

New Mexico Evidenced Based Practices Expansion Initiative



CENTER OF
INNOVATION
For Behavioral Health and Wellbeing



**Children, Youth &
Families Department**
STATE OF NEW MEXICO



HUMAN SERVICES
DEPARTMENT

History and Partners



CYFD- Behavioral Health Services (BHS)

HSD- Behavioral Health Services Division (BHSD)

HSD-Medical Assistance Division (MAD)

NMSU Center of Innovation for Behavioral Health and Wellbeing

Kevin S. Settlement

Expanding Evidenced Based Practices

New Mexico Medicaid is currently offering specific rates (pending CMS approval) for these five specific Evidenced Based Practices (EBP)

1. Multisystemic Therapy (MST)
2. Functional Family Therapy (FFT)
3. Trauma Focused Cognitive Behavior Therapy (TF-CBT)
4. Eye Movement Desensitization and Reprocessing (EMDR)
5. Dialectical Behavior Therapy (DBT)

These EBPs were selected by the State for specialized rate development. This is not a definitive list of all EBPs available in the State.

Future rate development could include additional EBPs, that process is overseen by HSD with CYFD involvement.

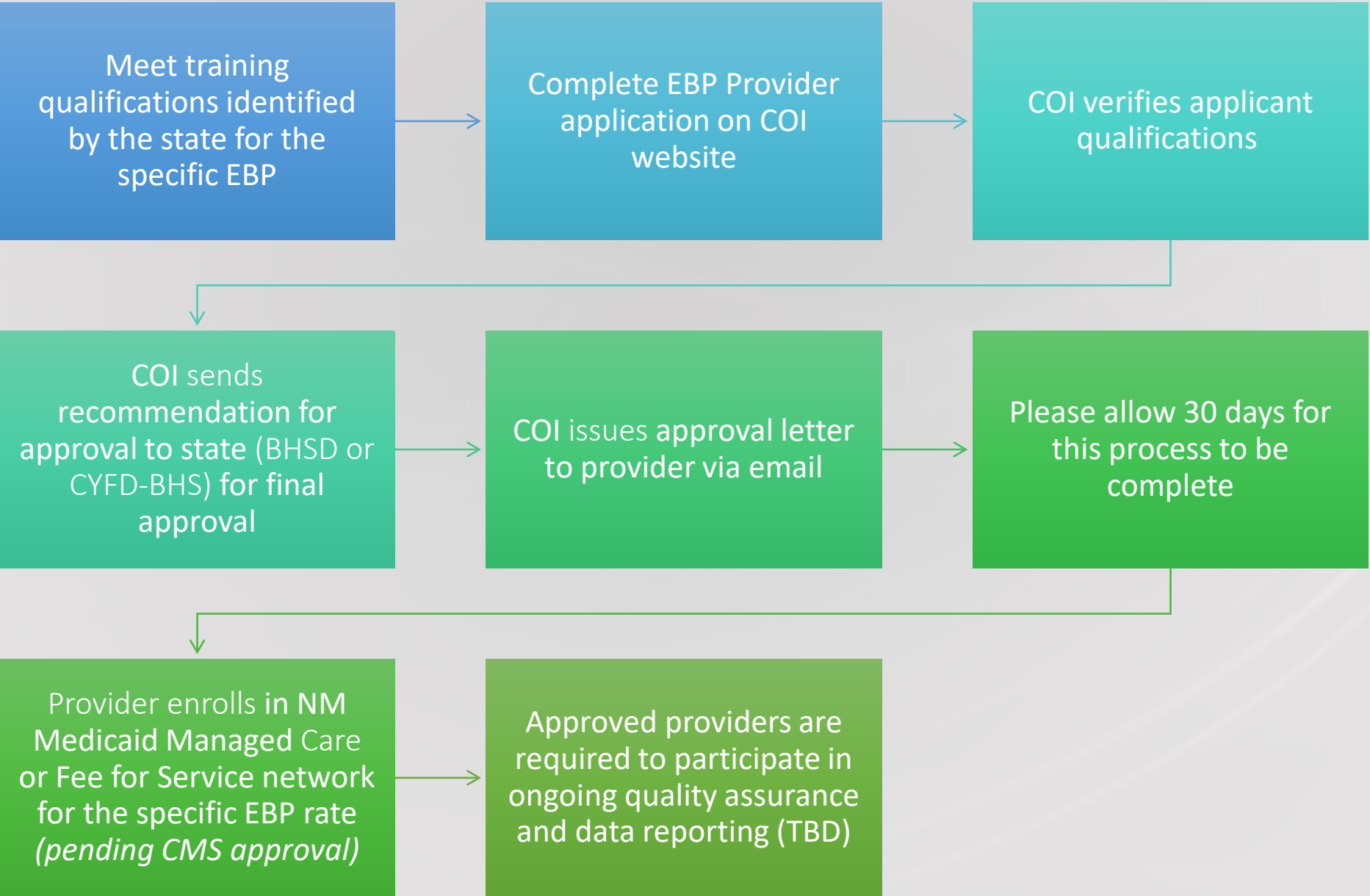
Goals of EBP Expansion Initiative

1. To reduce barriers to access by providing training and support to providers delivering specific EBPs
2. To increase delivery of quality behavioral health care for residents in NM
 - a) Children and adolescents in child welfare system
 - b) Other Children and Adults with Medicaid

Providing Services While Working Towards Certification

- Approval for the specialized rates requires approval by the state.
- Each evidence-based practice has its own criteria for approval, which are aligned with national certification standards.
- Full certification in these models takes time, up to 2 years for some of them.
- Providers are able to provide EBP services and bill under regular therapy codes until they reach training or certification standards.
- State is committed to supporting providers to achieve approval through access to training, consultation and technical assistance.

Qualification Process for EBP Specialized Rates



Multi Systemic Therapy (MST) Qualifications



MST is an intensive in-home-, family- and community-focused treatment for youth ages 12-17 with serious externalizing, antisocial or delinquent behavior.

Criteria for approval for specialized rates

- Engaged in training, ongoing fidelity oversight and issued an **MST License** through MST Services LLC, or any of its approved subsidiaries, including Rocky Mountain MST Network
- Providers must enter into an agreement directly with Rocky Mountain MST Network or other MST Network Partner for clinical training, consultation, quality improvement and ongoing fidelity oversight.
 - Currently, the state will sponsor training and consultation for new teams through COI
- Teams will participate in training, consultation, and ongoing continuous quality improvement according to the Rocky Mountain MST Network model.

**Those who are currently MST licensed and billing will be migrated to the new rates once approved by CMS.*

- COI will work with current and new MST providers to onboard into the new system

Functional Family Therapy (FFT) Qualifications




FFT is intensive, short-term, family-based treatment for youth ages 11-18 exhibiting problematic behaviors and at-risk for justice system involvement or out of home placement.

Criteria for approval for specialized rates

- Currently engaged in training and ongoing fidelity oversight through FFT Partners or FFT LLC
- Providers must work directly with FFT Partners for clinical training, consultation, quality improvement and ongoing fidelity oversight, according to their model
- Currently, the state will sponsor training and support for new teams with FFT Partners

Trauma Focused CBT (TF-CBT) Qualifications



TF-CBT is a short-term, evidence-based treatment model for children and adolescents ages 3-18 who were impacted by trauma and their parents or caregivers.

Criteria for approval for specialized rate

- TF-CBT Certification by the TF-CBT National Therapist Certification Program (TFCBT NTCP)
 1. Completion of online (11 hours) and two days in person training
 2. Twelve months of consultation
 3. Completion of three separate TF-CBT treatment cases
 4. Taking and passing TF-CBT Therapist Certification Program Knowledge-Based Test.
- Maintain certification requirements set forth by TFCBT NTCP

Eye Movement Desensitization & Reprocessing (EMDR) Qualifications




EMDR is a structured therapy for children and adults who have experienced a trauma and are having symptoms associated with Post-traumatic Stress Disorder (PTSD).

Criteria for approval for specialized rate

- Demonstrated completion of EMDR Basic Training OR EMDR Certification by EMDRIA (EMDR International Association)
 - Completion of EMDRIA approved Basic Training
 - 20 hours Instructional
 - 20 Practicum
 - 10 hours Consultation
 - EMDRIA Certified Therapist requires additional consultation, training and letters of recommendation
- Maintain certification requirements set forth by EMDRIA

Dialectical Behavior Therapy (DBT)



DBT is a comprehensive treatment for people who experience intense emotion dysregulation that is interfering with their daily lives, relationships and personal goals. Serves adolescents and adults.

Criteria for approval for specialized rates

- Providers **must be** actively engaged in a **DBT Team** delivering all components of DBT
 - DBT skills training group
 - Individual DBT therapy
 - DBT coaching
 - Participation in DBT consultation team
- Certified DBT Clinician by the DBT Linehan Board of Certification (DBT-LBC)
 - *Additional clarification about team requirements to follow*
- Maintain certification set forth by DBT-LBC

How to Apply?

Complete the
provider application
on COI website

- <https://centerofinnovationnm.org/nm-ebp/>
- You will need—
 - Agency demographic/contact information, agency Medicaid ID
 - Provider demographic/contact information, provider license number, NPI number, certificates documenting completion of required training/certification

Don't meet
qualifications yet?

- Please complete the EBP interest form on COI website and sign up for COI newsletter
- COI will be offering training opportunities for the identified EBPs
- MST and FFT interest forms to be available in the near future



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**College of Agricultural, Consumer
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