

# CCBHC Services Across the Life Span

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# What the Data Says:

- Between 13% to 20% of children in the United States experience a serious emotional disturbance in a given year. While less than 50% of children in need of services, receive them.
- 10% of the overall Medicaid child population who receive mental health and substance use services account for 38% of all Medicaid child expenditures.
- Between 2001 to 2010 the percentage of children and youth nationwide treated in emergency departments for psychiatric problems increased by 26%.

(Pires, Grimes, Allen, Gilmer, & Mahadevan, 2013)



# Child and Adolescent Behavioral Health

- Children with serious behavioral health conditions present with different concerns and behaviors than adults. The most common diagnosis among children who use behavioral health care in Medicaid is ADHD, followed by conduct disorder and anxiety.  
(Return on Investment, SOC)
- 25% of 13-18 year olds have met the diagnostic criteria for an anxiety disorder at some point in their lifetime. (Unleashing the Power of Prevention)
- During Adolescents 1:5 young people experience a diagnosable major depressive episode. With the proper intervention and support, the young person's education, career path, and interpersonal relationships will not be at risk.

(Unleashing the Power of Prevention; <http://nam.edu/perspectives-2015-unleashing-the-power-of-prevention/>)



# CCBHC through a Systems of Care Lens

“A coordinated network of community-based services and supports that are organized to meet the challenges of children and youth with behavioral health needs and their families.”

Building a System of Care Primer, Sheila A. Pires  
<http://www.dhs.state.il.us/page.aspx?item=65131>



# System of Care Core Values:

- Child Centered and Family Focused
- Community based services
- Cultural and Linguistically responsive agencies, programs and services



# Trauma in childhood.

- Adverse Childhood Experiences
- Illinois Specific Data:
  - Education
  - Justice Involvement
  - Health

<http://www.cdc.gov/violenceprevention/acestudy/index.html>



# Trauma Informed CCBHC

- *Realizes* the widespread impact of trauma and understands potential paths for recovery;
- *Recognizes* the signs and symptoms of trauma in clients, families, staff, and others involved with the system;
- *Responds* by fully integrating knowledge about trauma into policies, procedures, and practices; and
- *Seeks to actively resist re-traumatization.*“

SAMHSA: <http://www.samhsa.gov/nctic/trauma-interventions>



# Domains of Impairment

## Attachment

- Uncertainty about the reliability and predictability of the world
- Problems with boundaries
- Distrust and suspiciousness
- Social isolation
- Interpersonal difficulties
- Difficulty attuning to other people's emotional states
- Difficulty with perspective taking
- Difficulty enlisting other people as allies

[http://www.nctsn.org/nctsn\\_assets/pdfs/edu\\_materials/ComplexTrauma\\_All.pdf](http://www.nctsn.org/nctsn_assets/pdfs/edu_materials/ComplexTrauma_All.pdf)



# Domains of Impairment

## Biology

- Sensorimotor developmental problems
- Hypersensitivity to physical contact
- Analgesia
- Problems with coordination, balance, body tone
- Difficulties localizing skin contact
- Somatization
- Increased medical problems across a wide span,
- e.g., pelvic pain, asthma, skin problems,
- autoimmune disorders, pseudo seizures

[http://www.nctsn.net/nctsn\\_assets/pdfs/edu\\_materials/ComplexTrauma\\_All.pdf](http://www.nctsn.net/nctsn_assets/pdfs/edu_materials/ComplexTrauma_All.pdf)



# Domains of Impairment Affect Regulation

- Difficulty with emotional self-regulation
- Difficulty describing feelings and internal experience
- Problems knowing and describing internal states
- Difficulty communicating wishes and desires

[http://www.nctsn.org/nctsn\\_assets/pdfs/edu\\_materials/ComplexTrauma\\_All.pdf](http://www.nctsn.org/nctsn_assets/pdfs/edu_materials/ComplexTrauma_All.pdf)



# Domains of Impairment Dissociation

- Distinct alterations in states of consciousness
- Amnesia
- Depersonalization and derealization
- Two or more distinct states of consciousness, with impaired memory for state-based event

[http://www.nctsn.org/nctsn\\_assets/pdfs/edu\\_materials/ComplexTrauma\\_All.pdf](http://www.nctsn.org/nctsn_assets/pdfs/edu_materials/ComplexTrauma_All.pdf)



# Domains of Impairment

## Behavioral Control

- Poor modulation of impulses
- Self-destructive behavior
- Aggression against others
- Pathological self-soothing behaviors
- Sleep disturbances
- Eating disorders
- Substance abuse
- Difficulty understanding and complying with rules
- Communication of traumatic past by reenactment in day-to-day behavior
- Excessive compliance
- Oppositional behavior

[http://www.nctsn.org/nctsn\\_assets/pdfs/edu\\_materials/ComplexTrauma\\_All.pdf](http://www.nctsn.org/nctsn_assets/pdfs/edu_materials/ComplexTrauma_All.pdf)



# Domains of Impairment

## Cognition

- Difficulties in attention regulation and executive functioning
- Lack of sustained curiosity
- Problems with processing novel information
- Problems focusing on and completing tasks
- Problems with object constancy
- Difficulty planning and anticipating
- Problems understanding own contribution to what happens to them
- Learning difficulties
- Problems with language development
- Problems with orientation in time and space
- Acoustic and visual perceptual problems
- Impaired comprehension of complex visual-spatial patterns

[http://www.nctsn.org/nctsn\\_assets/pdfs/edu\\_materials/ComplexTrauma\\_All.pdf](http://www.nctsn.org/nctsn_assets/pdfs/edu_materials/ComplexTrauma_All.pdf)



# Domains of Impairment

## Self-Concept

- Lack of a continuous, predictable sense of self
- Poor sense of separateness
- Disturbances of body image
- Low self-esteem
- Shame and guilt

[http://www.nctsn.org/nctsn\\_assets/pdfs/edu\\_materials/ComplexTrauma\\_All.pdf](http://www.nctsn.org/nctsn_assets/pdfs/edu_materials/ComplexTrauma_All.pdf)



# Crisis Response

- Mobile
- Team based response
- Available 24/7/365

Services in Support of Community Living for Youth with Serious Behavioral Health  
Challenges: Mobile Crisis Response and Stabilization Services



# Key Phases of MCR

- Crisis Prevention
- Early Intervention
- Acute Intervention
- Crisis Treatment
- Recovery and Reintegration

<http://files.ctctcdn.com/57c33206301/99207599-51ca-4cab-a1e6-e596055310be.pdf>



# Intensive Care Coordination Wraparound

- Team-based
- Collaborative
- Family Drive
- Youth Guided
- Strengths Based

<http://nwi.pdx.edu/>



# Practicewise

- P-Webs
- MATCH
- Practitioner Guides

<https://www.practicewise.com/#services>



# Questions & Answers



# Resources

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