

# New Hampshire Comprehensive Assessment for Treatment (CAT)

## A Community Provider's Guide: What to Expect During the CAT Process

The State of New Hampshire Department of Health and Human Services (**DHHS**) implemented the Comprehensive Assessment for Treatment (**CAT**) program as part of the Family First Prevention Services Act (**FFPSA**). Assessments are conducted for eligible youth to create individualized recommendations and determine the level of care that is most supportive for the youth at the time.

If the youth and family team believe that all community based treatment services have been exhausted and the youth may need residential treatment, then a referral for a CAT may be made with the consent of the youth and family members.

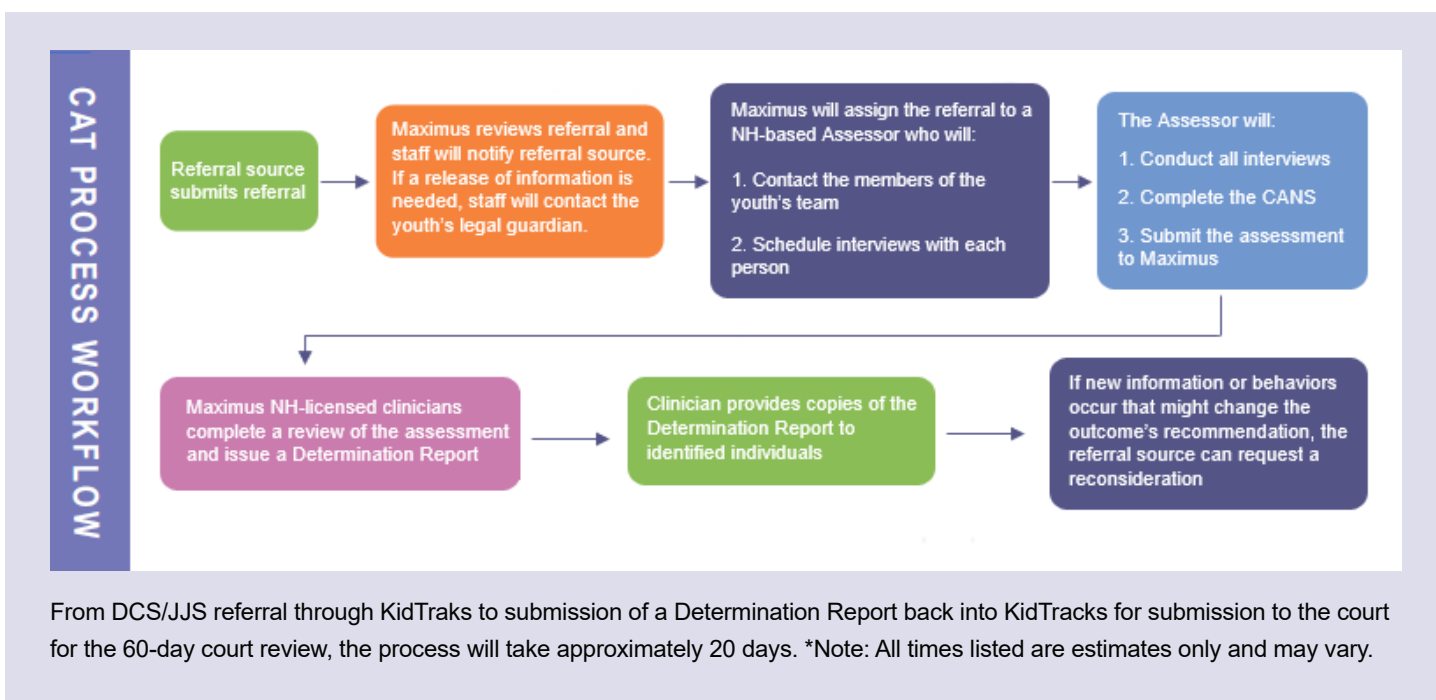
### What Materials are Most Helpful to Include with Each Maximus Referral?

Recent clinical documentation related to the youth's needs, which include:

- Recent psychological/psychiatric evaluations
- School records (e.g. IEPs)
- Service or treatment plans
- Court or legal records
- Any prior CANS evaluations completed for the child

### Understanding the Process

The state partners with Maximus to complete CAT assessments, using the Child and Adolescent Needs and Strengths (CANS) assessment. Maximus provides a corresponding determination report for identified individuals involved in the youth's care.





## Questions to Consider before Making a CAT Referral

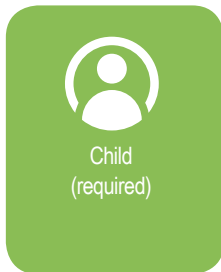
- Have the youth and family members consented to the referral?
- Do the youth and family members understand the implications if the CAT recommends residential treatment?
- Have the youth and family engaged and exhausted community based resources?
- Has the youth been to an emergency hospital (or Rapid Response) for psychiatric evaluation in the last 12 months?
- Has the youth been admitted to a psychiatric hospital in the last 12 months?
- Is this referral based on the youth's clinical need for treatment at a residential setting?
- If the youth has a developmental disability is the area agency involved?
- If youth has a development disability and the area agency is not involved, please contact them for resources before making a CAT referral.



### The Interview Process

To complete the CAT assessment, the **Assessor** must work closely with the child's **Family Team**. The referral source should actively participate in the process and support the Assessor by informing parents and other supports 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 youth's needs. To help ensure a successful result, everyone involved should actively engage in the interview process, including promptly returning calls and emails.



### 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)  
833.73 NHCAT (833.736.4228)

### 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.

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