



Establish a Family Psycho-education Benefit in Medical Assistance

Issue:

- Children spend far more time with their families than therapists and teaching parents and siblings skills that allow them to support a child's mental health treatment makes the family a cost-effective extension of care.
- Families who are given tools to understand and accommodate to their child's mental health condition help to improve their child's functioning, build long term resilience, and experience greater satisfaction with treatment.

Proposal:

- This proposal creates a psycho-education benefit in Medical Assistance (MA) and funds it with projected savings from reduced utilization of the existing psychotherapy benefit under MA.
- Family members will learn skills to support the therapeutic process so the child will continue to make gains in the course of everyday life. A child's family, home and community will augment and reinforce treatment and help sustain the child's treatment progress.

Fiscal impact:

- The proposal is budget neutral. The new benefit will be funded with the savings that are projected to occur from reduced utilization of the existing psychotherapy benefit.

Related information:

- Minnesota Management & Budget website: <http://www.mmb.state.mn.us>
- Minnesota Health Care Programs Web pages: <http://www.dhs.state.mn.us/main/136855>
- DHS Children's Mental Health Web pages: <http://www.dhs.state.mn.us/main/000162>

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