

# New Hampshire Comprehensive Assessment for Treatment (CAT) Services Program Important Process Guidelines, Available Supports and Resources

The **State of New Hampshire Department of Health and Human Services (DHHS)** will launch the independent **Comprehensive Assessment for Treatment (CAT)** services program as part of the Family First Prevention Services Act (**FFPSA**), implementation of the system of care, and the State's 10 Year Mental Health Plan on **Tuesday, September 28**. Assessments through this vital new program will be conducted for children referred through Department of Division of Children, Youth and Families (DCYF), Care Management Entities (CMEs), Hampstead Hospital, and the community to help determine the appropriateness of receiving care in residential treatment and creating individualized recommendations for the child's care.



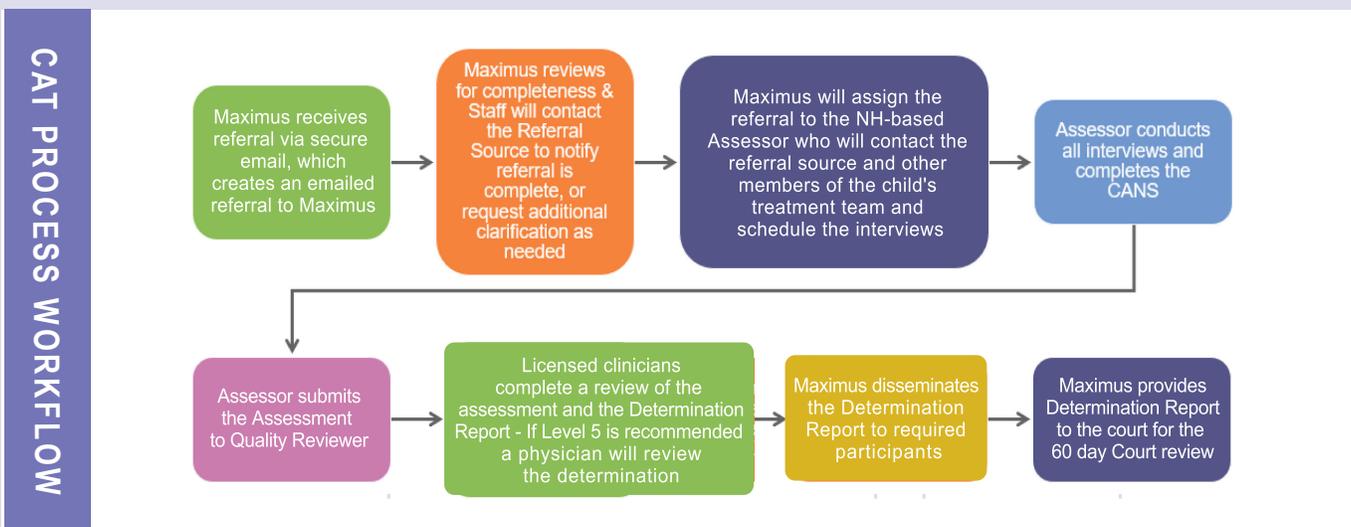
## Understanding the process

DCYF, the CMEs, and Hampstead Hospital will submit referrals directly to Maximus via secure email: [NHCAT@maximus.com](mailto:NHCAT@maximus.com). All other referral sources will submit to [BCBH](mailto:BCBH@dhhs.nh.gov) via secure email at [CATReferral@dhhs.nh.gov](mailto:CATReferral@dhhs.nh.gov) for a prescreen and then referred to Maximus if determined to be an appropriate referral.

## Who should receive a CAT?

You can begin submitting referrals as soon as you are familiar with the processes shown here. Individuals eligible for New Hampshire independent CAT services include any children or youth:

- 1 The community believes may need residential treatment
- 2 Being referred for a new admission to residential treatment through the department
- 3 Transferring from one residential treatment program to another through the department



From referral to dissemination of the Determination Report, the process will take approximately 14 days for Expedited Referrals\* and 30 days for Non-Expedited Referrals.

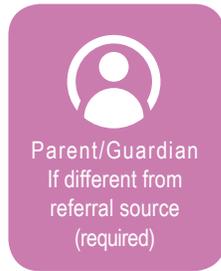
\*Expedited Referrals occur when the child or youth being referred is currently in a detention setting, psychiatrically hospitalized, or has already admitted to a facility designated as a QRTP on an emergent basis at the time of referral.



## The Interview: What should I expect?

To complete the CAT, the **Assessor** must work closely with the child's **Treatment Team**. Referral sources should actively participate in the process and support the Assessor by informing foster parents/parents/family/others who know the child well and should contribute to the assessment about the intent for the interviews to take place. The Assessor will then contact each individual independently to schedule the discussions.

Participation is critical to creating the most accurate assessment of each child's needs. To help ensure a successful result, everyone involved should actively engage in the interview process, including promptly returning calls and emails.



## What materials are most helpful to include with each referral to Maximus?

The Maximus program support team will have access to the information submitted to the CAT, but to help keep the process moving and ensure that no relevant content is potentially missed, it's important to review a list of all the materials that will be useful. Be sure to review the list of potential supporting materials to include as part of the referral process. Typical items most appropriate to share with the referral include:

- ✓ Case Plan or Service Plans
- ✓ IEPs
- ✓ Court or legal records
- ✓ Recent psychiatric and/or psychological assessments
- ✓ Any prior CANS evaluations completed for the child

**Note:** The CAT Referral Form **MUST** be included with every referral submitted.

### NH CAT Support

Have questions regarding the referral or assessment processes? Contact the **New Hampshire CAT Help Desk support team:**

[NHCAT@maximus.com](mailto:NHCAT@maximus.com)

### About Maximus

Since 1975, Maximus has partnered with federal and state agencies to meet legislative mandates and operational improvements. The company sets the industry standard for delivering high-quality, innovative, and value-driven healthcare access solutions, including specialized clinical assessment tools, configurable information systems, and comprehensive project management services.

*The preparation of this guide was financed under a Contract with the State of New Hampshire, Department of Health and Human Services, with funds provided in part by the State of New Hampshire and/or such other funding sources as were available or required, e.g., the United States Department of Health and Human Services.*