

Mental Health Assessment for Young Children (MHAYC) Multidisciplinary Referral Guide

This tool helps providers identify referral partners for non-mental health specific needs related to a child's functioning and well-being. It can be used to rule out medical, physical, and developmental conditions. The table provides examples of potential multidisciplinary partners, though it is not a comprehensive list. Providers should discuss the family's preferences and gain consent prior to referring them to additional services and providers.

**This tool is not intended to take the place of a comprehensive mental health assessment.*

Considerations	Examples	Referral partners
Are there medical or physical conditions to explain the presenting behaviors or symptoms?	<ul style="list-style-type: none"> • Hard of hearing • Visual impairment • Potential side effect of prescribed medication • Reflux • Gastrointestinal issues 	<ul style="list-style-type: none"> • Primary care provider
Are there physical, cognitive, communication, or adaptive development concerns to explain behaviors or symptoms?	<ul style="list-style-type: none"> • Developmental regression or sudden loss of skills • Communication challenges • Delayed gross or fine motor movements • Strong reactions to sensory input 	<ul style="list-style-type: none"> • Early Supports for Infants and Toddlers (ESIT) • Neurodevelopmental center • Special education • Physical therapist • Speech language pathologist or speech therapist • Occupational therapist • Developmental therapist
Are there symptoms consistent with Autism Spectrum Disorder?	Refer to Diagnostic Classification of Mental Health and Developmental Disorders of Infancy and Early Childhood for symptoms.	<ul style="list-style-type: none"> • Autism Center of Excellence • Applied behavioral analysis
Are the symptoms only related to sleeping?	<ul style="list-style-type: none"> • Difficulty falling asleep • Wakes regularly throughout the night • Night terrors • Sleep walking • Sudden awakening with distress 	<ul style="list-style-type: none"> • Pediatric sleep center
Are the symptoms only related to feeding?	<ul style="list-style-type: none"> • Coughing, choking, or gagging when eating or drinking • Vomiting often • Being fussy around mealtimes • Sensory, textural, or oral aversion • Avoids entire food groups • Poor growth and appetite 	<ul style="list-style-type: none"> • Primary care provider • Speech language pathologist • Occupational therapist • Feeding team • Registered dietician



Washington State
Health Care Authority

Infant-Early Childhood Mental Health



Statewide Tour

In partnership with local organizations, HCA's Infant Early Childhood Mental Health (IECMH) team will be conducting a tour to visit mental health providers and community partners in each region of the state. Come join us to share your perspective, connect with other providers, and learn about available resources!

Provider Listening Sessions

Open to: Apple Health (Medicaid) mental health providers

Hear from Apple Health mental health agencies and providers about their experiences working with infants and young children.

Registration is required.

Community Networking

Open to: Any organization who serves families of children younger than six eligible for Apple Health (Medicaid)

Learn about available resources and connect with partners in your community. HCA staff will be available to answer questions and offer technical assistance. **Register to secure your spot.**



Visit our **IECMH
Statewide Tour
webpage** to find
dates in your region
and **register today!**

Questions?

Contact Christine Cole:

✉ christine.cole@hca.wa.org

HCA 82-0443 (04/23)



HCA resources
to support you in
providing mental
health services
to infants, young
children, and
their families



Providing **infant-early childhood mental health (IECMH) treatment services** through Apple Health can feel complex. HCA offers resources to support providers in this work.

🌐 Visit our IECMH webpage to:



hca.wa.gov/iecmh

- Learn how to get started with offering mental health services for young children
- Get your billing questions answered by connecting with HCA's IECMH team at their office hours
- Download resources like the MHAYC multidisciplinary referral guide and Community-Informed Apple Health DC:0-5™ Crosswalk
- And more!

A CLOSER LOOK AT

Emotional Health for Babies and Toddlers

WHAT IS EMOTIONAL HEALTH?

Emotional health is learning how to express and manage feelings, learning about other people and yourself, and developing a sense of belonging within community and culture. It is the key to future development for children at every age.

By protecting early emotional health, children become more resilient to stress and are less likely to develop mental health problems down the road.

INVESTING IN EMOTIONAL HEALTH

As our healthcare systems increase focus on disease prevention, we can benefit from a similar approach for the emotional health of babies and toddlers.

Investment in emotional health has proven returns for all stages of development. ★ **Prioritizing it means funding the needs of caregivers, so they can be responsive, nurturing, stable and safe for those they care for. These relationships are the most effective intervention to help children thrive.** ★

POSITIVE RELATIONSHIPS ARE THE FOUNDATION FOR EMOTIONAL HEALTH

Of all the factors that are important to the health and well-being of infants and young children, including nutrition, sleep, learning, etc., relationships are the most important. Early relationship experiences shape brain development and influence all future relationships.

Promoting adult wellbeing and reducing family stressors is essential to ensuring caregivers can provide responsive, nurturing, stable and safe relationships for children to develop.

These supports benefit children's health and success as they grow. They also benefit caregivers, by alleviating distress and fostering healing.

EVERYDAY ACTIONS MATTER

Think about everyday actions you can take to support caregivers and their children at work and at home. What can you do to support families in your community?

From volunteer service to individual acts of kindness, every day actions can improve your own and others' emotional health.

WHAT'S MY ROLE AS A BEHAVIORAL HEALTH PROVIDER?

Infants and toddlers can have mental health disorders that affect development. Properly identifying and treating these disorders reduces risk factors in the long term:

- Ask about the children of your adult clients and help them connect to resources about caregiving or child and family therapy options
- Learn about child development and signs of emotional and behavioral challenges for young children
- Build your skills in practices that focus on relationships
- Proactively help find solutions to reduce stressors at the family level
- Center anti-racist, anti-biased, and culturally humble values





CONTRIBUTORS



WANT TO LEARN MORE (RESOURCES)

Center on the Developing Child Harvard University

Zero to Three | Think Babies

Substance Abuse and Mental Health Services Administration (SAMHSA)

Washington State IECMH Network

ACCESS SERVICES IN WASHINGTON STATE

Washington 211

Help Me Grow Washington

Mental Health Referral Services for Children and Teens



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CONTRIBUTORS



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CHILDREN, YOUTH & FAMILIES

dcyf.wa.gov



hca.wa.gov



THE
PRACTICE
NW

thepracticenw.com



WASHINGTON ASSOCIATION FOR
Infant Mental Health

wa-aimh.org

WANT TO LEARN MORE (RESOURCES)

Center on the Developing Child Harvard University developingchild.harvard.edu

Zero to Three | Think Babies zerotothree.org

Substance Abuse and Mental Health Services Administration (SAMHSA) samhsa.gov

Washington State IECMH Network [facebook.com/groups/
waiecmhnetwork](https://facebook.com/groups/waiecmhnetwork)

ACCESS SERVICES IN WASHINGTON STATE

Washington 211 wa211.org

Help Me Grow Washington helpmegrowwa.org

Mental Health Referral Services for Children and Teens [seattlechildrens.org/clinics/
washington-mental-health-
referral-service](http://seattlechildrens.org/clinics/washington-mental-health-referral-service)



Mental Health Assessment for Young Children

FAQs and resources

FAQ Topic	Resources
Apple Health Billing & Reimbursement <ul style="list-style-type: none"> What procedure codes should I use for assessing/diagnosing young children? How do I bill for multiple assessments? How do I get reimbursed for travel to home & community settings? Are there trainings/webinars about billing for clinicians, billing/coding staff, or administrators? 	<p>Visit HCA's Mental Health Assessment for Young Children webpage for providers – see <i>How do I bill?</i></p> <p>Email HCA's Infant-Early Childhood Mental Health (IECMH) team</p> <ul style="list-style-type: none"> Christine Cole: Christine.cole@hca.wa.gov Kiki Fabian: Kiki.fabian@hca.wa.gov
DC:0-5™ Requirement & DC:0-5™ Crosswalk <ul style="list-style-type: none"> Do Apple Health providers have to attend DC:0-5™ training? When does the DC:0-5™ requirement “start”? How do I put DC:0-5™ diagnoses on my claims? Where is the Apple Health DC:0-5™ Crosswalk? 	<p>Visit HCA's Mental Health Assessment for Young Children webpage for providers – see <i>Resources to support DC:0-5™ adoption</i></p> <p>Email HCA's Infant-Early Childhood Mental Health (IECMH) team</p> <ul style="list-style-type: none"> Christine Cole: Christine.cole@hca.wa.gov Kiki Fabian: Kiki.fabian@hca.wa.gov
DC:0-5™ Trainings <ul style="list-style-type: none"> How do I register? Who is eligible? How long are trainings? Will CEUs be offered? 	<p>Visit the Infant-Early Childhood Mental Health Workforce Collaborative's (IECMH WC's) About DC:0-5™ Training webpage</p> <p>Email the Washington Association for Infant Mental Health (WA AIMH) training team: training@wa-aimh.org</p>
Additional Workforce Development Supports <ul style="list-style-type: none"> Are there supports for using the DC:0-5™ after training? What other trainings on developmentally appropriate diagnosis/assessment are available? 	<p>Visit the Infant-Early Childhood Mental Health Workforce Collaborative's (IECMH WC's) Additional Resources webpage</p> <p>Email the Washington Association for Infant Mental Health (WA AIMH) training team: training@wa-aimh.org</p>
Project Updates <ul style="list-style-type: none"> How can I find out about updates? 	<p>Sign up for HCA's Prenatal – Age 25 Behavioral Health email listserv</p> <p>Sign up for the Infant-Early Childhood Mental Health Workforce Collaborative's (IECMH WC's) Communications email listserv</p>