
Child Mental Health Wraparound

2023 Annual Report



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Introduction



Greetings,

Indiana Family and Social Services Administration's Division of Mental Health and Addiction's youth services team presents the inaugural Child Mental Health Wraparound annual report. This report highlights successes and opportunities of the CMHW program and has been a long-term vision of the DMHA youth services team.

This report would not be possible without the collective work of Indiana CMHW youth, families, providers and stakeholders. We appreciate the dedication and commitment that each of you have poured into this program. It is our hope that you realize, or are reminded of, the importance of community-based mental health services for youth in Indiana.

While we have made great strides to improve the continuum of care and service delivery models for children with behavioral health needs, we are committed to continuing this work and providing access to quality services for Indiana families. We hope that you will continue with us on this journey.

Sincerely,

Tanya Merritt-Mulamba
Assistant Director of Youth Mental Health and Wellness

What is Child Mental Health Wraparound?

The Child Mental Health Wraparound Program helps families and communities work together to improve the mental health for youth in need. The CMHW program provides an evidence-based approach to supports and services for youth with intensive mental and behavioral health needs.

Every child is unique, so families work with mental health professionals, relatives, friends, and community resources to improve mental health and family support. Wraparound is a team-based, collaborative process based on 10 principles designed to help youth stay in their homes and communities.

The 10 wraparound principles

- ▶ Family voice and choice
- ▶ Team-based
- ▶ Natural supports
- ▶ Collaboration
- ▶ Community-based
- ▶ Culturally competent
- ▶ Individualized
- ▶ Strength-based
- ▶ Unconditional care
- ▶ Outcome-based

The team develops an individualized plan of care with the family's voice, strengths and needs, leaning on the support of team members chosen by the family with the help of a highly trained wraparound facilitator. The wraparound process has a history of helping families feel confident that they can find stability and peace.

The CMHW program is a collaboration between the Indiana Family and Social Services Administration's Office of Medicaid Policy and Planning and the Division of Mental Health and Addiction.

Indiana children between 6 and 17, who are eligible for Medicaid and have one or more of the qualifying mental health conditions, may qualify for the wraparound program.

Qualifying conditions include:

- ▶ Adjustment to trauma
- ▶ Psychosis
- ▶ Anxiety
- ▶ Behavioral problems
- ▶ Other behaviors with harmful effects on the child and family

2023 calendar year enrollment

The CMHW program provided services to 1,241 youth and families throughout 2023. Services available to families include:

- ▶ Wraparound facilitation
- ▶ Habilitation
- ▶ Respite care
- ▶ Facility-based respite transportation
- ▶ Training and support for the unpaid caregiver

CMHW Access Site

The Access Site is the single point of entry to explore a youth’s eligibility for the Child Mental Health Wrap-around program. In 2023, the Access Site provided the following functions:

- ▶ Supported families in applying for wraparound services
- ▶ Referred families to various community resources and supports
- ▶ Reported program data to DMHA as well as the local System of Care networks.

To make a referral for application to the CMHW program, families, professionals or other concerned community members can contact Indiana 211 or visit incmhwportal.fssa.in.gov.

Referrals

In 2023, the Access Site processed a total of 2,792 referrals. These referrals came from a variety of sources.

Referrals to the Child Mental Health Wraparound program

| Source | Number |
|---------------------------------------|--------|
| Community Behavioral Health Providers | 1,199 |
| Department of Child Services | 652 |
| Family/Relative | 367 |
| Other | 311 |
| Self-referred | 273 |
| Education | 243 |
| Physician/Doctor | 144 |

| Source | Number |
|--|--------|
| Acute Inpatient Psychiatric Hospital | 134 |
| Probation, Juvenile Justice | 80 |
| Psychiatric Residential Treatment Facility | 63 |
| BDDS | 48 |
| State Hospital | 25 |
| Correction | 15 |
| Faith-based Group | 11 |

Note: Individuals may be referred from more than one person or organization.

Participant demographics

The CMHW team tracks and monitors demographic data for youth enrolled in the program. The demographics data is reported at various points in the process by the access site, families and providers.

Race demographics

| Race | % |
|---|-----|
| Asian | 1% |
| Black or African American | 15% |
| Multiracial | 9% |
| Native Hawaiian or other Pacific Islander | 1% |
| White | 73% |
| Other | 1% |

Gender Identity demographics

| Gender Identity | % |
|----------------------|-----|
| Female | 40% |
| Male | 58% |
| Prefer not to answer | 2% |

Note: Other represents American Indian, Alaska Native, other single race and unknown race

Providers by service type

Qualified individuals and organizations who complete a certification process managed by DMHA can apply to become CMHW providers. Those who are interested can apply anytime by sending an inquiry to DMHAYouthServices@fssa.in.gov.

Providers by service type

| Provider Type | Number of providers authorized to provide each service |
|---|--|
| Wraparound facilitation | 225 |
| Habilitation | 225 |
| Training and support for the unpaid caregiver | 207 |
| Respite care services | 390 |

Note: Except for wraparound facilitators, providers are allowed to provide more than one service.

How is success measured?

The CMHW program utilizes the Wraparound Fidelity Index-Short Form (or, WFI-EZ), which is a self-report survey of wraparound facilitators, caregivers, youth and wraparound team members aimed at assessing adherence to the ten principles and practices of high-quality wraparound. The measure also includes items related to satisfaction with wraparound and basic youth outcomes. This data is shared with providers to ensure continuous quality improvement. Issues that impact fidelity include statewide system structure, worker turnover, youth with higher acuity needs and an increase in youth needing access to mental health services.

Wraparound involvement: Caregiver report

| Outcome | 2021 | 2022 | 2023 |
|---|-------|-------|-------|
| My family and I are part of a team (e.g., Wraparound team or Child and Family Team), AND this team includes more people than just my family and one professional. | 90.9% | 96.2% | 90.3% |
| Together with my team, my family created a written plan (e.g., Wraparound Plan or Plan of Care) that describes who will do what and how it will happen. | 87.2% | 90.6% | 95.8% |
| My team meets regularly (e.g., at least every 30-45 days). | 89.7% | 96.2% | 93.1% |
| Our Wraparound team's decisions are based on input from me and my family. | 94.9% | 96.2% | 93.1% |

Outcomes: Caregiver report

| Outcome | 2021 | 2022 | 2023 |
|--|-------|-------|-------|
| Since starting Wraparound, my youth has had a new placement in an institution (e.g., detention, psychiatric hospital, treatment center, group home). | 32.4% | 32.7% | 19.2% |
| Since starting Wraparound, my youth has been treated in an emergency room due to a mental health problem. | 36.8% | 33.3% | 30.6% |
| Since starting Wraparound, my youth has had a negative contact with the police. | 36.0% | 34.7% | 33.8% |
| Since starting Wraparound, my youth has been suspended or expelled from school. | 21.1% | 42.9% | 38.4% |

Participants transition and closure

In 2023, 135 youth successfully transitioned out of the CMHW Wraparound program. Examples of feedback from families and their experience with the program captured through the WFI-EZ are featured below.

Family voices

"Enjoyed that the team came up with ideas based on the perspective of caregiver and child."

"I really love my wrap around team... thanks everyone."

"I love working with my wraparound assigned lady she is the best TY all."

"Very good. Our wrap person she is so nice and amazing and so is the like life skills person my daughter really fills like she can talk to her."

"I am having such great experience with wrap around program I'm glad my daughter is in program."

"It was what my youth needed— someone outside the family to listen to him and try to understand him."

"Our team is great, and we are very happy."

"Our wraparound facilitator has been nothing short of amazing!"

"Wraparound has been a godsend."

Highlights

Wraparound facilitator trainings

DMHA provided several required trainings for wraparound facilitators in 2023. Wraparound facilitators reported the trainings increased their knowledge and understanding of wraparound processes, and of their role as a wraparound facilitator. Below are the trainings conducted in 2023.

| Name of Training | # of Trainings Held |
|--|---------------------|
| Intermediate Wraparound: Improving Wraparound Practice 2023 | 2 |
| Advancing Wraparound Practice: Supervision and Managing to Quality | 1 |
| Engagement in the Wraparound Process | 3 |
| Introduction to Wraparound | 3 |
| Wraparound Booster Trainings | 3 |
| Wraparound Supervisor Training | 1 |
| Total Number of Trainings | 13 |

Feedback from Wraparound Facilitators about 2023 trainings

"I will be able to facilitate a better crisis plan."

"Better collaboration with teams around crisis planning"

"Utilizing functional strengths more and preparing team members to bring ideas to the [team meeting]"

"Effective [training on] crisis planning and teaching family's tools for managing crises"

"This training was a great refresher of tools and ideas that I will put back into my toolbox."

"I have a more concrete understanding for how to write family stories"

"Developing a better family story--asking those questions that maybe weren't asked before to get a bigger, deeper picture for those underlying needs."

"Utilizing thoughts and feelings to create needs then specifically creating strategies and tasks to help get the need met."

Trainings for Habilitation, Respite and Training and Support for the Unpaid Caregiver

Prior to 2023, to become an authorized CMHW provider, new providers of Habilitation and Training and Support for the Unpaid Caregiver, commonly referred to as Family Support and Training, were required to complete a 100-question test covering the CMHW Policy Module in-person at the Indiana Government Center in Indianapolis. To bolster the number of state authorized CMHW providers, in November 2023, the CMHW team began offering an on-demand, web-based training for new providers.

This highly accessible new training eliminates the travel barrier and allows new providers the opportunity to study and complete required training in their community. This training also includes respite content, ensuring providers of Habilitation, FST and Respite are receiving the same high-quality training. Between November and December 2023, 86 new providers completed the online training program.

State Plan Amendment

Effective July 1, 2023, the Centers for Medicare and Medicaid Services approved the Child Mental Health Wraparound Home- and Community-Based services for the next five years.

New rates

Effective Dec. 7, 2023, CMS approved new CMHW rates for all services.

| Service | Service Units | Old Rates | New Rates |
|--------------------------|---------------|-----------|-----------|
| Habilitation Services | 15 minutes | \$19.26 | \$19.54 |
| Training for Caregiver | 15 minutes | \$15.00 | \$19.54 |
| Respite Routine-Daily | Per day | \$243.77 | \$402.97 |
| Respite Unexpected-Daily | Per day | \$292.53 | \$463.42 |
| Respite PRTF-Daily | Per day | \$321.52 | \$408.77 |
| Respite Routine-Hourly | 15 minutes | \$6.09 | \$14.53 |
| Wraparound Facilitation | Per month | \$965.49 | \$1074.69 |

Provider Quarterly Meetings

To provide transparency and promote collaboration and relationship-building between DMHA and the CMHW providers, in 2023, the Child Mental Health Wraparound team began facilitating provider quarterly meetings. During these meetings, DMHA and providers shared updates, success stories and challenges, as well as having a space for questions and immediate feedback. The quarterly meetings are well attended and providers have been very engaged.

Child Mental Health Wraparound team

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Executive Director of Mental Health and Wellness Services

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Please send questions about Indiana's Child Mental Health Wraparound program to DMHAYouthServices@fssa.in.gov.

CHILD MENTAL HEALTH WRAPAROUND



**Division of Mental
Health and Addiction**