

Self-Management Tools

CenCal Health offers a comprehensive library of health education content on the CenCal Health website to both members and providers.

This library includes self-management tools to help members determine risk factors, provide guidance on health issues, recommend ways to improve health, and support reducing risk or maintaining low risk.

These self-management tools are interactive resources that allow members to enter specific personal information and provide immediate, individual results based on the information. Self-management tools are offered on several important topics, including the following:

- Healthy weight (BMI) maintenance
- Smoking and tobacco use cessation
- Encouraging physical activity
- Healthy eating
- Managing stress
- Avoiding at-risk drinking
- Identifying depressive symptoms

Members can access these tools directly from CenCal Health's website at www.cencalhealth.org/health-wellness/self-management-tools/, through the Member Portal, or through printed mail by request.

CenCal Health members can also be referred to the Health Education Request Line at 1-800-421-2560, ext. 3126 to request specific materials or other health education needs.

For information to support health education services in your practice, contact the Health Promotion team at healthed@cencalhealth.org or 1-800-421-2560, ext. 3126.



CenCal Health Closure: June 19, 2024

CELEBRATING
JUNETEENTH

FREEDOM DAY

(Juneteenth National Day Observed)

Primary Care Physicians: Assessing Behavioral Problems in Young Children

Psychological/Neuropsychological Testing are highly specialized assessment tools for clarification of psychiatric and neuropsychiatric disorders.

The testing is typically conducted by a doctorate-level Clinical Psychologist with specialized training. It is considered to be medically necessary when all other evaluative methods leave you and your patients uncertain about diagnosis and indicated treatment.

A frequent challenge in the primary care setting is evaluating children with a possible diagnosis of Autism Spectrum Disorder (ASD). The American Psychiatric Association's DSM-5 provides the clinical criteria for establishing a diagnosis. Psychological testing is not required to make the diagnosis.

There are multiple resources for screening and assessment available to CenCal PCPs who are concerned that a patient may have ASD or another neurodevelopmental/behavioral problem.

- The American Academy of Pediatrics (AAP) offers the Bright Futures program for child screening and assessment. This national health promotion and prevention initiative is also supported by the U.S. Department of Health and Human Services, the Health Resources and Services Administration (HRSA) www.hrsa.gov/, and the Maternal and Child Health Bureau (MCHB). The Bright Futures Guidelines provide theory-based and evidence-driven guidance for all preventive care screenings and health supervision visits. More details about these tools are available on the AAP website at <https://www.aap.org/en/practice-management/bright-futures/bright-futures-in-clinical-practice/get-to-know-bright-futures-guidelines-and-core-tools/>.

Additional AAP resources include:

- "Promoting Optimal Development: Identifying Infants and Young Children with Developmental Disorders Through Developmental Surveillance and Screening" <https://pediatrics.aappublications.org/content/145/1/e20193449>.
- "Identification, Evaluation, and Management of Children with ASD" <https://pediatrics.aappublications.org/content/145/1/e20193447>.

In addition, CenCal Health has several in-network clinical psychologists available to provide diagnostic assessments and consultations. No prior authorization is needed to refer a patient for psychological services. Following an initial assessment, a psychologist may ask CenCal Health for authorization to conduct psychological testing.

When to Refer for Psychological/Neuropsychological Testing

A diagnosis of ASD or a comprehensive developmental evaluation is no longer required to start ABA treatment. For children with serious behavior problems, please submit a completed [ABA Recommendation form](#) to CenCal Health to approve completion of a Functional Behavioral Assessment (FBA).

Providers can locate this form online at www.cencalhealth.org/providers/forms-manuals-policies/forms-library/, located under the Behavioral Health website tab.

If your patient has problems with verbal communication, you might consider a referral to Speech and Language Services. Lastly, for children under the age of 3 presenting with significant problems with behavior and psychosocial and/or intellectual development, please consider a referral to the Tri-County Regional Center for assessment and early intervention services. You can make a referral at www.tri-counties.org/connect-intake-coordinator/.