

Assessing Access to CAC Mental Health Services

Consider the following questions when assessing access to mental health services provided by CACs in your state. The Sample CAC Capacity Survey below can be sent to CACs in your state to assess the capacity of their mental health teams and determine if they may be a good fit to participate in a TMH network.

For mental health services being conducted at CACs, consider:

- Number and full-time equivalent (FTE) of therapists employed by the CAC
- What evidence-based treatments (EBTs) are CAC therapists qualified to deliver? "Qualified" is defined as completing formal training (not just participating in conference workshop or online course such as TF-CBT Web) and participating in consultation, as required by developers
- Number of CAC therapists formally "certified" in an EBT (and which EBTs)
- Number of children receiving mental health services annually
- Approximate number of children receiving mental health services annually by age category (e.g., 0-5, 6-12, 13+)

For mental health services accessed via linkage agreements, consider:

- Number of linkage agreements with community providers
- Number and FTE of community therapists serving CAC clients through a linkage agreement
- Do community therapists who support the CAC specialize in mental health services for children, or carry a general child and adult caseload?
- Do the community therapists supporting the CAC specialize in trauma treatment, or respond to a wide range of potential mental health challenges?
- What EBTs are community therapists qualified to deliver? "Qualified" is defined as completing formal training (not just participating in a conference workshop or online course such as TF-CBT Web) and participating in consultation, as required by developers
- Number of community therapists formally "certified" in an EBT (and which EBTs)
- Number of CAC children receiving mental health service annually
- Approximate number of CAC children receiving mental health services annually by age category (e.g., 0-5, 6-12, 13+)

Sample CAC Capacity Survey

Children's Advocacy Center Name			
Name of person completing the survey			
Email		Phone	
CAC Address			
Counties served by the CAC			

How does your CAC offer mental health services? Check all that apply.	
<input type="checkbox"/>	In-house therapist(s) employed by the CAC → COMPLETE SECTION 1
<input type="checkbox"/>	Linkage agreement therapist(s) not employed by the CAC → COMPLETE SECTION 2
<input type="checkbox"/>	Other → COMPLETE SECTION 3

SECTION 1 – In-House Therapists

How many FTE therapists does the CAC employ?	
How many clients did your in-house mental health team serve last full fiscal year?	
Do you have enough therapists?	
Do you have problems finding qualified applicants for any mental health therapist vacancy?	
Does your team have the capacity to provide therapy to additional clients from other CACs?	
Does your CAC have a waitlist for therapy?	
If yes, how long is the current estimated wait to initiate therapy?	

How many children/youth are currently on the waiting list?	
Note: If you offer CFTSI in the short term after interview or exam, answer this question as it relates to the waitlist to start other therapies such as TF-CBT.	
How do the therapists deliver services? Check all that apply.	

	In the office
	In the home or other community setting (like a school)
	Telemental health
What therapies are your therapists trained in? Check all that apply.	
	TF-CBT
	EMDR
	PCIT
	CFTSI
	AF-CBT
	PSB-CBT
	Other _____
Can any of your therapist deliver services in languages other than English?	
What languages?	
Do you provide clinical supervision?	
If yes, who provides clinical supervision?	
Who employs this clinical supervisor?	
How do you financially support your therapy program? Check all that apply	
	Government Grant
	Payment by MDT Partner
	Private Foundation Grant
	Victims of Crime Compensation Funding
	Medicaid
	Private Insurance
	Philanthropy/Donor Support
	Other – Please explain:

SECTION 2 – Linkage Agreement Therapists

How many therapists serve CAC clients via linkage agreements?		
Who are your linkage agreements with? Check all that apply.		
<input type="checkbox"/>	Private practice therapist(s) or a group private practice	
<input type="checkbox"/>	Community mental health agency who employs the therapists	
How many CAC-referred clients did your linkage therapists serve last full fiscal year?		
Do you have enough linkage agreement therapists?		
Do you have problems finding qualified trauma therapists willing to meet NCA accreditation requirements in your area?		
Do any of your linkage therapists have the capacity to provide therapy to additional clients from other CACs outside your area?		
Does your CAC or your linkage therapists have a waitlist for therapy?		
If yes, how long is the current estimated wait to initiate therapy?		
How many children/youth are currently on the waiting list?		
Note: If you offer CFTSI in the short term after interview or exam, answer this question as it relates to the waitlist to start other therapies such as TF-CBT.		

How do the linkage therapists deliver services? Check all that apply.		
<input type="checkbox"/>	In the office	
<input type="checkbox"/>	In the home or other community setting (like a school)	
<input type="checkbox"/>	Telemental health	
What therapies are your linkage therapists trained in? Check all that apply.		
<input type="checkbox"/>	TF-CBT	
<input type="checkbox"/>	EMDR	
<input type="checkbox"/>	PCIT	
<input type="checkbox"/>	CFTSI	
<input type="checkbox"/>	AF-CBT	

	PSB-CBT
	Other _____
Can any of your linkage therapists deliver services in languages other than English?	
What languages?	
Do your linkage therapists receive trauma specific clinical supervision?	
If yes, who provides clinical supervision?	
How are the linkage therapists paid? Check all that apply.	
	Government Grant
	Payment by MDT Partner
	Private Foundation Grant
	Victims of Crime Compensation Funding
	Medicaid
	Private Insurance
	Philanthropy/Donor Support
	Other – Please explain:

SECTION 3 – Other Arrangements

If you have another arrangement to meet the mental health needs of your clients and meet NCA Accreditation please describe:

If the state were to organize a statewide CAC mental health network to provide high quality trauma mental health services remotely to your clients and their families remotely using tele-mental health would your CAC be interested in participating?	
If yes, how many referrals would you estimate your CAC would make on average per month?	
Would you be willing to have your victim advocate trained to support the case identification, referral, and on-going support during treatment?	
Would your therapist(s) (in-house or linkage) be able and willing to consider providing telemental health services to support other CACs?	