

ENCOMPASS FAMILY HEALTH HOME
Care Management
Policy & Procedure Manual

Care Management Policy #27 Complex Trauma

Effective Date: 9/1/16

Revised Date: 3/2/17

Policy: Encompass Health Home Care Management Agencies will assess indicated children for the single qualifying chronic condition of Complex Trauma, and will develop and implement a Plan of Care that includes trauma informed services to meet their unique needs.

Procedure:

A. Definition:

1. The term complex trauma incorporates at least:
 - i. Infants/children/or adolescents' exposure to multiple traumatic events, often of an invasive, interpersonal nature, and;
 - ii. The wide-ranging, long-term impact of this exposure.
2. Nature of the traumatic events:
 - i. often is severe and pervasive, such as abuse or profound neglect;
 - ii. usually begins early in life;
 - iii. can be disruptive of the child's development and the formation of a healthy sense of self (with self-regulatory, executive functioning, self-perceptions, etc.);
 - iv. often occur in the context of the child's relationship with a caregiver; and;
 - v. can interfere with the child's ability to form a secure attachment bond, which is considered a prerequisite for healthy social-emotional functioning.
3. Many aspects of a child's healthy physical and mental development rely on this secure attachment, a primary source of safety and stability.
4. Wide-ranging, long-term adverse effects can include impairments in:
 - i. physiological responses and related neurodevelopment;
 - ii. emotional responses;
 - iii. cognitive processes including the ability to think, learn, and concentrate;
 - iv. impulse control and other self-regulating behavior;
 - v. self-image, and;
 - vi. relationships with others; and
 - vii. dissociation.

B. Screening and Assessment Guidelines:

1. The assessment of Complex Trauma will involve assessing the Child's exposure to multiple recurring traumatic events, as well as the wide ranging and severe impact of this trauma exposure across domains of development.
2. Children will be assessed for a wide range of symptoms (beyond PTSD), risk behaviors, functional impairments and developmental derailments.
3. Information will be gathered using a variety of techniques such as clinical interviews, standardized measures and behavioral observations.
4. Information from a variety of perspectives will be solicited including but not limited to the child, parents/caregivers, teachers and other providers.

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5. The Complex Trauma Assessment; Functional Impairment Assessment & Eligibility Determination will be conducted by a licensed, clinically trained Professional, which includes the following;
 - i. Licensed Masters Social Worker (LMSW);
 - ii. Licensed Clinical Social Worker (LCSW);
 - iii. Psychologist;
 - iv. Psychiatrist;
 - v. Licensed Psychiatric Nurse Practitioner (LNPP);
 - vi. Licensed Marriage & Family Therapist (LMFT);
 - vii. Licensed Mental Health Counselor (LMHC);
 - viii. Pediatrician/Family Medicine Physician or Internist *with specialization in Behavioral Health*.
 - a. Ideally the assessment should involve a multi-disciplinary approach.
6. Care Management Agencies will assure that the Licensed Professional conducting the Complex Trauma Assessment is not the Health Home Care Manager.

C. Referral/Assessment Process:

1. Individuals who wish to refer a Child to the Health Home based on Complex Trauma as a single qualifying condition, or in addition to other qualifying diagnosis(s), will first complete the *Complex Trauma Exposure Screen*, based on all available information.
 - i. This can be completed by a Non-Licensed Professional or a Licensed Professional.
2. If by screening it is determined that the Child has been exposed to Complex Trauma, the Referent may submit a referral to the MAPP, and indicate the Complex Trauma diagnosis as a single qualifier.
 - i. The Child may be entered into the MAPP under other qualifying conditions if appropriate.
 - ii. If the Referent does not have MAPP access, they may contact a referring Entity that can enter the referral such as LDSS, LGU, MCO, CMA or the Health Home.
3. The Referent will then complete the *Complex Trauma Referral Cover Sheet*, and forward Cover Sheet, completed Exposure Screen, and consent to the Health Home through secure messaging.
4. Once received, the Health Home will assign the Child to a CMA, and forward completed documentation.
5. The CMA will assign a Licensed Professional to initiate and complete the *Complex Trauma Exposure Assessment Form*.
6. If Child is deemed positive for exposure, the Licensed Professional will complete a *Functional Impairment Assessment*, using a National Child Traumatic Stress Network (NCTSN) <http://www.nctsn.org/trauma-types/complex-trauma/standardized-measures-assess-complex-trauma> approved assessment tool, and will link the Childs exposure to a functional impairment.

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7. If Child is found to meet the Complex Trauma eligibility, the Licensed Professional will complete the *Complex Trauma Eligibility Determination Form*.
 - i. If the Referent is a licensed Professional, they may complete **ALL** the above assessments and Trauma eligibility determination **prior** to making the referral in MAPP, and submit all documentation to the Health Home at the time of referral.
 - ii. The Health Home will then forward all supporting documentation to the Assigned CMA, who will verify the Complex Trauma diagnoses, as well as any other presenting chronic conditions.
8. The CMA will then assess for Health Home appropriateness, and will begin process for enrolling the Child/Family into Health Home services.
 - i. Enrollment may occur prior to the eligibility determination, based on obtainment of supporting documentation of other qualifying conditions.
9. All documentation will be scanned and attached to the Plan of Care in Netsmart.
10. The Care Manager will refer to all supporting documentation, and utilize a multi-disciplinary approach to create a Plan of Care that is relevant to the diagnoses of Complex Trauma, and meets the Child's unique complex needs.