

# Dyadic Behavioral Health



With 12 natural touch points in the first 3 years of life, pediatric well baby visits make up the most frequent point of contact with the healthcare system for families with young children, providing an opportune space to address the caregiver and family context and provide behavioral health early intervention, connect families to resources, support early child development, and mitigate inter-generational trauma and the harmful effects of toxic stress.

**The dyadic services benefit and associated codes were designed to support comprehensive models of dyadic care, such as HealthySteps and Dulce, that work within the pediatric clinic setting to identify and address caregiver and family risk factors for the benefit of the child:**

Child development, social-emotional, behavioral health, and family needs screening and assessment	Referral, care coordination, and systems navigation supports	Dyadic services such as child development & behavior consults, positive parenting guidance and information	Family therapy for interpersonal conflict; psychotherapy services without the need for a MH diagnosis

**Research shows that these comprehensive approaches to early childhood and behavioral health promotion and prevention optimize future child health and well-being.**

## Background readings:

The original demonstration project that led to the dyadic benefit and the new family therapy benefit:



[Babies Don't Go to the Doctor By Themselves Innovating a Dyadic Behavioral Health](#)

## Summary of the new dyadic benefit



First 5 Center for Children's Policy  
[New Children's Medi-Cal Behavioral Health Benefits 101: Family Therapy and Dyadic Services](#)

## National recognition:



The Center for Law and Social Policy  
[California's Medicaid Family Therapy Benefit Reimagines Medical Necessity](#)



Georgetown University Health Policy Institute  
[California's Medicaid Breakthrough: An Opportunity to Advance Children's Social and Emotional Health](#)

## Press pieces on the dyadic benefit:



[LAist Need parenting Help? Therapy? Food? California Pediatrician Offices May soon Be Able to Help](#)



[Los Angeles Times California is set to make a big investment in treating parents and children together](#)



[Cal Matters It's time to invest in behavioral health services for young people](#)

## HealthySteps evidence:



[HealthySteps Evidence Summary 2021](#)