

## **EPSDT: Early Periodic Screening Detection Treatment**

### **EPSDT Services Provided by the Children, Youth and Family Network**

#### **PROGRAM OVERVIEW**

The following information is intended to provide an overview of EPSDT services offered by the Children, Youth and Family Network, in partnership with the County of San Diego Children's Mental Health Services, and with the fourteen school districts comprising the North Coastal Consortium for Special Education.

#### **What is the Children, Youth and Family Network?**

The CYF Network is a Non-profit 501(c)3 corporation comprised of 10 County contracted and community based organizations collaborating in the provision of services to children and families county wide. Four of these agencies are providing services within the North Coastal region: Children's Hospital and Health Center, Community Research Foundation, EYE, and North County Lifeline. These four agencies combined have over 125 years of experience in providing mental health and social services in the local community.

Formation of the CYF Network is in response to the County's plans to redesign the delivery of child and adolescent services in San Diego County. An important goal of the CYF Network is to improve the accessibility, continuity, and range of services available to children and families in need. The Network offers extended geographic coverage, a broad range of human service programs, and thorough knowledge of programs and resources within the community.

The CYF Network and San Diego County Children's Mental Health Services have entered into agreement to provide EPSDT services to the fourteen school district within NCCSE.

#### **What is EPSDT?**

**EPSDT** stands for *Early and Periodic Screening, Diagnosis, and Treatment*.

**EPSDT** is a source of funding intended to serve youth under 21 years of age who are receiving, or who qualify for Medi-Cal.

**EPSDT** provides school-based mental health services to eligible children and their families. The CYF Network provides an assessment to determine those services best suited to the child and their family, and offers increased access to children who might otherwise be unable to receive mental health treatment. Services may include individual, group, and/or family counseling; consultation with teachers, counselors, and other school personnel; and psychiatric evaluation and medication management. Home visits may also be scheduled as appropriate.

For each child who enters treatment, a written "service plan" will be developed which addresses client/family problems, strengths, and goals, and identifies specific activities and services designed to achieve objectives. Service plans are designed with input from school personnel, and are modified over time as school, family, and clinician assess their efficacy. Network therapists will look to all available resources within the community to support the child and their family in achieving identified goals.

## **What kinds of students might be referred for services?**

While ongoing treatment through EPSDT requires that children and families meet Medi-Cal standards for medical necessity, it is not the responsibility of school personnel to formally diagnose students. CYF Network clinicians are prepared to assess students referred by school personnel. Symptoms suggestive of depression, anxiety, anger management problems, out-of-control behavior, marked changes in school performance and social adjustment all may constitute sufficient reason for an EPSDT referral. Not infrequently, a parent's concerns verbalized to school personnel may be the impetus for a referral. Any questions regarding the appropriateness of a referral may be discussed with the Network Coordinator by calling (760) 471-8208, x500.

## **How Are Students Referred For EPSDT Services?**

Potential referrals are identified by school personnel. This may vary from district to district, or school to school, but may include teachers, counselors, principals, psychologists, SST meetings, etc.

Referrals are formalized by completing a CYF Referral Form, and by having the parent/guardian sign an Authorization for Exchange of Information.

Once completed, these forms are faxed to the Network Coordinator. The Coordinator will take all necessary steps to engage an appropriate Network agency and clinician. Once a plan for service has been implemented, the Network Coordinator or assigned clinician will inform the referring school personnel to also fax the CYF Referral Form to the District Contact Person or other identified district level personnel as added oversight of the referral process. It is a fundamental responsibility of the Network Coordinator to provide regular analysis of referrals and outcomes to districts and to NCCSE. Nonetheless, individual districts may opt for more immediate and ongoing involvement.

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[EPSDT Referral - Confidential Student Information](#)

[EPSDT Referral Form](#)