SECTION 1: ACCESS AND REFERRAL

The Fresno County Mental Health Plan (FCMHP) is an open access system. Timely access to services, responsiveness and sensitivity to cultural and language differences, age, gender, and other specialized needs of Fresno County Medi-Cal beneficiaries are important components of the FCMHP. These guidelines outline procedures for obtaining Specialty Mental Health Services (SMHS) and other information regarding access to mental health services.

The goal of the FCMHP service delivery system is a seamless system of care that affords equal access to all eligible persons based on individual treatment needs. In order to assure this access for individuals, the FCMHP works closely with providers at all levels of care, including acute psychiatric inpatient hospital services, coordinated outpatient mental health programs, Fee for Service (FFS) providers, and the two physical healthcare Medi-Cal Managed Care Plans operated by Anthem Blue Cross and CalViva Health. This collaboration is done at the individual treatment provider level, the specific agency level, and through more formal collaboration and arrangements.

All Fresno County Mental Health Plan provider sites are access points to the FCMHP. A beneficiary may select a provider from the FCMHP Provider Directory and request to be seen for an assessment to determine the proper level of care, and establish whether medical necessity criteria are met for Medi-Cal SMHS through the FCMHP. All FCMHP providers can verify a beneficiary's Medi-Cal eligibility and help the beneficiary receive the care that s/he needs. A Medi-Cal beneficiary does not need prior authorization to begin receiving treatment with a FCMHP provider. For the most up-to-date FCMHP list of providers, please access the Fresno County Mental Health Plan Provider Directory online: http://www.co.fresno.ca.us/viewdocument.aspx?id=61872

1.0 Provider Access

Providers seeking information about services or processes regarding the FCMHP may contact their assigned Provider Relations Specialist (PRS), or the Managed Care division by calling **(559) 600-4645** Monday through Friday, 8:00 A.M. to 5:00 P.M. (except holidays).

1.1 Points of Access

1.1.1 24 Hour Access Line

The County-wide Behavioral Health Access Line (1-800-654-3937) is available 24 hours a day, 7 days a week for all requests for specialty mental health services (SMHS), including urgent services. A beneficiary may request SMHS in person, by telephone or in writing.

For beneficiaries with hearing impairment, dial 711 to reach the California Relay Service.

1.1.2 Fresno County Mental Health Plan Service Sites

When a beneficiary or client requests mental health services in person or by phone, staff will:

Obtain Demographic Information.

Perform a *Clinical Screening* to determine the mental health need.

If a mental health need is indicated, schedule a *Clinical Assessment* to determine medical necessity for mental health services.

During the initial intake process, if the beneficiary presents with an urgent/emergent mental health need, the Admitting Interviewer (AI) or designated staff may call 9-1-1, or if deemed safe, refer the beneficiary to the Exodus Crisis Stabilization Center. SMHS provided to a beneficiary to treat an urgent condition do not require pre-authorization.

Before a clinical assessment is scheduled, staff will obtain consent for treatment and initiate a financial eligibility evaluation.

Whenever possible, beneficiary/client will be given two choices for a provider preference. Gender, ethnicity, geographical location, or other factors important to the beneficiary may influence choices. If the information obtained during the first assessment is insufficient to formulate the beneficiary's plan of care, the assessing clinician has the option to conduct an expanded assessment.

1.1.3 Contract Provider Sites

If a Fresno County resident calls regarding or requests SMHS at a contract provider site, after verifying client's Medi-Cal eligibility, the provider may begin providing services to the client.

When a contract provider determines that medical necessity criteria are not met after an initial assessment, the contract provider will complete a *Notice of Action-A* (NOA-A) form, send the original NOA to the beneficiary, and a copy to Managed Care. The NOA-A form is available in English, Hmong, and Spanish at the following website:

http://www.co.fresno.ca.us/departments/behavioral-health/managed-care/contract-providers.

The State Department of Health Care Services (DHCS) requires that the beneficiary be provided a Notice of Action-A and informed of his/her right to file an Appeal with the FCMHP within three working days after a noticeable action, when services are denied due to absence of medical necessity, after an initial assessment. The provider is to verbally inform the client of his or her right for a second opinion, and give the client information on the grievance and appeals process, and assistance that is available.

1.2 Access Standards

Every Fresno County resident seeking SMHS will be given an opportunity for a mental health assessment. The assessment will be scheduled as soon as possible after medical necessity is determined. The contract provider may perform a mental health assessment without prior authorization from the FCMHP. Mental health assessments may be done by an in-house or contract provider who is a licensed or waivered clinician at a Fresno County MHP service site or a contract provider site. If the provider serves both Medi-Cal beneficiaries and beneficiaries with commercial coverage, the provider's hours of operation offered to Medi-Cal beneficiaries must be no less than the hours of operation offered to commercial beneficiaries or comparable Medicaid fee for service (FFS).

Timeliness

FCMHP contract providers are required to meet State standards for timely access to care and services, taking into account the urgency for the need of services. Generally, contract providers are required to see a

beneficiary for an assessment within 30 days of the beneficiary's request for services. If the beneficiary has an urgent need, then the provider may arrange to see them as soon as medically necessary, or refer them back to the County to be seen at the Urgent Care and Wellness Center (for adults with an urgent need), or the Youth Wellness Center (for children with an urgent need), as soon as possible. Failure to see a beneficiary for an assessment within 30 days of a request for services will obligate the provider to complete a Notice of Action-E (Lack of Timely Services). Refer to Section 6, Problem Resolution Process and Appeal for more information.

Choice of Practitioner

After the initial assessment, if medical necessity criteria are met, the beneficiary will be offered a choice of several providers whenever possible. In these cases, a request for a service provider with appropriate cultural and linguistic competence will be explored and documented.

The FCMHP will provide beneficiaries an opportunity to change providers at any time during the course of treatment. If the beneficiary requests a change of provider, the beneficiary will complete a *Request for Change of Service Provider* form. This form, together with a stamped, self-addressed envelope is available at all provider sites. The FCMHP staff will begin investigating the request in a timely manner. Criteria for accommodation of request will include, but not be limited to, the beneficiary's diagnostic and clinical issues and the impact of the change on treatment and plan of care goals; provider's ability to deliver the service (e.g., time conflicts with appointment availability), and the provider's treatment style and/or specialty.

Second Opinions

If, after the initial assessment, the request for mental health services is denied due to a lack of medical necessity, the beneficiary will be informed through informational brochures and verbally during the initial assessment of his or her right to request a second opinion. All requests for a second opinion are to be sent to the Managed Care division, except for beneficiaries with a third-party payer, who will be referred to their primary insurance. The Managed Care Utilization Review Specialist (URS) will review the written assessment and any other pertinent information completed by the provider and/or beneficiary. Telephone contact with the beneficiary will be made as necessary.

If the URS determines that a second opinion is warranted, the URS will authorize a reassessment with a licensed in-house or contracted provider. If the URS concurs with the determination of lack of medical necessity, the beneficiary will be advised of the formal Appeal procedure, and provided a brochure explaining the beneficiary's right to file an Appeal. The FCMHP has one level of appeal for beneficiaries. Once this level of appeal has been exhausted, the beneficiary will be informed of their right to request a State Fair Hearing.

Information Provided to Persons with Visual or Hearing Impairments

The Fresno County MHP utilizes the State TTY relay service, (7-1-1), as needed, for hearing impaired beneficiaries. Beneficiary informational materials are available in alternate forms (i.e., large print and online videos with audio for the visually impaired.)

1.2.1 Out of County Access

Fresno County beneficiaries requiring specialty mental health services when outside of Fresno County will call (800) 654-3937 for information on how to access services. If the beneficiary's mental health condition is urgent, they may call 9-1-1, or go to the nearest psychiatric or medical facility for emergency treatment. Specialty Mental Health Services provided to treat an urgent condition do not require FCMHP pre-authorization.

1.3 Interagency and Outside Referrals

The access point for all interagency and outside referrals is through the Access Line (800) 654-3937 or the FCMHP Managed Care Division (559) 600-4645. Referrals for Therapeutic Behavioral Services, Psychological or Neuropsychological testing are directed to a Utilization Review Specialist (URS) for screening. The URS will determine if there is need for referral to a provider who can provide these specialized services.

Referrals and Coordination with Other Providers

Referrals to the MHP for SMHS may be received through beneficiary or client self-referral or through referral by another person or organization including, but not limited to:

- Physical Health Care Providers
- Schools
- County Welfare Departments
- Other Mental Health Plans

- Conservators, Guardians, or Family Members
- Law Enforcement Agencies

If a potential referral is indicated, The URS will request a copy of the client's most recent mental health assessment and plan of care. After review by the URS, and if the service is indicated, the URS will refer the beneficiary to a provider for an assessment, with an option for an expanded assessment.

1.4 Fresno County Mental Health Plan – Urgent Care and Emergency Access Points

Urgent Care Wellness Center (Adults)

The Urgent Care Wellness Center (UCWC) strives to provide mental health treatment services that are client-centered, strength based, culturally competent, and co-occurring mental health and substance abuse capable. Services are based in the Wellness and Recovery model as we believe that everyone can improve their health and wellness, live a self-directed life, and strive to reach their full potential.

Services provided are mental health assessment, client centered treatment planning, group therapy, limited individual therapy, crisis evaluation, and linkage and consultation with client support systems such as: primary care, psychiatric services, government agencies, private providers, and natural support systems such as family, friends, and faith communities. The UCWC is available for adults 18 years and over, on a walk-in or appointment basis, at the following location:

4441 E. Kings Canyon Road, Fresno, CA 93702 (559) 600-9171 8:00 a.m. to 6:00 p.m., Monday-Friday

Youth Wellness Center (Children and Youth 0-17 yrs.)

The Youth Wellness Center (Center) welcomes children and parents/guardians seeking mental health treatment services for youth ages 0-17 who are experiencing behavioral challenges. The youth must be eligible for Medi-Cal or have no health insurance coverage. The Center triages clients based on their individual conditions. Children in crisis can be seen the same day, while children with less urgent conditions may be scheduled for an assessment. The service begins with a mental health assessment by a therapist who meets with the child and the parent/guardian to determine the behavioral needs and the level of

care that is appropriate. A case manager may assist the therapist with linking the youth for ongoing treatment services and identify resources that are available to meet other needs the youth and family may have identified.

The Center also provides follow-up services for youth that have experienced a mental health crisis, but who are not receiving ongoing outpatient mental health treatment. The goal is to avoid repeated crisis episodes by linking the client quickly to ongoing mental health treatment services with Children's Mental Health or a community resource based upon the severity of the youth's behavioral health needs. The Center recognizes the strengths of our youth and families and provides the mental health and support services to best promote wellness and resiliency.

1.4.1 24 Hour Availability of Services to Address Emergency Conditions-In County

The FCMHP Access Line offers 24 hour availability of services with linguistic capability, seven days a week. The toll-free line provides information on access to SMHS, including urgent and emergent care. The FCMHP Access Line is operated by a contracted provider. Access Line staff members with mental health training, certification, and/or licensure receive the calls and determine the nature of each call. If the caller requires language assistance, the call is coordinated with Linguistica International, the County's contracted language interpretation service.

Staff triage the caller to determine the most appropriate level of care and referral type needed, and provide the appropriate linkage. Callers with urgent or emergent conditions will be transferred to 9-1-1 for emergency assistance or, if determined to be safe, be advised to enter the system as a walk-in through one of the following sites as most appropriate:

Adults (18 yrs. +)

Exodus Crisis Stabilization Center

Provides 24 hour OUTPATIENT services for adults with severe mental illness in crisis.

4411 E. Kings Canyon Road Fresno, CA 93702 (559) 453-1008 24 hours per day, 7 days per week

Exodus Psychiatric Health Facility (PHF)

Provides 24 hour INPATIENT hospitalization services for adults with severe mental illness in crisis.

4411 E. Kings Canyon Road Fresno, CA 93702 (559) 600-7180 24 hours per day, 7 days per week

Children & Youth (0-17 yrs.)

Exodus Youth Crisis Center (0-17 yrs.)

Provides 24 hour OUTPATIENT services for children and adolescents with severe mental illness in crisis.

4411 E. Kings Canyon Road Fresno, CA 93702 (559) 512-8700

Central Star Youth Psychiatric Health Facility (PHF) (12-17 yrs.)

Provides 24 hour INPATIENT hospitalization services for children and adolescents with severe mental illness in crisis.

4411 E. Kings Canyon Road, Bldg. #319 Fresno, CA 93702 (559) 600-2382

1.4.2 24 Hour Availability of Services to Address Urgent Conditions-Out of County

The FCMHP ensures that Medi-Cal beneficiaries, when out of the county, will have adequate access to SMHS. Out of county beneficiaries may include children adopted from Fresno County, or placed in guardianship with family, or in foster care; children or adults in residential placement, or beneficiaries who are visiting another county or recently changed county of residence. Beneficiaries who require urgent or emergent mental health services may call the FCMHP toll-free Access Line, (800) 654-3937, to request information on how to access SMHS out of county. If the beneficiary has an urgent mental health need or is in crisis, the

beneficiary may go to the nearest psychiatric or medical hospital or facility for assessment and crisis stabilization. No preauthorization is necessary for crisis services.

1.5 Fresno County Mental Health Plan In-House Access Points-Fresno/Clovis Area

A Fresno County Medi-Cal beneficiary may access specialty mental health services by calling the client toll-free Access Line at (800) 654-3937. Access staff will provide the most appropriate linkage per the beneficiary's request and needs. Beneficiaries may also call one of the following access points directly, during business hours:

1.5.1 Adult Services

Metro Area Outpatient Clinic

The Metro Area Outpatient Clinic provides outpatient mental health services and case management through the Clinical Team, and medication support services through the Adult Medical Team, to mental health clients 18 years of age and older.

4441 E. Kings Canyon Road Fresno, CA 93702 (559) 600-4099

Older Adult Mental Health Clinic

The Older Adult Mental Health Clinic provides mental health, medication support, case management, rehabilitation, and crisis intervention services to mental health clients 60 years of age and older. The clinic works collaboratively with several nearby Department of Social Services agencies and programs, including Adult Protective Services and In-Home Supportive Services, as well as the County Ombudsman and physical healthcare providers.

2025 E. Dakota Avenue, $2^{\rm nd}$ Floor, Suite 230 Fresno, CA 93726 (559) 600-5755

Conservatorship Team

The Conservatorship Team assists adult clients requiring psychological and/or psychiatric assessments for conservatorship

determination. Clients are referred by designated acute psychiatric facilities (Exodus Psychiatric Health Facility, Community Behavioral Health Center, and the VA Inpatient Facility) as well as by the court for clients that are in the Fresno County jail.

2085 E. Dakota Avenue Fresno, CA 93726 (559) 600-1500

Asian Pacific Islander Team

The Asian Pacific Islander team provides outpatient mental health services to Cambodian, Hmong, Lao, Mien, Vietnamese, and other residents of Asian descent, who are 18 years and older. Services include: individual rehabilitation, case management, individual therapy, rehabilitation/therapy groups, and medication support services.

4441 E. Kings Canyon Road Fresno, CA 93702 (559) 600-4099

Latino Team

The Latino Team provides culturally appropriate individual rehabilitation, case management, individual therapy, rehabilitation/therapy groups, and medication services with an emphasis on family, when possible. Services are provided in the office, community, and at clients' residences.

4441 E. Kings Canyon Road Fresno, CA 93702 (559) 600-4099

Perinatal Program

The Perinatal program provides mental health services to pregnant and postpartum mothers and their babies. The multidisciplinary team can provide services in the office or home. Clients can selfrefer or request their doctor to refer them.

West Fresno Regional Center, Edison Plaza 142 E. California Avenue Fresno CA 93706

(559) 600-1033

Fax: (559) 600-1101

Pathways to Recovery

Pathways to Recovery services support the recovery of women, men, and their children in their Substance Abuse Track, Therapeutic Children's Services and Mental Health Track. Services focus on treating all thinking, feeling, behavior, and/or substance use challenges that the client is experiencing. Pathways to Recovery uses a client/child focused, strength-based wellness and recovery model.

515 S. Cedar Avenue Fresno, CA. 93702 Phone: (559) 600-6075 Fax: (559) 600-6090

1.5.2 Children/Youth Services

Children's Outpatient Program

Outpatient services are provided to youth 0 - 17 years of age, and infant mental health for voluntary or court-ordered 0-3 year olds. Services include mental health assessments and evaluations, case management, transitional services, medication services through the Children's Medical Team, collateral interventions, individual and family therapy, family advocacy, community based services as needed, substance abuse prevention and interventions, parenting groups in English and Spanish, groups for pre-adolescents and adolescents girls, Boys Coping Skills group, trauma focused mental health treatment, attachment-based family and child therapy.

3133 N. Millbrook Fresno, CA 93703 (559) 600-8918

Expansion of Day Treatment Program (EDT)

EDT is a therapeutic day treatment program for adolescents who are offered daily mental health services in a structured setting. This program is comprised of clinicians and community mental health specialists. The EDT program is intended to assist in stabilizing an adolescent who has been recently discharged from a psychiatric inpatient facility or to prevent the need for referring to an inpatient psychiatric facility. This program offers a small and safe therapeutic setting for adolescents who have exhausted

Outpatient services and are in need of more intensive mental health services. The population it serves is 7th through 12th grade.

3133 N. Millbrook Ave. Fresno, CA 93703 (559) 600-6784 Fax (559) 600-7604

Metro School-Based Program

The Metro School-Based Program is designed to deliver outpatient specialty mental health services to school age students that have been identified by school administration or other designated staff that they may benefit from school-based mental health treatment. Because of transportation, payment or family challenges, these students are not able to access services in the clinic setting. This program is available in school sites within Fresno, Central and Clovis Unified School Districts.

3147 N. Millbrook Avenue Fresno, CA 93703 (559) 600-6750

Day Reporting Center-Violet Heinz Education Academy

This is a collaborative program for youth who are involved in the juvenile justice system and is located at a school site. The program offers students education provided by Fresno County Office of Education, substance abuse counseling by WestCare and mental health treatment. All youth who receive services at the Day Reporting Center are involved with Juvenile Probation and are referred by their probation officer.

4939 E. Yale Avenue Fresno, CA 93727 (559) 443-4850

1.6 Fresno County Mental Health Plan Access Points-Rural

Fresno County contracts with an organizational provider to operate clinics at rural sites throughout the county. Services include mental health services, intensive case management, crisis outreach services, medication evaluation, peer support, and supported independent permanent housing for adults with serious mental illness and children

with severe emotional disturbance in Fresno County. These clinics serve multiple levels of severity, offer therapy, case management and psychiatric services at the following locations:

275 Madera Avenue, Kerman, CA 93606 (855) 225-7604 (Kerman location only)

3111 Coalinga Plaza, Coalinga, CA 93210

40 E. Minarets, Pinedale, CA 93650

1311 11th Street, Reedley, CA 93654

225 Academy Ave, Sanger, CA 93657

3800 McCall Avenue, Selma, CA 93622

(855) 343-1057 (Coalinga, Pinedale, Reedley, Sanger, & Selma locations)

Rural School-Based Program

The Rural School-Based program is designed to deliver outpatient specialty mental health services to school-age students that have been determined by school administration or other designated staff as potentially benefitting from school-based mental health treatment. The focus of treatment is on wellness, resiliency and recovery to assist the entire family who may benefit from specialty mental health services. The program enables students and their families to access services by reducing the barriers to care due to the lack of resources, transportation, language, ability to pay, or other family challenges.

3147 N. Millbrook Ave Fresno, CA 93703 (559) 600-6892

Rural Resource Guide

The FCMHP has identified mental health resources in Fresno County rural areas. Please follow this link for more information: http://www.co.fresno.ca.us/home/showdocument?id=2877

1.7 Multi-Agency Access Program (MAP)

DBH provides an integrated MAP intake process connecting individuals and families facing homelessness/housing challenges, substance use disorders, or physical health and/or mental health-related challenges to supportive service agencies in Fresno County. DBH seeks to streamline access processes to ensure that all individuals in need of behavioral health care have timely, personal, relevant, clear and understandable

paths to care. By integrating behavioral health into other systems such as physical health care settings, justice settings including courts and probation, schools, and other service delivery organizations, DBH can significantly increase access to care and improve the total health and wellness in the community.

The MAP Point is a Collaborative of an experienced team of three partners: Kings View Corporation, Centro La Familia Advocacy Services, and Poverello House. Community Regional Medical Center is a project participant, and will provide a MAP site at its Ambulatory Care Center, but is not a formal, funded partner. Together this team has developed a proposal to serve Fresno County through eight fixed sites and a mobile truck. The project includes three sites in urban Fresno and five rural sites, plus mobile unit stops. The plan draws upon the experience of the Poverello House at its current MAP Point at Poverello program, enhanced by the experience of Kings View Corporation and Centro La Familia Advocacy Services in serving the target populations.

The MAP provides an integrated intake process that connects individuals facing various challenges to supportive services, matching individuals and families to the right resources at the right time at the right location. This is accomplished through an established and formalized screening process, collaboration of service providers, leveraging existing community resources, eliminating barriers and assisting clients' access to supportive services.

In collaboration with the Hospital Council's Community Conversations and the Fresno-Madera Continuum of Care, Fresno's first pilot of a MAP, MAP Point at the Poverello House (Pov), opened February 17, 2015. MAP Point at the Pov is supported by full-time staff physically located on-site coupled with the coordinated efforts of multiple community partners rotating in on a daily schedule. Intakes/screenings are completed by on-site staff or a community partner.

Once the intake and assessment are completed, each agency will work within a centralized system for placement. The overall goals of the MAP Point project are as follows:

• Provide clients with a single point of entry in urban and rural communities where people may access health care and social services that promote their health, financial, and social well-being in the community.

- Support the client's resiliency and sustainability through appropriate linkages.
- Using best practices, engage the client in completing the Community Screening Tool and other appropriate tools to assist in the development of their linkage plan goals.
- Respect each client's ethnicity, gender, and belief system by utilizing cultural humility in all interactions.

The MAP Point Collaborative proposes to serve all clients who come to one of the MAP points, and to leverage partner resources to create community awareness of MAP services. Partners develop conservative estimates of initial duplicated contacts based on their experience at each of the sites.

1.8 Provider Transition Plan

Should a contract provider choose to terminate their contract with the FCMHP, or should a contract provider have their contract with the FCMHP plan terminated, that contract provider is responsible to assist in the transition of a beneficiary under his/her care to another provider who is contracted with the FCMHP. The terminating provider must contact the FCMHP as soon as possible, and provide a list of all Fresno County beneficiaries under their treatment. The FCMHP will ensure that the beneficiary receives the same level of service from a provider of his/her choice during the transition.

1.9 Procedure for Requesting Other Mental Health Services

When a contract provider determines that the beneficiary needs additional mental health services (such as Medication services and Psychological testing) but these services are beyond the provider's capability or scope of practice to provide, the provider may contact a Utilization Review Specialist by calling (559) 600-4645, and provide the following documents:

- Copies of the Assessment and Plan of Care
- Completed Release of Information form
- Completed Medication Referral or Psychological Testing Referral form (Refer to Section 13 for form information.)

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Section 1: <u>Access and Referral</u>

Forms and Attachments

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CLINIC FACE SHEET

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