

New Hampshire Comprehensive Assessment for Treatment (CAT)

For Parents: What to Expect

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.

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.

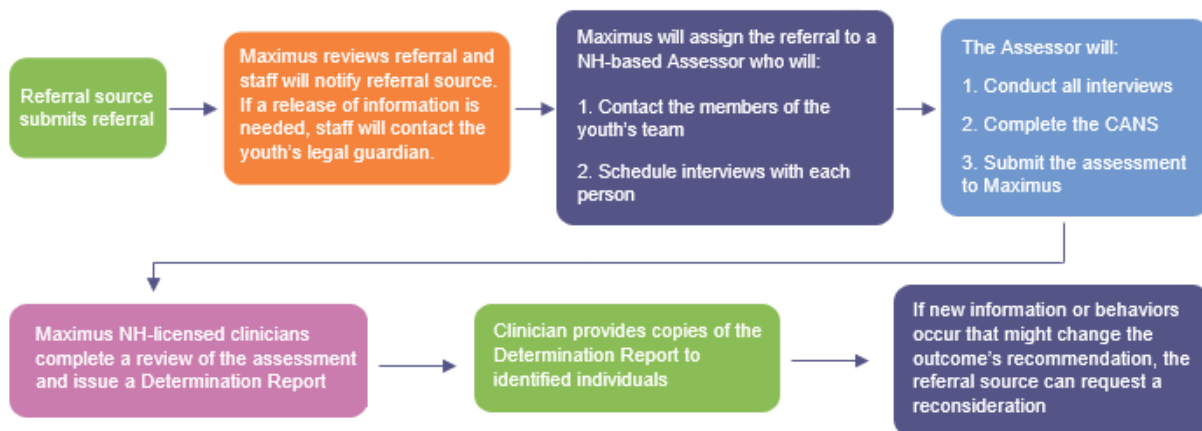


What materials are most helpful to include with each referral to Maximus?

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

CAT PROCESS WORKFLOW

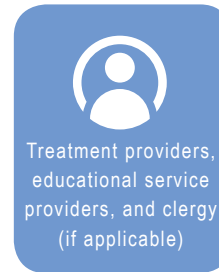
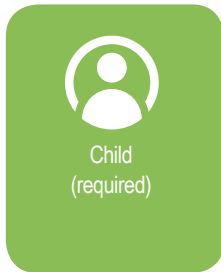




The Interview: What should I expect?

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.



What Questions Might Be Asked?



- What are the circumstances around the referral? What does the youth do well?
- What do they enjoy? What is important to them?
- Is the youth having a hard time with their feelings or actions? What does that look like for them?
- Is the youth doing things that could hurt anyone? If yes, what does that look like for them?
- What does the youth need to best be supported?
- Where do you believe is the best place for the youth to receive care?
- Does the youth's caregiver have capacity to safely support the youth?

NH CAT Support

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

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.

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