

**GOVERNMENT OF THE DISTRICT OF COLUMBIA  
Child and Family Services Agency**

**HEALTHCARE QUICK REFERENCE GUIDE**

**Healthy Horizons Assessment Center and Nurse Care Manager Program**



It is the policy of the Child and Family Services Agency (CFSA) to conduct initial medical screenings and comprehensive health assessments at CFSA's on-site medical clinic, the Healthy Horizons Assessment Center (HHAC). HHAC provides medical screenings for children who are entering, re-entering, exiting, or changing placements while in foster care. For purposes of this quick reference guide, the term "child" includes both infants and youth, as applicable.

**Contact the CFSA Health Services Administration (HSA) On-Call Information Line at 202-498-8456, 24 hours per day, 7 days per week.**

1. Under the auspices of HSA, HHAC ensures that children from birth to their 21<sup>st</sup> birthday are seen at one location by a nurse practitioner who has been trained in the clinical needs of children and youth entering the child welfare system.
2. HHAC is a limited-service, on-site medical screening clinic that is staffed with licensed nurse practitioners and certified medical assistants 24 hours a day, 7 days a week. Although it serves as a health information resource, HHAC does not provide "sick visit" services, routine well-visits, physicals, or services to children who have open in-home cases with CFSA. The HHAC telephone number is 202-727-8096.
3. Children require a medical screening at HHAC when they are discharged from a psychiatric residential treatment facility or when they receive a medico-legal examination, or exit from the foster care system (either through reunification, guardianship, adoption, or aging out).
4. Exceptions to initial medical screenings occur for allegations of sexual or physical abuse and for children discharged from the hospital.
5. When medical and mental health assessments determine that a child or youth requires individualized medical case management services, CFSA enrolls the child in the Nurse Care Manager Program (NCMP) and assigns a nurse care manager (NCM).
  - CFSA established NCMP to support the social worker in improving health and developmental outcomes, including safety and well-being for children in foster care.
6. HHAC nurse practitioners or assigned social workers may refer children to NCMP based on established medical necessity criteria (*see below for definition of "medical necessity"*) and a determination that the child has needs for intensive case management for health or health-related social, educational, or other needs.

7. "Medical necessity" is determined by one or more of the following criteria:
  - a. The child has a diagnosed condition for which medication is required and/or the child needs treatment for a recurring condition that if left untreated may lead to serious illness or impairment.
  - b. There is a suspected condition that without in-depth evaluation and case management may lead to serious illness or impairment.
  - c. Identified risk factors that have been noted by a comprehensive history, or a developmental or other evaluation, could result in impaired functional capabilities if left unattended.
  - d. An informed clinical opinion of a licensed professional suggests the need for medically-related intervention and case management to prevent the development of serious illness or impairment.

*Note: If the social worker needs assistance in determining "medical necessity", she or he should contact HHAC at 202-727-8096 for guidance.*

8. A youth who is pregnant at the time of entry into care or who subsequently becomes pregnant while in care shall be assigned to a NCM.
9. For a child enrolled in NCMP, an individual comprehensive care plan shall be developed by the NCM in collaboration with the assigned social worker, the child's family, available health care providers, the age-appropriate child, and other individuals on the child's team who are knowledgeable about the child and his or her needs. The care plan is tracked and monitored by the NCM.
10. All federal and District of Columbia mental health and confidentiality laws apply to HHAC and NCMP procedures.

To read this online policy in its entirety, click on [Healthy Horizons Assessment Center and Nurse Care Manager Program](#) or visit CFSA's online policy manual at <http://cfsa.dc.gov/>.