



**PUBLIC INSURANCE  
PROGRAMS AND  
CHILDREN WITH  
SPECIAL HEALTH  
CARE NEEDS**



A Tutorial on the Basics of

**Medicaid  
and  
The Children's  
Health Insurance  
Program (CHIP)**



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## INTRODUCTION

### Why This Tutorial?

According to the National Survey of Children's Health (2016), almost half of children with special health care needs (CSHCN) depend on Medicaid or the Children's Health Insurance Program (CHIP) for some or all of their health care coverage.<sup>1</sup> Title V of the Social Security Act has a mandate to facilitate the development of community-based systems of care for CSHCN and their families through the state block grant program. There are natural points of connection and opportunities for collaboration between Title V and Medicaid/CHIP, including:

- Providing gap-filling services to publicly insured CSHCN;
- Helping with identification of Medicaid/CHIP-eligible CSHCN and facilitating enrollment;
- Engaging in capacity-building activities that ensure quality health care services are available to CSHCN at the state and local level.<sup>2</sup>

Not only is collaboration between Title V and Medicaid/CHIP a good thing in terms of promoting the development of and access to a robust system of care and services for CSHCN, it is also required by several federal statutes and regulations.<sup>3</sup>

But communication and collaboration between these important programs serving CSHCN is not always easy. In our work with state Title V program staff, we have learned that the complexity of many Medicaid and CHIP rules and regulations, along with unfamiliar vocabulary can create barriers to effective collaboration.

### Learning Objectives

By completing this tutorial, participants will:

- Increase their understanding of state Medicaid and CHIP programs and policies;
- Review examples of how partnerships can maximize Medicaid and CHIP program capacity to meet the needs of CSHCN;
- Identify specific opportunities to partner with the Medicaid and CHIP programs in their own state.

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<sup>1</sup>National Survey of Children's Health. NS-CH 2016. Data query from the Child and Adolescent Health Measurement Initiative, Data Resource Center for Child and Adolescent Health website. Retrieved September 13, 2017 <http://www.childhealthdata.org/browse/survey/results?q=4562&r=1&g=638>. A Catalyst Center calculation based on preliminary NS-CH data. The calculation was performed using the population estimate of CSHCN with public insurance (n=5,739,375) and the population estimate of CSHCN with public and private insurance (n=1,049,865), divided by the estimate of the total CSHCN population (n=13,901,999).

<sup>2</sup>Michael C. Lu, et al (2015). Transformation of the Title V Maternal and Child Health Services Block Grant. *Matern Child Health J.* 19(5): 927-931. Retrieved August 2, 2017 from <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4428533/>

<sup>3</sup>Including Title XIX of the Social Security Act §1902(a)(11)(B); the Code of Federal Regulation Title 42 - § 431.615 (Relations with State Health and Vocational Rehabilitation Agencies and Title V Grantees).



# INTRODUCTION

We have created this tutorial to help directors, staff, partners and others serving CSHCN increase their knowledge of how both public benefit programs work. A more in-depth understanding of the program components and policies can help Title V staff build more effective partnerships with their state Medicaid and CHIP programs.

## Content Overview

This tutorial gives a broad overview of Medicaid and CHIP, the many different populations these programs serve, the changes they are undergoing as a result of health care reform and some options to help readers think about opportunities to improve services for CSHCN through communication and collaboration with Medicaid and CHIP staff. The tutorial starts with an overview of how definitions of CSHCN may vary by agency or program, followed by eleven major topic areas and then recommendations for steps Title V programs can take to build successful partnerships with public insurance programs.

## Partnerships in Your State

Each of the eleven topic areas (Sections 2-12) describes a component of the Medicaid/CHIP program and a brief description of the regulatory framework for each. It then identifies opportunities for Title V programs to use this information or interact with Medicaid/CHIP programs in this area. A brief set of questions, “Test your knowledge,” is provided at the end of each topic to reinforce the major learning points. An answer key is provided for each so that readers can check their content knowledge. Each topic concludes with a set of inquiries that provides direction for participants to find out more specific information about Medicaid and CHIP in their state.

- Section 1: How Do Different Systems Define and Think About Children with Special Health Care Needs?
- Section 2: The Basics: What are Medicaid and CHIP?
- Section 3: Building Partnerships: What Kinds of Partnerships Between Title V and Medicaid/CHIP Are Required and Feasible to Build?
- Section 4: Pathways to Coverage
- Section 5: Covered Services: What Will Medicaid and CHIP Pay For?
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- Section 10: Next Steps: Making the Case for Successful Partnerships in Your State
- Section 11: TEFRA/Katie Beckett Option: A Pathway to Medicaid for Children with Disabilities
- Section 12: Early and Periodic Screening, Diagnostic, and Treatment (EPSDT)

This document is part of *Public Insurance Programs and Children with Special Health Care Needs: A Tutorial on the Basics of Medicaid and the Children’s Health Insurance Program (CHIP)*, available in its entirety at <http://cahpp.org/resources/Medicaid-CHIP-tutorial>

Is this tutorial helpful to you? Please take our survey at <http://bit.ly/2gXLYuy-catalyst-survey>

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