



Dyadic Services: Medi-Cal Whole Family Behavioral Health Support

EARLY SERVICES TO ADDRESS CHILDREN’S EMOTIONAL AND BEHAVIORAL HEALTH

Dyadic services are a Medi-Cal behavioral health benefit for children and youth under age 21. These services support the child and their parent or caregiver at the same time. This approach recognizes that a child’s emotional and behavioral health is closely connected to the well-being of their caregiver.

Why dyadic services are important

Dyadic services help families:

- Identify concerns early.
- Support healthy child development.
- Strengthen parent-child relationships.
- Prevent behavioral health concerns from getting worse.



| Eligibility | Details |
|---------------------|---|
| Child or youth | Under age 21 and enrolled in Medi-Cal. |
| Parent or caregiver | Participates in services with the child or youth. |
| Caregiver | Does not need Medi-Cal coverage as long as the services support the child or youth. |

Questions?
 Contact
 Provider Services at
 888-893-1569

Eligible providers

Dyadic services are provided by trained, licensed medical and behavioral health professionals, or by associate-level clinicians working under supervision. Eligible providers include, but are not limited to:

- Physicians
- Psychiatrists
- Licensed Clinical Social Workers
- Psychologists

Community Health Workers may support services when permitted and under the supervision of an eligible provider.

For a complete list of eligible provider types, refer to the Dyadic Services and Family Therapy Frequently Asked Questions at https://bit.ly/CalAIM_FAQs.

(continued)

Dyadic services covered under Medi-Cal



Dyadic behavioral health well-child visit

- A behavioral health visit that focuses on emotional, developmental and family needs.
- Not included in a routine medical well-child visit.
- If possible, provided on the same day or close in time to the medical visit.



Dyadic psychoeducational services

- Education and coaching on child development, emotions and behavior.
- Supports early prevention and reduces concerns.



Family training and counseling for child development

- Short-term counseling or training for the child and caregiver together.
- Focuses on:
 - Parenting strategies.
 - Child behavior.
 - Positive parent-child interactions.

Care settings for dyadic services

- **Integrated provider sites**, such as:
 - Community health centers
 - Federally Qualified Health Centers
 - Certain pediatric primary care and clinic settings
- These sites may provide:
 - Medical well-child visit and dyadic behavioral health (DBH) visit on the same day or close in time.
 - Deliver ongoing dyadic services when appropriate.
- **Non-integrated provider sites** may:
 - Start dyadic services during the medical well-child visit.
 - Refer families to behavioral health providers for DBH visits or additional dyadic services.

Additional resources

- UCSF Center for Advancing Dyadic Care in Pediatrics: <https://dyadiccare.ucsf.edu/>
- HealthySteps: www.healthysteps.org