

**CORE SERVICES MATRIX**  
**Short-Term Residential Therapeutic Program**  
**(Excerpt of WIC 11463, Sec 85 AB 403, Operative 1/1/2017)**

**SEC. 85. Section 11463** is added to the Welfare and Institutions Code, to read: **Core services**, made available to children and nonminor dependents either directly or secured through formal agreements with other agencies, which are **trauma-informed**<sup>1</sup> and **culturally relevant**<sup>2</sup> and include:

**(A) Specialty mental health services** refers to “for children who meet medical necessity criteria for specialty mental health services under the Medi-Cal Early and Periodic Screening, Diagnosis, and Treatment program, as the criteria are described in Section 1830.210 of Title 9, of the California Code of Regulations.”

**(B) Transition Services** refers to “support services for children, youth, and families upon initial entry and placement changes and for families who assume permanency through reunification, adoption, or guardianship.”

**(C) Education, Physical, Behavioral, Mental Health, Extracurricular Supports** refers to “educational and physical, behavioral, and mental health supports, including extracurricular activities and social supports.”

**(D) Transition to Adulthood Services** refers to “activities designed to support transition-age youth and nonminor dependents in achieving a successful adulthood.”

**(E) Permanency Support Services** refers to “services to achieve permanency, including supporting efforts to reunify or achieve adoption or guardianship and efforts to maintain or establish relationships with parents, siblings, extended family members, tribes, or others important to the child or youth, as appropriate.”

**(F) Indian Child Services** refers to “When serving Indian children, as defined in subdivisions (a) and (b) of Section 224.1, the core services specified in subparagraphs (A) to (E), inclusive, shall be provided to eligible children consistent with active efforts pursuant to Section 361.7.”

- The following pages list a summary of what services may include in each Core Services depending on the type of placement and needs of a child or youth in foster care.

<sup>1</sup> Refer to page 9 for definition for trauma-informed.

<sup>2</sup> Refer to page 9 for definition of culturally relevant.

**(A) Specialty mental health services refers to “for children who meet medical necessity criteria for specialty mental health services under the Medi-Cal Early and Periodic Screening, Diagnosis, and Treatment program, as the criteria are described in Section 1830.210 of Title 9, of the California Code of Regulations” include, but are not limited to:**

- **Assessment**--a service activity designed to evaluate the current status of a beneficiary's mental, emotional, or behavioral health. Includes but is not limited to one or more of the following: mental status determination; analysis of the beneficiary's clinical history; analysis of relevant cultural issues and history; diagnosis; and the use of testing procedures.
- **Plan Development**--a service activity that consists of development of client plans, approval of client plans, and/or monitoring of a beneficiary's progress.
- **Targeted Case Management**--Case Management/Brokerage is a service that assists a patient to access needed medical, educational, social, prevocational, vocational, rehabilitative, or other community services. The service activities may include, but are not limited to: communication, coordination, and referral; monitoring service delivery to ensure patient access to service and the service delivery system; monitoring the patient's progress; placement services; and plan development.
- **Individual, Family, or Group Therapy**--Mental Health Services are individual or group therapy and intervention services designed to provide reduction of mental disability and restoration, improvement or maintenance of functioning consistent with the goals of learning, development, independent living and enhanced self-sufficiency and that are not provided as a component of adult residential services, crisis residential treatment services, crisis intervention, crisis stabilization, day rehabilitation, or day treatment intensive. Service activities may include but are not limited to assessment, plan development, therapy, rehabilitation and collateral.
- **Collateral**--a service activity to a significant support person in a beneficiary's life for the purpose of meeting the needs of the beneficiary in terms of achieving the goals of the beneficiary's client plan. Collateral may include but is not limited to consultation and training of the significant support person(s) to assist in better utilization of specialty mental health services by the beneficiary, consultation and training of the significant support person(s) to assist in better understanding of mental illness, and family counseling with the significant support person(s). The beneficiary may or may not be present for this service activity.
- **Medication Support Services**--include prescribing, administering, dispensing and monitoring of psychiatric medications or biologicals that are necessary to alleviate the symptoms of mental illness. Service activities may include but are not limited to evaluation of the need for medication; evaluation of clinical effectiveness and side effects; the obtaining of informed consent; instruction in the use, risks and benefits of and alternatives for medication; and

collateral and plan development related to the delivery of the service and/or assessment of the beneficiary.

- **Intensive Care Coordination**
- **Intensive In Home Support Services (In the facility or in the youth's concurrent placements)**

**The Following Programs are not CORE SERVICES as part of the Short-Term Residential Therapeutic Program (STRTP) Mental Health Program Approval. These programs may be necessary in the course of treatment and may be delivered by the STRTP:**

- **Day Rehabilitation Services**--a structured program of rehabilitation and therapy to improve, maintain or restore personal independence and functioning, consistent with requirements for learning and development, which provides services to a distinct group of individuals. Services are available at least three hours and less than 24 hours each day the program is open. Service activities may include, but are not limited to, assessment, plan development, therapy, rehabilitation and collateral.
- **Day Treatment Intensive**--Day Treatment Intensive means a structured, multi-disciplinary program which may be an alternative to hospitalization, avoid placement in a more restrictive setting, or maintain the individual in a community setting, which provides services to a distinct group of individuals. Services are available at least three hours and less than 24 hours each day the program is open. Service activities may include, but are not limited to, assessment, plan development, therapy, rehabilitation and collateral.
- **Crisis Stabilization**--a service lasting less than 24 hours, to or on behalf of a beneficiary for a condition that requires more timely response than a regularly scheduled visit. Service activities include but are not limited to one or more of the following: assessment, collateral and therapy. Crisis stabilization is distinguished from crisis intervention by being delivered by providers who do meet the crisis stabilization contact, site, and staffing requirements.
- **Therapeutic Behavioral Services**--1:1 therapeutic contacts between a mental health provider and client for a specified period of time designed to maintain residential placement and prevent out of home placement at the lowest appropriate level by resolving target behaviors and achieving short term goals. TBS is not a "stand alone" service and must include another Mental Health Service.

**(B) Transition Services (placement change) refers to “support services for children, youth, and families upon initial entry and placement changes and for families who assume permanency through reunification, adoption, or guardianship” include, but are not limited to:**

- In age appropriate terms and ability, the child or youth and licensed provider may participate in child and family team meetings which are reflected in the case planning that includes placement changes upon initial entry and/or placement changes with a permanency plan of reunification, guardianship, adoption, and/or any placement transitions. For the purpose of easing placement changes, the placement change shall be explained to the child or youth.
- To the extent permissible by law, information in the possession of the transferring agency about the child or youth shall be transferred to the new placement agency and licensed provider to support the child or youth’s transition. This includes all records of the child or youth including, but not limited to, medical and educational records in continuing the continuum of service.
- Assistance for child or youth to participate when a placement change of reunification, guardianship, adoption, or placement transition appears likely to occur. The frequency of these visits should increase depending on the age and ability of the child or youth with the goal of easing the transition.
- Assistance for the child or youth to participate in family finding in order to locate family members or other supportive adults who may be willing to provide permanency.
- A form of service(s) to support placement stability may include, but are not limited to, temporary care to stabilize, support, and maintain a placement in order to prevent a placement change.
- Etcetera

**(C) Education, Physical, Behavioral, Mental Health, Extracurricular Supports refers to “educational and physical, behavioral, and mental health supports, including extracurricular activities and social supports” include, but are not limited to:**

- Assistance to ensure child or youth attends school of origin or school where previously placed when it is in the child or youth’s best interest, and if out of the district, provide transportation to the school.<sup>3</sup>
- Assistance to ensure child or youth is immediately enrolled in a school despite the lack of immediately available transfer records and immunization records if the child or youth is unable to attend the school of origin or school where previously placed.<sup>3</sup>
- Assistance to ensure child or youth is issued partial credits by the prior school and not reenroll in previously completed courses in the prior school.<sup>3</sup>
- Assistance to ensure child or youth has access to the same academic resources as all students including appropriate school supplies and services and transportation to extracurricular and enrichment activities such as clubs, sports, religious activities of their choice, club and league sports, culturally relevant activities, school dances, school pictures, yearbooks, etc.<sup>3</sup>
- Assistance to ensure child or youth (in age appropriate terms and ability), together with the holder of educational rights and other pertinent parties, is included in the decision making regarding their education.
- Assistance to ensure that the child or youth that is struggling academically and/or emotionally at school have a Student Study Team (SST) meeting and/or an assessment for an Individualize Education Plan (IEP) depending on the school district policy. The IEP assessment will determine whether a disability interferes with the child or youth’s educational progress in order to obtain services necessary to meet his or her special education needs. In the event that the IEP assessment does not determine that the child or youth does qualify for special education services, a request shall be made for services under Section 504 to determine appropriate accommodations necessary to meet the child or youth’s educational needs.
- Assistance to ensure that the child or youth has the right to a school liaison is upheld, if available through the Foster Youth Services Coordinating (FYSC)<sup>4</sup> Programs or other services.
- Supporting the child or youth in completing required homework, and if appropriate, tutoring to assist in meeting academic requirements through FYSC and/or other services.

<sup>3</sup> Ensuring Educational Rights and Stability for Foster Youth, Assembly Bill 490, <http://apps.americanbar.org/child/rciji/education/ab490.html>

<sup>4</sup> Foster Youth Services – CalEdFacts, <http://www.cde.ca.gov/ls/pf/fy/ceffosteryouth.asp>

- Assistance to ensure the youth with vocational and/or college preparatory tasks including completing admissions and financial aid applications through FYSC, ILP, and/or other services.
- Assistance to ensure child or youth have support and advocacy with respect to prompt and culturally-sensitive intervention when being bullied for any reason such as physical characteristics, foster care status, sexual orientation gender identify expression (SOGIE), race/ethnicity, or age.
- Assistance to ensure child or youth access to the appropriate Regional Center if the child or youth has a qualifying developmental disability.
- Supporting youth or nonminor dependent in identifying themselves as a foster youth to their attending or college of choice; assistance in obtaining college fee waivers and grants or other financial assistance; and employment assistance.
- Assistance to ensure within 30 days of entering the foster care system, the child or youth has obtained a health screening and their health records.
- Assistance to ensure child or youth has routine well check-ups and immunizations consistent with the public health recommended timelines.
- Assistance to ensure child or youth has appropriate medical care for illnesses, including long-term or chronic conditions, and administration of prescribed and over-the-counter medication.
- Assistance to ensure child or youth has access to a nutritious diet which may include accommodations for religious/cultural and/or dietary needs and/or restrictions.
- Assistance to ensure child or youth receive interactive life skills (in age appropriate terms and ability) training that includes but is not limited to: mentoring; pregnancy and parenting support; information/instruction on sexual exploitation, domestic violence, substance abuse, and intimate relationships; cooking; financial management; safety planning; time management; driving competency training; usage of public transportation; credit reporting; information on THP & FC providers; and essential documents such as Identification Cards in the form of a California Driver's License and/or Identification Card, Social Security Card, or medical card.
- Etcetera

**(D) Transition to Adulthood Support refers to “activities designed to support transition-age youth and nonminor dependents in achieving a successful adulthood” include, but are not limited to:**

- Interactive life skills training, if not received prior to emancipating, that includes but is not limited to: mentoring; pregnancy and parenting support; information/instruction on sexual exploitation, domestic violence, substance abuse, and intimate relationships (both same-sex and heterosexual); cooking; financial management; safety planning; time management; driving competency training; usage of public transportation; credit reporting; information on Transitional Housing Placement-Plus-Foster Care (THP+FC); and essential documents such as identification cards in the form of a California Driver’s License and/or Identification Card, Social Security Card, or medical card.
- Lifelong connections support to search and connect with biological or nonrelated family members; assistance in managing relationships such as dealing with intimate relationships and sexuality (both same-sex and heterosexual); and mentoring and coaching to support the transition to adulthood.
- Educational support to access educational services; basic computer literacy and computer equipment; support in application, selection, and visits to potential vocational colleges and/or private/public universities; and access to internships for skill building opportunities.
- Employment support and opportunities for increasing self-esteem through participation in extracurricular activities that promote team work and a sense of self-efficacy; support in completing job applications, job searching, and interviewing processes; and developing negotiating skills.
- Case management and support through scheduled transition meetings with new providers and/or case managers during transition planning conferences (Transitional Independent Living Plan [TILP], Supportive Transitional Emancipation Program [STEP]) and transition to adult services or essential services such as California Children’s Services (CCS).
- Housing assistance to secure housing such as information about THP and information about available housing funding options.
- Access to public services and information about extended foster care including information about public benefits that the youth will be eligible for as an adult, information regarding how to navigate the health care system, and how to advocate for their health care needs.
- Permanency support services (Core Services E) to minimize the number of youth aging-out of foster care without a committed permanent family.
- Etcetera

**(E) Permanency Support Services refers to “services to achieve permanency, including supporting efforts to reunify or achieve adoption or guardianship and efforts to maintain or establish relationships with parents, siblings, extended family members, tribes, or others important to the child or youth, as appropriate” include, but are not limited to:**

- Assistance in reunification services under concurrent planning including frequent family visitation with parents and siblings as authorized by the court. Assistance may include, but are not limited to: transportation, supervising visits, scheduling visits, etc.
- Ongoing support efforts (including family finding and engagement) with the child or youth as age appropriate to achieve legal permanency options that may include reunification, guardianship, and adoption as well as efforts to maintain or establish lifelong relationship with the parents, siblings, extended family members, tribes, or others who are important to the child or youth (as appropriate) whether or not legal permanency is an option. This may include interviewing the child/youth and/or the parents to identify relatives and nonrelatives who may be willing to maintain lifelong connections.
- Services to stabilize and achieve permanency such as mental health services and/or other supportive services to support the family in reunification, guardianship, or adoption. Examples of services may include: traditional therapy; evidence informed treatments (i.e. Functional Family Therapy [FFT], Parent Child Interactive Therapy [PCIT], Positive Parenting Program [Triple P], etc.); family coaching; support groups; and crisis intervention.
- Appropriate assessment and matching for the child or youth and the parents that includes relatives or non-relatives, licensed providers, guardianship, and adoption to support permanency.
- The child or youth and licensed providers shall be provided with appropriate support, including mental health services and medical services, to address grief and loss, trauma, and stigma and rejection, to ameliorate impairments in significant areas of life functioning that can reduce the child or youth’s ability to achieve a permanency.
- Post Permanency support services for children, youth, and licensed provider following reunification, guardianship, or adoption to sustain permanency.
- Etcetera



**Definition Culturally Relevant and Trauma-Informed**

<b>Culturally Relevant</b>	Program practices, services, and supports provided to children or nonminor dependents and families which incorporate or embrace their unique cultural characteristics and diverse backgrounds.
<b>Trauma-Informed</b>	Program interventions practices, services, and supports that recognize and respond to the varying impact of traumatic stress on children, nonminor dependents, and their families, certified parents, resource families, and those who have contact with the Child Welfare System.