

# CHILDREN AND YOUTH SERVICES:

## Mental Health/Substance Use Disorder Consultation

<b>Target Population</b>	<p>Individuals that are supporting the development of children/youth (to age 26) such as:</p> <ul style="list-style-type: none"> <li>• Treating clinicians</li> <li>• Health care providers, teachers, child care staff or education or school administrators</li> <li>• Activity supervisors, such as athletic coaches and other recreational leaders</li> <li>• State agency or other human service agency personnel</li> <li>• Employers providing guidance and recommendations to the child’s caregivers</li> </ul> <p>Parents/caregivers may receive consultation directly and/or among assembled members of the child and family team.</p>
<b>Expected Outcomes</b>	<p>The outcomes expected for an effective MH/SUD Consultation include:</p> <ul style="list-style-type: none"> <li>• Child/youth functioning is stabilized or improved</li> <li>• Maintenance of child/youth in a setting</li> <li>• Individual receiving consultation has an improved capacity to manage child/youth</li> </ul>
<b>Service Definition</b>	<p>Mental health and substance use disorder (MH/SUD) consultation consists of an in-person or telephonic meeting of at least 15 minutes duration between a licensed MH/SUD expert and another individual(s) involved in providing direct services or care for a child or youth with a MH/SUD. The consultation focuses on improving knowledge and skills to address and manage a child or youth’s emotions and behaviors, including the development of behavioral management techniques and crisis plans, and the review and monitoring of progress towards meeting goals identified in the treatment plan. MH/SUD consultation shall not include clinical supervision and shall be administered within an appropriate cultural framework.</p>
<b>Program/Services Requirements</b>	<p>Activities for this service may include:</p> <ul style="list-style-type: none"> <li>• Providing skills development</li> <li>• Developing crisis plans</li> <li>• Providing child/youth emotional regulation and behavior management techniques</li> </ul> <p>Every three months/quarterly, a review should be conducted to determine progress toward the intended outcome.</p>

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<b>Staffing Requirements</b>	<p>Required staff educations/qualifications:</p> <ul style="list-style-type: none"> <li>• An advanced degree including, but not limited to, a Master’s or Doctoral level degree in the MH/SUD field</li> <li>• Licensure within a discipline in a MH/SUD field</li> </ul> <p>Mental Health/Substance Use Disorder Consultation requires regular staff supervision by a licensed MH/SUD professional with a minimum of a Master’s degree in a relevant field. MH/SUD professionals should seek the appropriate level of supervision as specified under their licensing requirements.</p> <p>Required staff competencies:</p> <ul style="list-style-type: none"> <li>• Expertise in content area of the relevant MH/SUD(s) faced by child/youth</li> <li>• Expertise in delivering consultation in an appropriate setting</li> <li>• Ability to train others in emotional regulation (the ability to handle stress and distress and manage positive and negative emotions) and behavior modification techniques</li> <li>• Relevant experience</li> </ul> <p>Ongoing/continuing staff training should include:</p> <ul style="list-style-type: none"> <li>• Any requirements to maintain licensure in a MH/SUD field.</li> </ul>
<b>Location Requirements</b>	<p>MH/SUD consultation is a direct service from staff to recipient, but may be delivered through multiple media, including face-to-face, over the phone and through other electronic means, e.g., the internet.</p> <p>The locations that MH/SUD consultation services should be delivered include, but are not limited to, the following:</p> <ul style="list-style-type: none"> <li>• Schools</li> <li>• Community-based settings</li> <li>• Childcare facilities</li> <li>• Employment settings</li> <li>• MH/SUD consultant’s office</li> </ul> <p>This service should not be delivered in any location where confidentiality cannot be maintained.</p>
<b>Recommended Duration</b>	<p>Frequency and duration of this service is determined through a treatment plan.</p>
<b>Documentation Requirements</b>	<p>Progress reports detailing contact made with the individual receiving consultation and the effect of the consultation on the youth client.</p>
<b>Service Exclusions</b>	<p>Activities for this service should not include:</p> <ul style="list-style-type: none"> <li>• Therapy</li> <li>• Professional supervision (e.g. supervising a teacher)</li> </ul>