

Health Measure TIPS (To Improve Performance Sheet): Behavioral Health Screening in the First 18 Years of Life (BEH)



Importance of the Quality Measure

Approximately one in five children have a mental, emotional, or behavioral disorder such as anxiety, depression, ADHD, and disruptive behavior disorder. It is recommended that a behavioral health screening be performed annually at regular well-child visits beginning at birth and through age 18.² Early identification of behavioral disorders is critical to the well-being of children and their families. Unfortunately, only an estimated 20% of children with mental, emotional, or behavioral disorders received care from a specialized mental healthcare provider.¹ Without early diagnosis and treatment, mental disorders can interfere with a child's healthy development, with problems extending into adulthood. Early identification of behavioral issues, along with timely referrals to specialists and services, can improve behavioral outcomes across the lifespan of a child. It is the Department of Social Services' (DSS) goal that all HUSKY Health members ages 1 to 18 receive a developmental and/or behavioral health screen, at least annually.

Please note that the Department of Social Services will reimburse for developmental and behavioral health screenings, including those that are performed at intervals outside of the annual Early and Periodic Screening, Diagnosis and Treatment (EPSDT) visit.

This quality metric is recognized by a number of national quality improvement measure stewards, and supports an objective of the *Healthy People 2030* initiative developed by the U.S. Department of Health and Human Services and the Office of Disease Prevention and Health Promotion.

Quality Measure Description

The percentage of children ages 1-18 years who received a behavioral health screening during the measurement year

HUSKY Health wants to help you improve your behavioral health screening rates in the first 18 years of life, and improve health outcomes for your HUSKY Health patients. Adherence to this measure is determined by claims data.

Required Medical Record Documentation

- Date of service for the behavioral health screening
- Documentation of the validated screening tool used (Refer to Provider Bulletin 2015-70 for validated tools for this measure)
- Evidence of a screening result (positive or negative) or a screening score (a numeric value associated with the validated screening tool)

*Code for Behavioral Health Screening

CODE	MODIFIERS
96127	Use modifier U3 for a positive screen and U4 for a negative screen.

Quality Improvement Opportunities

- Assess for risk factors for developmental problems such as, preterm birth, low birthweight, environmental risk like lead exposure
- Incorporate workflows for staff to provide parents/guardians with screening forms prior to the visit so they can be reviewed together with the provider
- Optimize EHR system to prompt validated behavioral health screening tool and documentation
- Be sure to discuss mental and behavioral health in a destigmatizing manner

Tools & Resources for Healthcare Professionals

- Screening and Diagnosis of Autism Spectrum Disorder for Healthcare Providers: <https://www.cdc.gov/ncbddd/autism/hcp-screening.html>
- Parent Training in Behavior Management for ADHD: <https://www.cdc.gov/ncbddd/adhd/behavior-therapy.html>

Resources for Patients and Families

- Anxiety and Depression in Children: Get the Facts: <https://www.cdc.gov/childrensmentalhealth/features/anxiety-depression-children.html>
- Positive Parenting Tips: <https://www.cdc.gov/ncbddd/childdevelopment/positiveparenting/index.html>

Additional Information on HUSKY Health

For information on quality improvement, quality measures, or the programs and services made available through the HUSKY Health program:

- Visit: <https://portal.ct.gov/husky>, click “**Information for Providers**,” then “**Health Measures**” under the “**Reports & Resources**” menu item
- Email: Quality@chnct.org
- Call: 1.866.317.3301

References:

¹CDC. (2021). Improving Access to Children's Mental Health Care. <https://www.cdc.gov/childrensmentalhealth/access.html>

²American Academy of Pediatrics. (2021). Recommendations for Preventative Pediatric Health Care. Bright Futures/American Academy of Pediatrics. https://downloads.aap.org/AAP/PDF/periodicity_schedule.pdf

**Code sets are routinely updated. Please reference the current year's manuals when billing for services. Not all codes listed above are reimbursable. For a list of codes reimbursed by DSS, please refer to the Physician Office and Outpatient Services Fee Schedule on the Connecticut Medical Assistance Program website: www.ctdssmap.com.*