

# **Infant Mental**

# **Health Therapist**

**Provider Training**

**February 15, 2018**

The Division of Aging, Adult, and  
Behavioral Health Services  
(DAABHS)

## **DAABHS will.....**

- Determine if applicants have met the required standards identified for Infant Mental Health Therapists.
- If the standards are met, DAABHS will issue a letter to that effect, which will be copied to Medicaid and the vendor performing relevant audits.
- There will be a renewal process every 2 years.

# Basic Information about IMH

- Infant Mental Health (IMH) is focused on evidenced-based treatment for children between 0-47 months of age.
- IMH services must include the caregiver
- IMH services focus on transforming the interaction between parent and caregiver to:
  - ❖ Strengthen relationships
  - ❖ Restore child's sense of safety and attachment
  - ❖ Improve cognitive, behavioral, and social functioning

# **Medicaid reimbursable**

## **IMH Services include:**

- Individual Behavioral Health Counseling – Dyadic Treatment
- Marital/Family Behavioral Health Counseling with beneficiary present – Dyadic Treatment
- Psychoeducation – Dyadic Treatment
- Mental Health Diagnosis – Dyadic Treatment
- Interpretation of Diagnosis – Dyadic Treatment

## **Minimum Education/Experience required:**

- Independently Licensed Clinician or Non-Independently Licensed Clinician employed by a DHS-certified Behavioral Health Agency
- Independently Licensed Practitioner (ILP) who is DHS-certified.

## **Minimum Education/Experience required, continued:**

- All clinicians must have completed the  
**DC: 0-5** (Diagnostic Classification of Mental Health and  
Developmental Disorders of Infancy and Early Childhood)  
training provided by a trainer authorized by  
DHS or its designee

**AND**

- All clinicians must have completed training in  
at least one evidence-based dyadic treatment

# **Minimum Education/Experience required, continued:**

Examples of evidence-based dyadic treatment for children 0-47 months include, but are not limited to:

- ❖ Parent-Child Interaction Therapy (PCIT)
- ❖ Child-Parent Psychotherapy (CPP)
- ❖ Trauma-focused Cognitive Behavioral Therapy (TF-CBT)

DAABHS will maintain a list of currently accepted evidence-based models for IMH on the DAABHS website. Trainings other than identified on that list should be presented for prior approval.

# **Minimum Education/Experience required, continued:**

In cases where a clinician is currently participating in an approved training process for evidence based dyadic training, the BHA provider or LLP must send a signed and dated letter of attestation stating the applicant is currently participating in an approved training.

Attestation letter must include the name of the clinician, type of training, the provider of the training, timeframe for completion, and any required subsequent trainings.

Upon completion of the training, the certificate of completion must be submitted to DHS within 5 business days.

Applications must be complete upon submission, including the accompanying documentation, or they will be returned.



# IMH Initial Application

- Completed 3 page application, including signatures
- Supporting documentation that required trainings have been completed
- Letter of attestation, if appropriate
- Copy of professional license
- Copy of LLP certification, if appropriate
- List of each BHA or LLP site at which services will be provided, including site address(es) and Medicaid number associated with the specific site(s)

**REMEMBER:** If an attestation letter is required with the initial application, the provider must submit evidence of completed trainings within established timeframe.

# IMH renewals

- Completed 3 page renewal application (same as initial application)
- Documentation of at least 6 hours of continuing education annually which focuses on early childhood mental health
- Copy of current professional license, and current LLP certification, if appropriate
- Copy of the previous letter demonstrating status as a DHS-approved Infant Mental Health therapist
- List of each BHA or LLP site at which services will be provided, including site address(es) and Medicaid number associated with the specific site(s)

## **IMH Training info**

- UAMS/ARBEST Trainings link: <http://arbest.uams.edu/resources/arbest-trainings/>
- To receive ARBEST training notifications, email [arbest\\_info@uams.edu](mailto:arbest_info@uams.edu).
- TFCBT training is planned for April 2018
- PCIT Training is planned for July 2018
- CPP Training is planned for June 2018
- The next DC:0-5 training is under discussion at this time.

# **Infant Mental Health**

## **General Information**

- The IMH manual contains the application which should be used for initial application as well as renewals.
- The IMH manual will be posted on the DAABHS website under Publications and Documents Section.
- DAABHS website will maintain a list of currently approved trainings for IMH and links to training agencies, if applicable.

# Infant Mental Health

## General Information, continued

- Applications and renewals will be accepted via email, fax, or postal mail.
- Applications and renewals should be accompanied by a cover letter on agency letterhead.
- Email address is [DHS.BehavioralHealth@dhs.arkansas.gov](mailto:DHS.BehavioralHealth@dhs.arkansas.gov).
- Fax number is 501-686-9182
- Mailing address is:

DHS/DAABHS

Attention: Behavioral Health Services

4700 West 7<sup>th</sup> Street

Little Rock, Arkansas 72205

- ❖ If emailing, place **Infant Mental Health Provider Application** in the subject line.
- ❖ If faxing, use a cover sheet to the attention of Behavioral Health Services and indicating Infant Mental Health Provider Application on the subject line.

