

20.3 Computer Adaptive Testing – Mental Health (CAT-MH™)	
Application: All Department of Children's Services Employees.	
Authority: TCA 37-1-130; 37-1-131; 37-1-132; 37-1-137; 37-5-105; 37-5-106	Standards: COA: PA-JJCM: 2.01, 2.02, 2.03, 2.04, 2.05, 2.06, 5.02, 5.06, 6.02
Commissioner:	Date:
Original Effective Date: 01/03/19 Current Effective Date: 08/27/19	Supersedes: Policy 11.2 04/26/18 Last Review Date: 08/27/19
Glossary: <ul style="list-style-type: none"> ◆ Computer Adaptive Testing – Mental Health (CAT-MH™) <ul style="list-style-type: none"> ○ An assessment tool which can assess a youth's level of anxiety and depression in about 5-6 minutes. It gives immediate feedback about whether a youth is suicidal and in need of intervention. 	

Policy Statement:

DCS uses the Computer Adaptive Testing – Mental Health (CAT-MH™) to assess custodial youth placed in a detention center or other temporary placement for the need of immediate mental health intervention for feeling suicidal or depressed.

Purpose:

To outline procedures on how to administer the CAT-MH™ assessment.

Procedures:

A. Administration of the CAT-MH™ Initial Intake into DCS Custody

The CAT-MH™ is an assessment tool which can assess a youth's level of anxiety and depression in about 5-6 minutes. It gives immediate feedback about whether a youth is suicidal and in need of intervention. Staff enters the TFACTS Person ID as the identification number. It is administered:

- a) As a regular part of the initial intake process for youth, ages 13 and up, who enter custody and are placed in a detention center or any other temporary placement;
- b) By the same individual who completes the intake packet, typically the Court Liaison; and

- c) On a tablet or smart phone given to the youth to directly enter their responses to the questions.

B. Administration of the CAT-MH™ for Youth in DCS Custody

1. Upon receiving notification that any custodial youth, age 13 and up, has been placed in detention or temporary placement, the assigned Juvenile Service Worker (JSW) either administers the CAT-MH™ to the youth within 24 hours or arranges to have the CAT-MH™ administered if they are unable due to distance.
2. If the JSW requires support from another region in completing the CAT-MH™, the JSW consults with the Team Coordinator (TC), who interfaces with the TC in the other region to request assistance.
3. If a Social Services youth goes to detention, the JSW consults with the Court Liaison and the Court Liaison ensures that the CAT-MH™ is completed.
4. The JSW re-administers the CAT-MH™ every 30 days as long as the youth remains in temporary placement.

Note: If a youth is currently receiving mental health services, in detention or temporary placement, a CAT-MH™ is required.

C. Suicide Warning

1. The person administering the CAT-MH™ looks for a suicide warning from the CAT-MH™ program, which can be found in three ways. Only one of the choices is necessary to confirm results:
 - a) At the completion of the CAT-MH™, the screen shows “Go to Control Panel” if the youth has a positive suicide warning and immediate action is required. The screen shows “Take a Test” if the youth has a negative suicide warning and no immediate action is required.
 - b) The person administering the CAT-MH™ receives an immediate email notification of the results of the CAT-MH™, which indicates whether there is a Suicide Warning. If there is a suicide warning, the first email received will show “Columbia-Suicide Severity Rating Scale (C-SSRS) – Suicide Warning” and second email received will show “Suicide Warning” in the subject line.
 - c) The person administering the CAT-MH™ can look up the youth in the CAT-MH™ system by the same TFACTS Person ID they entered for the youth, and see whether there is a Suicide Warning for that youth.
2. If the youth is found by any of the above three methods to have a suicide warning, the DCS staff member administering the test contacts Mobile Crisis services immediately (866 791-9226). Mobile Crisis requires that permission be given by the

youth's placement allowing Mobile Crisis to enter the facility and assess the identified youth if a face-to-face assessment is warranted.

- a)** The DCS staff explains to Mobile Crisis that a youth has been flagged by the Columbia - Suicide Severity Rating Scale and provides any additional details. Once the call has been initiated by DCS, the Detention staff should speak with Mobile Crisis agreeing to allow them to assess the identified youth by phone or in person. The DCS staff should then provide any additional information and conclude the call.
- b)** If a Safety Plan is developed by Mobile Crisis over the telephone, it is the responsibility of the DCS staff to share the Safety Plan with the Detention Center or placement location.

D. Mental Health services referral

- 1.** The Regional Psychologist/Licensed Mental Health Clinician receives an immediate email from the CAT-MH™ system regarding the results of the CAT-MH™. Within 72 hours, that individual emails the recipients of the notification email with information about whether or not the youth needs to be referred for mental health services.
- 2.** If the JSW is not on the email because the case was not yet assigned, the Team Leader (TL) and TC who have received the email, forwards it to the JSW who then makes the referral.
- 3.** The JSW arranges for mental health services by using the contact list of Youth Villages staff assigned to each detention center.
- 4.** Recommended guidelines are to refer youth with the following results for services:
 - a)** Major Depressive Disorder positive and Depression is normal, mild, moderate, or severe;
 - b)** Anxiety Disorder moderate or severe; or
 - c)** Suicide Warning positive but youth not hospitalized.
- 5.** If the Regional Psychologist/Licensed Mental Health Clinician is on leave, the JSW and TL ensure the youth is referred for services, if indicated, according to D4.

Forms:

None

Collateral Documents:

None