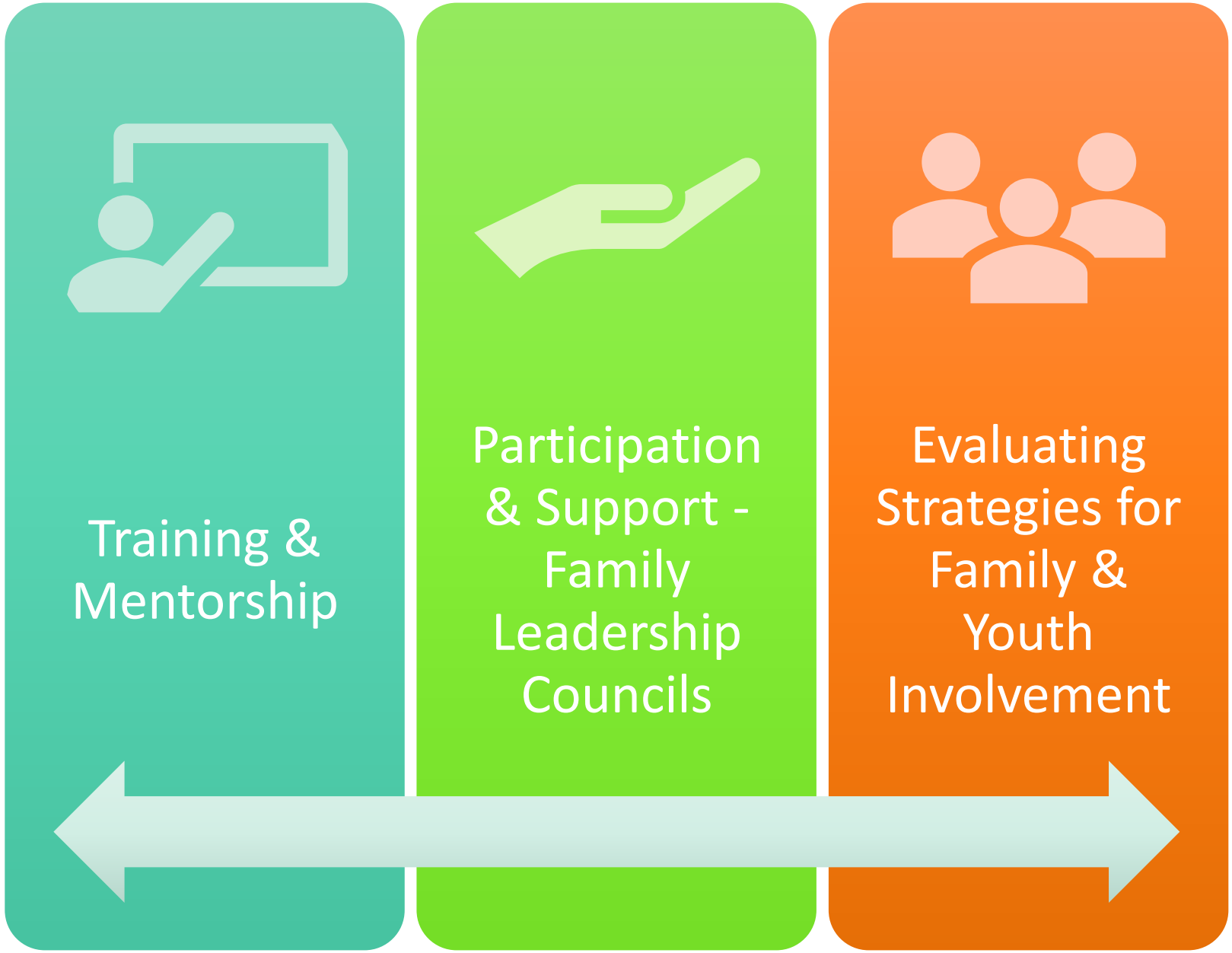
Youth Guided

Team Based

Community-Based & Collaborative

Data & Outcome Driven

Youth & Family Leadership In Systems of Care



What Does Success Look Like for Children and Families?

Improved family functioning and reduced caregiver stress.

More stable living situations for children and youth, including fewer out-of-home treatment episodes.

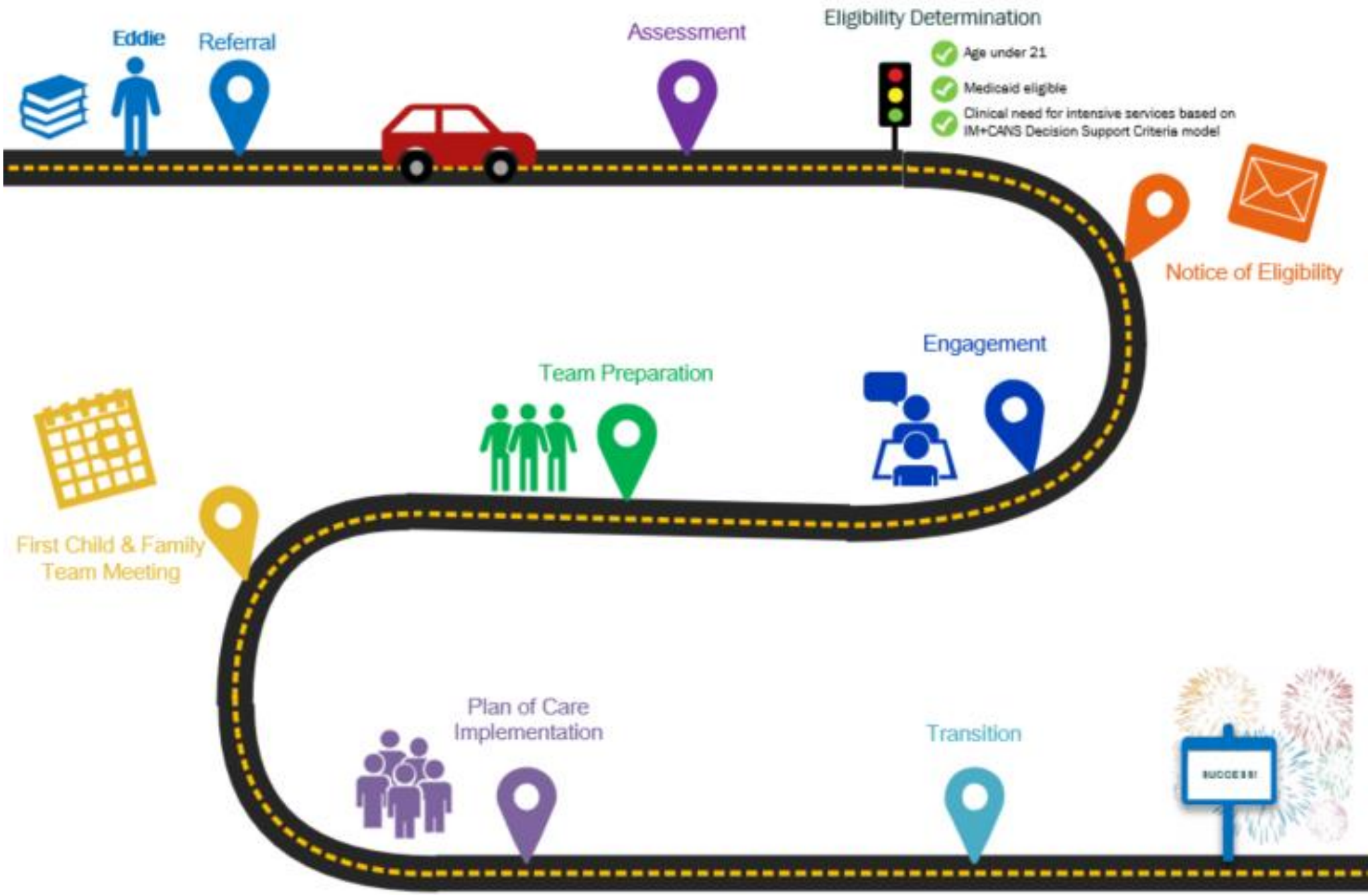
Increased family and youth involvement in services.

Increased use of evidence-based practices, including expanded access to services provided in home and community settings.

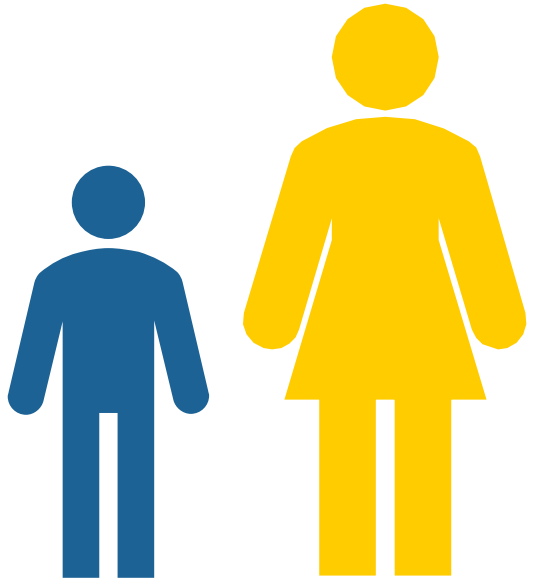
Improved school attendance and performance.

Reduced contacts with law enforcement and child welfare.

How will Pathways to Success help families get where they want to go?

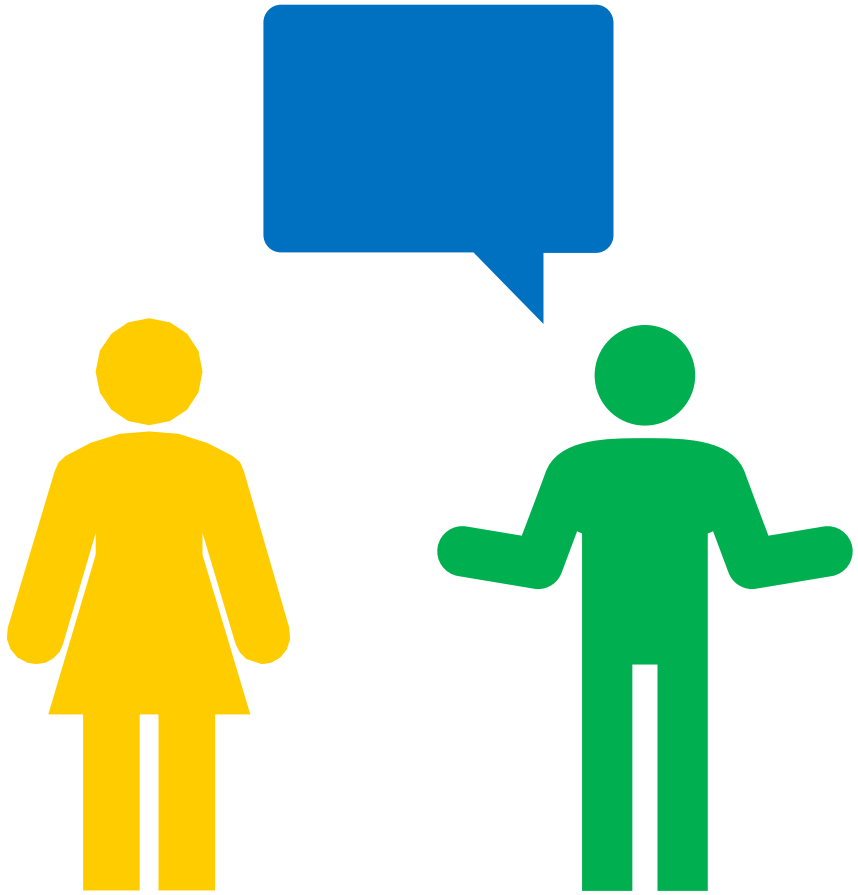

Eddie
Referral
Assessment
Eligibility Determination
Age under 21
Medicaid eligible
Clinical need for intensive services based on IM+CANS Decision Support Criteria model
Notice of Eligibility
Engagement
Team Preparation
First Child & Family Team Meeting
Plan of Care Implementation
Transition
SUCCESS!

Meet Eddie and his mom



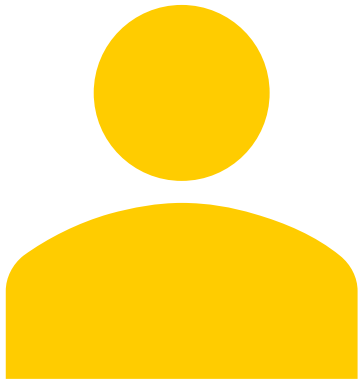
Eddie’s journey begins with a referral for behavioral health services.

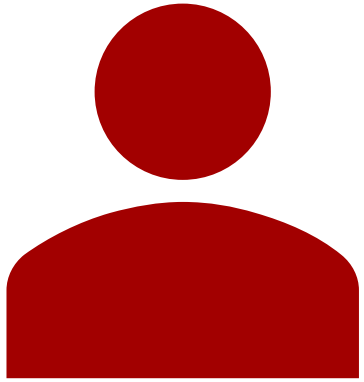
Eddie's school suggests that he see a behavioral health specialist.



Eddie’s mom schedules an appointment with a local Behavioral Health Clinic.

At Eddie's appointment, they meet with a counselor to complete a mental health assessment and create an initial treatment plan using the IM+CANS.





What is the IM+CANS?

Illinois Medicaid Comprehensive Assessment of Needs and Strengths (IM+CANS)

- Creates a **common language** that is easy for everyone involved in the child and family's life to understand.
- Helps identify a child and family's **global needs, strengths, goals, and treatment needs** in a standardized way.
- Used to **inform service planning** decisions and monitor progress toward achieving goals.
- Reduces the need for families to repeat their story to multiple providers.
- Helps **reduce bias** in the mental health service system.

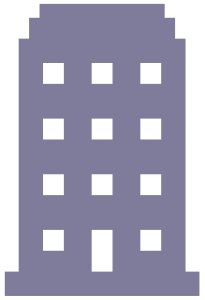
After Eddie's assessment, Healthcare and Family Services determines if he is eligible for Pathways to Success by reviewing if he:

- ✓ Has Medicaid
- ✓ Is under the age of 21
- ✓ Has a mental health diagnosis
- ✓ Has complex, intensive needs identified on his IM+CANS that are significantly affecting him at home, at school, or in his community.

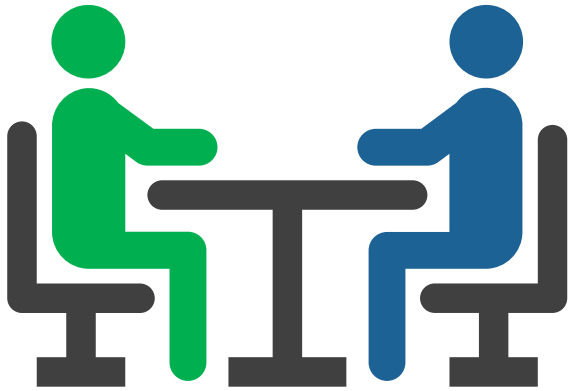
Eddie’s family receives a letter in the mail. Eddie is eligible for Pathways to Success! They have been assigned a Care Coordination and Support Organization.

What’s a Care Coordination and Support Organization (CCSO)?

- A community organization that serves as a centralized, accountable hub for a designated geographic area.
- Has a trained team of professionals capable of responding urgently to mental health crises.
- Have dedicated Care Coordinators with specialized training that work with families in Pathways to Success.



Eddie’s Care Coordinator contacts his mom to schedule a time and place to meet that works best for the family.



At their first meeting, the Care Coordinator explains the benefits of Pathways to Success and what the family can expect from care coordination.

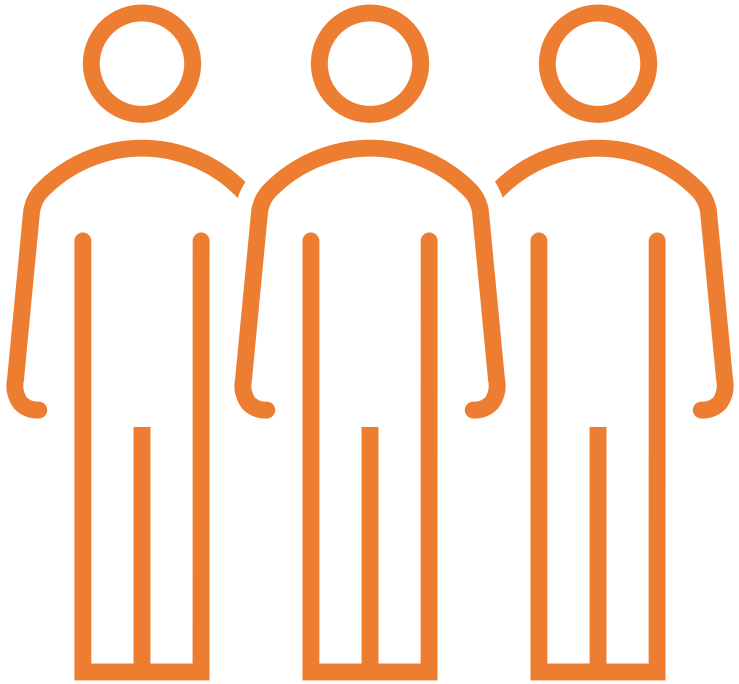
What All Families Can Expect a Care Coordinator to do:

- Listen to the family describe what has helped them in the past and their vision for the future.
- Help the family create a Crisis Prevention and Safety Plan so they know what to do if a crisis happens, including how to engage in Mobile Crisis Response.
- Help the family build a Child and Family Team and Individualized Plan of Care.
- Provide information to help the family make an informed decision about which local providers they will work with.
- Contact the family frequently to help support them in meeting their goals.

What is Unique for Each Family:

- Every child and family is different, each with their own unique needs.
- Pathways to Success is designed to connect each family with the right amount of support at the right time.
- **High Fidelity Wraparound** is for youth with the most complex needs. These youth typically access crisis services regularly and are often involved in multiple child-serving systems. The Child and Family Team meets once a month.
- **Intensive Care Coordination** is for youth that would benefit from additional community services, but don't quite reach the same level of intensity as youth in High Fidelity Wraparound. The Child and Family Team meets once every other month.

Eddie and his mom agree to participate in Pathways to Success. They start talking to their Care Coordinator about their beliefs, hopes, strengths, and concerns



The family also talks about the important people in their lives and decide who they want to be on their Child and Family Team.

What's a Child and Family Team (CFT)?

- A team of people important to the child and family that works together closely to create an Individualized Plan of Care.
- The child and family pick the members of the CFT.
- Includes formal supports, like service providers, and natural supports such as family members, neighbors, friends, or other community members.

The Child and Family Team members meet to discuss Eddie’s journey in Pathways to Success.

The Child and Family Team members learn about the family's strengths, needs and goals.

The Child and Family Team work together to build an Individualized Plan of Care that will help Eddie meet his goals. They consider all the services and supports the family may need, including:

- Regular Healthy Kids services, like check-ups and vaccines
- Specialist services
- Medicines (prescription drugs)
- Mental health and substance use services
- Vision
- Dental
- Transportation
- Local community resources, like utility, childcare, or food assistance

The Child and Family Team also considers the additional services covered under Pathways to Success.

- Family Peer Support
- Intensive Home Based
- Therapeutic Mentoring
- Respite
- Therapeutic Support Services
- Individual Support Services

Family Peer Support

- Provides direct support to parents or caregivers.
- Delivered by trained Family Peer Supporters with lived experience as a parent/caregiver of a child with behavioral health challenges.
- Family Peer Supporters serve as advocates, mentors, and coaches for caregivers, providing support from the peer perspective.

Intensive Home-Based Services

- Helps families learn to better support the child in the home rather than through treatment outside of the home.
- A team of trained professionals work closely with the family to help identify behaviors that create stress and disrupt family functioning.
- The team helps the family develop and implement a plan to specifically address those behaviors.
- Intended to be an intensive, short-term service focusing on developing the skills necessary to keep the child safe at home.

Therapeutic Mentoring

- Mentors are positive role models in children's lives that help them learn better social skills.
- Therapeutic Mentoring is a strengths-building service that allows trained mentors to spend quality time in the community with the child, modeling positive ways of interacting with other children and adults in a variety of social situations.
- Children can work with their therapeutic mentors to gain and practice valuable skills that will help them develop positive relationships and build their confidence.

Respite

- Respite provides a planned, short break to parents and caregivers.
- A trusted professional can come to the home and stay with the child or take the child to a community activity to give everyone a chance to rest and relax.
- Sometimes just a short break can help everyone get along better when they come home.

Therapeutic and Individual Support Services

- Sometimes needs do not align to traditional behavioral health services covered by Medicaid.
- Therapeutic and Individual Supports allow the Care Coordinator to purchase special therapies, community activities, and other supports that help keep children stable in their community.
- These services and supports are often what is needed for families to make progress toward their goals.

Eddie and his mom decide to continue in Care Coordination and begin engaging in the other services on the Individualized Plan of Care.

The Child and Family Team continues to meet regularly to review progress toward goals and make plan and service adjustments as needed.

Eddie and his mom continue to meet and talk with their Care Coordinator weekly between their Child and Family Team meetings

Every 6 months, the Child and Family Team does a full review of Eddie's IM+CANS. Healthcare and Family Services uses this information to make sure Eddie is still eligible for Pathways to Success.

After about a year in Pathways to Success, Eddie and his family have met their goals! Their Care Coordinator works with them to identify ongoing services and supports after Pathways.

Other Upcoming Webinars

Care Coordination and Support Organizations

- Tuesday, July 20, 10:30 AM – 12:00 PM
- Wednesday, July 21, 9:30 AM – 11:00 AM

Home and Community Based Services

- Wednesday, July 28, 10:30 AM – 12:00 PM
- Thursday, July 29, 1:00 PM – 2:30 PM

Thank you!

Email questions to:

HFS.Pathways@illinois.gov