

COMPLEX TRAUMA

Frequently Asked Questions

From the In-Person Workflow Trainings February 2017

Billing:

Q: How do you bill for conducting the assessments? Who can bill for conducting the assessments? The conflict-free licensed professional?

A: We do not have a billing mechanism for conducting the complex trauma exposure assessment and functional impairment assessment. Health Homes and Care Management Agencies should work to partner with licensed professionals and existing clinics to determine how these assessments can be billed for under existing assessment billing practices.

Q: Is there funding to pay licensed professionals to complete the Complex Trauma Exposure Assessment (CTEA)?

A: We do not have an existing funding source.

Q: Is there guidance around Children’s Complex Trauma as it pertains to billing within an article 31 mental health clinics? The workflow for determining Health Home eligibility requires that a licensed clinician complete the DOH Complex Trauma Exposure Assessment (CTEA) and Complex Trauma Eligibility Determination forms. How does the HH eligibility process, namely the completion of the assessment and determination forms, take place within billable service time, especially when the child is already enrolled in the clinic?

The psychotherapy service, which allows for “therapeutic communication and interaction for alleviating symptoms or dysfunction associated with an individual diagnosed mental illness or emotional disturbance, reversing or changing maladaptive patterns of behavior, encouraging personal growth and development, and supporting the individual’s capacity to achieve age-appropriate developmental milestones”.

Would you see the completion of the CTEA and the Complex Trauma Eligibility Determination forms as being an allowable part of psychotherapy services?

A: We do not have a billing mechanism for conducting the complex trauma exposure assessment and functional impairment assessment. Health Homes and Care Management Agencies should work to partner with licensed professionals and existing clinics to determine how these assessments can be billed for under existing assessment billing practices.

Please remember that the Licensed Professional is required to also perform the Functional Impairment Assessment from the NCTSN approved assessments to complete the complex Trauma Determination form.



Conflict Free:

Q: Is it true that the Care Manager cannot be the licensed provider completing the assessment?

A: The care manager cannot be the licensed professional completing the assessment. Providers can be in the same agency, but not under the same supervisory structure or program.

Q: If the youth is already enrolled, does the licensed professional need to be from a separate Care Management entity?

A: If you are a care manager who has a child with a positive screen for complex trauma you can elicit a licensed professional in your agency to complete the assessment if they are not in the same supervisory/program structure as the Health Home program and care manager assigned to the child.

Q: If the professionals performing the assessment cannot be a part of the Health Home staff, or within the list of service providers, how do we ensure the screening is being done by an informed professional?

A: Anyone can perform the HH Complex Trauma Exposure Screening. The screen should be accompanied by the referral cover sheet and other information. Then a referral for HH CM can be made. The HH Care Manager and the Licensed professional would work together to verify the existing information, so that the licensed professional can complete the Complex Trauma Exposure Assessment and the functional Impairment Assessment.

The Complex Trauma Exposure Assessment for complex trauma can only be completed by the approved Licensed professionals:

Licensed Masters Social Worker, LMSW Licensed Clinical Social Worker, LCSW Licensed Psychologist Licensed Psychiatrist Licensed Psychiatric Nurse Practitioner, LNPP, Licensed Marriage and Family Therapist, LMFT, Licensed Mental Health Counselor, LMHC Pediatrician/Family Medicine Physician or Internist with specialization in Behavioral Health

Additional collateral information should be provided/collected and given to the licensed professional conducting the assessment (consents must be obtained for this to occur).

Eligibility:

Q: When Complex Trauma is indicated with another diagnosis, what is the expectation for completing the Complex Trauma assessments?

A: There is no mandate to complete a Complex Trauma Exposure Assessment when this is the case, however the expectation is Health Home Care Managers should follow up on any



screening tool (positive) that indicates the child/youth may benefit from services to meet a specific need.

Q: When should Complex Trauma be chosen over other eligibility criteria?

A: The Licensed Professional needs to complete the Eligibility Determination form which indicates that, "these Functional Impairments best explained as being a result of, or exacerbated by, Complex Trauma, and not as the result of some other diagnosis or developmental delay?" Additionally, the Health Home Care Manager should document all HH eligible criteria even if there is more than one.

Q: What if a child seems eligible for Complex Trauma but is already in treatment to address behaviors and trauma?

A: If the agency and the child/family feel that a complex trauma eligibility is necessary they should seek out screening and assessment for this eligibility.

If the child is already enrolled using another eligibility criteria and receiving services that satisfy the needs of the child around trauma per the professionals and the child/family, they do not need to seek additional screening and assessment. However, this is an excellent opportunity to education community providers and professionals surrounding Health Home Care Management and the Complex Trauma approved definition for services within Medicaid.

General:

Q: Who are the licensed providers?

A: Licensed Masters Social Worker, LMSW Licensed Clinical Social Worker, LCSW Licensed Psychologist Licensed Psychiatrist Licensed Psychiatric Nurse Practitioner, LNPP, Licensed Marriage and Family Therapist, LMFT, Licensed Mental Health Counselor, LMHC Pediatrician/Family Medicine Physician or Internist with specialization in Behavioral Health

Q: Do you think there is going to be a shortage of providers?

A: The Department of Health is working closely with Health Homes and Care management agencies to monitor/address the capacity of providers throughout the state.

Q: What is the caseload size for Complex Trauma?

A: The Health Home Serving Children's Program has no mandate for caseload size overall nor specific to Complex Trauma

Q: What is the age limit for a child to be eligible for a Complex Trauma determination?



A: Health Home serving children eligibility is 0-21 years of age. There is guidance surrounding Complex Trauma assessment for younger children.

Q: Does Complex Trauma designation open any additional services?

A: Complex trauma determination assists the care manager and the child/family in identifying appropriate service needs.

Q: What is the cover page? It was referenced throughout the process.

A: The cover page can be found on the Department of Health website:

http://www.health.ny.gov/health_care/medicaid/program/medicaid_health_homes/docs/final_complex_trauma_referral_cover_sheet.pdf

This cover page accompanies the completed exposure screening tool when a referral for the Health Home program is being made

Plan of Care:

Q: As our agency prepares for Children's Health Homes and providing the complex trauma assessment, I wanted to inquire if there are any formal guidelines or recommendations regarding the next steps (other than referral to HH) regarding treatment of complex trauma after youth are determined to meet the criteria. The workflow indicates providers should "use assessments, supporting documentation to create Plan of Care." Are there any specific assessments that are recommended in creating the Plan of Care?

A: Health Homes and Care Management Agencies should follow the Health Home standards regarding the development of the Plan of Care, utilizing the required comprehensive assessment along with the Complex Trauma obtained information and assessments.

Additionally, the NCTSN website at <http://www.nctsn.org/trauma-types/complex-trauma/treatment-complex-trauma> has information surrounding clinical treatments, mental health interventions, and other trauma-informed service approaches that can be utilized when developing the Plan of Care.

The DOH and McSilver will be working with HHs and CMAs surrounding the Plan of Care after the completion of the readiness assessment.

Workflow:

Q: Is there a timeframe established for workflow scenario 1?



A: It depends, once there is a positive finding on the Complex Trauma Exposure Screen, a referral through MAPP should be made for Health Home Serving Children. Then it is incumbent upon the assigned Health Home Care Manager to link the child and family to an approved licensed professional who could conduct the Exposure Assessment, unless the child is already connected and or in treatment to an appropriate licensed professional. The timeline will vary whether the child is already linked or not and if Health Home networks have immediate access to licensed professionals. This is part of the Technical Assistance that McSilver will be doing with Health Homes.

Q: Can Complex Trauma be a part of the care plan?

A: Absolutely, all the child's needs should be part of the care plan

Q: Will clinicians be trained on the assessment tool?

A: Licensed Professionals should be able to complete the assessment with no significant additional training. There several available trainings and education for professionals surrounding trauma, complex trauma and trauma informed care.

Q: How does this differ from the CANS Assessment? Why is it necessary to complete two assessments?

A: The CANS-NY for the Health Home program does not assess for Complex Trauma as approved by CMA and does not follow any of the guidelines nor requirements for determining complex trauma. Additionally, the CANS-NY for Health Home is currently used to determine acuity.

Q: What consent forms do providers use for families to participate in the screening and assessment process?

A: Remember, the complex trauma Exposure screen can be complete by anyone and through their knowledge, working with the child and already existing documentation. However, if the complex trauma exposure screen is positive, verbal consent minimally is needed from the parent/guardian to make a referral to the Health Home program. Care management agencies and licensed professionals are responsible to gain consent within their organizations when assessing for complex trauma.

Q: When Complex Trauma Exposure Screen (CTES) is completed do you upload it onto MAPP with the form and consent form?

A: Forms and documents cannot be upload to MAPP. Hard copy documentation would be shared when appropriate.



Q: How do we address parents that don't give consent to talk to their child to complete the assessment?

A: If consent is not obtained then you cannot proceed with gathering information nor able to enroll them in Health Home.

Q: Is there a timeframe for completing the CTEA?

A: No-the time it takes licensed professionals conducting the assessments will vary with the availability of information needed.

Q: What if our agency is not connected to any licensed professionals?

A: Agencies and Health Homes should be communicating and establishing community partnerships to ensure that services are available. Additionally, DOH and McSilver are working with Health Homes to assess the resources.

Q: How do we access the measures to assess for functional impairments?

A: The standardized measures for functional impairment are found on the National Traumatic Stress Network's website.

<http://www.nctsn.org/trauma-types/complex-trauma/standardized-measures-assess-complex-trauma>

Q: Who pays for the assessments for functional impairments? some of them are expensive and some require training- who will pay for this?

A: The standardized measures listed on the NCTSN vary in cost from free to some cost. Each agency is encouraged to look at the list and determine the needs of the children they serve.

Q: Who is qualified to give the Complex Trauma assessment after the child has been screened?

A: Licensed Masters Social Worker, LMSW Licensed Clinical Social Worker, LCSW Licensed Psychologist Licensed Psychiatrist Licensed Psychiatric Nurse Practitioner, LNPP, Licensed Marriage and Family Therapist, LMFT, Licensed Mental Health Counselor, LMHC Pediatrician/Family Medicine Physician or Internist with specialization in Behavioral Health

Q: Can a PhD perform the assessment?

A: Yes- if they fall under the list of approved licensed professionals.