

Children's Mental Health Waiver

What is the Children's Mental Health (CMH) Waiver?

The Children's Mental Health Waiver is a short-term home and community based waiver designed to provide a community-based mental health service alternative for youth with serious emotional disturbance who might otherwise be hospitalized and whose parents may be required to relinquish custody of their child in order for them to receive needed mental health treatment and services.

Eligibility Requirements

- ❖ Be an Iowa resident
- ❖ Birth to 18 years of age
- ❖ Be determined eligible for Medicaid (Title XIX). Consumers may be Medicaid eligible prior to accessing waiver services or be determined eligible through the application process for the waive program.
- ❖ Has a diagnosis of serious emotional disturbance (SED) as verified by a psychiatrist, psychologist or mental health professional within the last twelve months.
- ❖ Be determined by Iowa Medicaid Enterprise (IME) Medical Services to need Hospital Level of Care

Children's Mental Health Waiver Services

In-Home Family Therapy

- ❖ This is a therapeutic service provided to the child and family. Therapy addresses the stressed and/or fragmented relationships that threaten cohesiveness of the family. This service assists the child by supporting the integrity of his/her family relationships. The service must support the family in developing coping strategies that will enable the child to continue living within the family environment.

Family and Community Support Services

- ❖ Developing and maintaining a crisis support network for the child and his/her family.
- ❖ Modeling and coaching effective coping strategies for the child's family member(s).
- ❖ Building resilience to the stigma of serious emotional disturbance by the development of relationships with peers and community members.
- ❖ Modeling and coaching the strategies and interventions identified in the child's crisis intervention plan to life situations with his/her family and in the community.
- ❖ Developing medication management skills.
- ❖ Developing personal hygiene and grooming skills that contributes to the child's positive self image.
- ❖ Developing socialization skills and citizenships skills.

Respite Services

- ❖ These are services provided for a temporary (short term) period. Services give relief to the usual caregiver and provide all the necessary care that a usual caregiver would provide during that period.

Environmental Modifications and Adaptive Devices

- ❖ These items installed in the child's home to respond to documented health and safety concerns.

Children's Mental Health Waiver Application Process

Application may be obtained at: DHS Trosper-Hoyt Bldg. 822 Douglas St. 1st Flr. Sioux City, IA.

Income Maintenance Contact: Steve Jacobson (712) 255-2616 ext. 2019

- ❖ Application for Medicaid (Title XIX) and the CMH Waiver is completed with an income maintenance worker (IM) at the local DHS Office. The IM Worker will secure a payment slot or put the child's name on a waiting list. Upon availability of a payment slot, the IM Worker will process the application, obtain financial information from the family to determine the child's Medicaid eligibility, and refer the child and family to a Medicaid targeted case manager (TCM) who works near the child's home county.
- ❖ The Medicaid targeted case manager (TCM) will contact the family to schedule a meeting with the child and parents to complete a level of care assessment. The assessment must be completed for the child as one of the eligibility requirements for the CMH Waiver. At the time of this meeting, the family will also need current documentation within the past twelve months from a psychiatrist, psychologist, or certified mental health professional that the child has a mental health diagnosis of serious emotional disturbance (SED). The TCM will send the completed assessment and the verification of SED diagnosis into Iowa Medicaid Enterprise (IME) Medical Services. IME Medical Services will review the documentation submitted and make a determination if the child meets the level of care.
- ❖ After the level of care has been completed, the TCM will contact those to be included, and convene an interdisciplinary team (IDT) meeting. The IDT will determine the services that are needed, the amount of service to be provided and the provider(s) of the services. The end result of the interdisciplinary team decisions will be an individual comprehensive plan developed by the Medicaid targeted case manager.
- ❖ The Individualized Services Information System (ISIS) process must be completed with the culmination of an approved service plan prior to the implementation of services. An approved service plan entered into the ISIS system authorizes payment for CMH Waiver services.
- ❖ The Medicaid targeted case manager will issue a Notice of Decision to the family and to the selected service providers if the child is approved to receive the CMH Waiver services.
- ❖ Please respond immediately to correspondence from an income maintenance worker, a service worker or a Medicaid case manager. This will decrease the amount of time needed to complete the application process and assist in communication.

Children's Mental Health Waiver Woodbury County Contact Information

Tanya Petersen, CMH Waiver Case Manager
Siouxland Mental Health Center
625 Court Street Sioux City, IA
(712) 252-3871 ext. 256

Nicole Smith, CMH Waiver Case Manager
Siouxland Mental Health Center
625 Court Street Sioux City, IA
(712) 252-3871 ext. 255

For additional information, please go the Children's Mental Health Waiver website at:
www.dhs.iowa.gov/rts/Start.htm