

Memorandum

TO: Regional Accountable Entity Directors and Mental Health Center Executive Directors

FROM: Colorado Department of Human Services, Office of Behavioral Health
Colorado Department of Health Care Policy and Financing

RE: Use of the Diagnostic Classification of Mental Health and Developmental Disorders of Infancy and Early Childhood™ (DC:0-5)

DATE: December 31, 2020

The use of the Diagnostic Classification of Mental Health and Developmental Disorders of Infancy and Early Childhood™ (DC:0-5) is the recommended practice for the clinical conceptualization and diagnosis of young children ages 0 through 5.^{1,2,3} This clinical classification is developmentally sensitive, relationship-based and contextually grounded. The DC:0-5 enhances clinicians' ability to diagnose and treat mental health problems specific to infants and young children that are not well addressed in other classification systems. Most mental health problems have their origins in early childhood, and decades of clinical research clearly demonstrate that intervention of clinical problems in the earliest years of life is most effective and has the greatest return on investment than intervention at any other age.

As the Mental Health Authority for the State of Colorado, the Office of Behavioral Health (OBH) recommends the use of the DC:0-5 for diagnosis of children ages 0-5. Furthermore, OBH and the Department of Health Care Policy and Financing (HCPF) support the use of a crosswalk to allow DC:0-5 diagnoses to be mapped onto DSM diagnoses and billed as ICD-10 diagnostic codes that allow for medically necessary services.

Mental health professionals who provide clinical services to young children ages 0-5 and their families should be trained in the use of the DC:0-5 (and all future iterations). Colorado is the first and currently only state in the nation to have a cohort of ZERO TO THREE certified trainers who are available to provide this training across all regions of the state, and many of them can provide it at no cost. The ZERO TO THREE certification process ensures quality trainers can support providers in maintaining high fidelity to the diagnostic training curriculum.

For more information on training please visit: <https://mhcd.org/right-start-colorado/>

The Colorado COMPASS will include a section for the DC:0-5 and will make inclusion of a DSM diagnosis unnecessary for children with a DC:0-5 diagnosis. The DC:0-5 crosswalk and Frequently Asked Questions are enclosed.

¹ Mental Health Colorado (2018). Early Childhood Mental Health Toolkit.

² ZERO TO THREE (2018). Advancing Infant and Early Childhood Mental Health: The Integration of DC:0-5 Into State Policy and Systems.

³ ZERO TO THREE (2017). DC:0-5: Diagnostic Classification of Mental Health and Developmental Disorders of Infancy and Early Childhood: A Briefing Paper

Colorado's DC:0-5™ Crosswalk to DSM-V and ICD-10 Frequently Asked Questions

What is the DC:0-5?

DC:0-5™ is the Diagnostic Classification of Mental Health and Developmental Disorders of Infancy and Early Childhood published by ZERO TO THREE. DC:0-5 is the revised and updated DC:0-3R and was created to provide developmentally specific, relationship based and contextually grounded diagnostic criteria and information about mental health disorders in infants and young children.

Who is ZERO TO THREE?

ZERO TO THREE is a national nonprofit organization composed of the leading early childhood experts from a variety of fields. Preeminent psychologists and psychiatrists are members of this group. ZERO TO THREE transforms the science of early childhood into helpful resources, practical tools and responsive policies for millions of parents, professionals and policymakers; one such tool is the DC:0-5.

Why is the DC:0-5 necessary?

First published in 1994 as DC:0-3, this clinical nosology addressed the need for a systematic, developmentally based classification system that adequately addressed mental health and developmental disorders in the earliest years of life. Prior to the release of the DC:0-3, clinicians and researchers lacked any widely accepted system for classifying mental health and developmental disorders for infants and toddlers. To this day, existing classification systems such as the DSM are geared toward disorders in school-age children, adolescents and adults, and do not adequately reflect mental health disorders that are typically first diagnosed in infancy and early childhood. DC:0-5 provides a common language that allows individuals across disciplines to communicate accurately and efficiently with each other and to link to knowledge about early childhood disorders (ZERO TO THREE, 2017)

Why is a crosswalk necessary?

A crosswalk aligns diagnostic codes between different classification systems. For reasons discussed, above Colorado would like to offer the crosswalk to clinicians who assess and treat very young children as it facilitates use of the DC:0-5. Use of the DC:0-5 will insure better assessment, developmentally appropriate diagnosis and more accurate clinical formulation that can lead to the selection of the most appropriate treatment strategies. Because DC:0-5 codes are not billable, they must be cross-walked to ICD-10-CM for billing and reimbursement.

Are all crosswalked diagnoses covered by public and private insurance?

All of the mental health diagnoses are covered by Medicaid. Autism Spectrum Disorder and other developmental disorders may be covered differently under Medicaid and CHP+ and are *not* covered under the Behavioral Health Benefit under Medicaid or CHP+ contracts. Although most private insurances are required by law to cover a core group of mental health diagnoses there may be variances. Users of this crosswalk are encouraged to check the current status of covered diagnoses for the insurance company they are billing. **In addition, users should be aware that ICD-10- CM codes are revised yearly by Center for Medicare and Medicaid Services (CMS).**

How was Colorado's crosswalk developed? *Right Start for Colorado* Director, Dr. Shannon Bekman, reviewed ZERO TO THREE's crosswalk, as well as those from other states and consulted with Dr. Karen Frankel of the Irving Harris Program in Child Development and Infant Mental Health and Jordana Ash, Early Childhood Mental Health Director at the Office of Early Childhood to develop Colorado's crosswalk. Dr. Bekman and Frankel are both ZERO TO THREE certified trainers for the DC:0-5.

What is Right Start for Colorado? Right Start for Colorado is a five-year Infant and Early Childhood Mental Health grant received by the Mental Health Center of Denver from the Substance Abuse and Mental Health Services Administration (SAMHSA) to develop statewide infant mental health workforce capacity and move Colorado's infant/early childhood mental health serving system forward.

Recommendation: The Office of Behavioral Health, Right Start for Colorado and University of Colorado Health Sciences Center Irving Harris Program in Child Development and Infant Mental Health are all recommending that the DC:0-5 be used for children 0-5.

Contact Person: Andrew Gabor, LPC, Director of Child and Family, Office of Behavioral Health,
Department of Human Services 3824 West Princeton Circle Denver, CO 80236
(303) 866-7422
Andrew.Gabor@state.co.us

COLORADO DC:0–5™ CROSSWALK TO DSM AND ICD-10

DC:0–5™	DSM-5	ICD-10	Colorado Code
Disorder Name	Disorder Name	Disorder Name	Colorado Code
Neurodevelopmental Disorders			
Autism Spectrum Disorder	Autism Spectrum Disorder	Childhood Autism	(F84.0) Not billable
Early Atypical Autism Spectrum Disorder	Other Specified Neurodevelopmental Disorder	Pervasive Developmental Disorder, Unspecified	(F84.9) Not billable
Attention Deficit Hyperactivity	Attention Deficit/Hyperactivity Disorder	Disturbance of Activity and Attention	F90.1
Overactivity Disorder of Toddlerhood	Attention Deficit/Hyperactivity Disorder, predominantly hyperactive-impulsive presentation	Disturbance of Activity and Attention	F90.1
Global Developmental Delay	Global Developmental Delay	Other Disorders of Psychological Development, Global Developmental Delay	(F88) Not billable
Developmental Language Disorder	Language Disorder	Developmental Disorder of Speech and Language, Unspecified	(F80.9) Not billable
Developmental Coordination Disorder	Developmental Coordination Disorder	Specific Developmental Disorder of Motor Function (Developmental Coordination Disorder)	(F82) Not billable
Other Neurodevelopmental Disorder of Infancy/Early Childhood	Unspecified Neurodevelopmental Disorder	Unspecified Disorder of Psychological Development	(F89) Not billable
Sensory Processing Disorders			
Sensory Over-Responsivity Disorder	Other Specified Neurodevelopmental Disorder	Other childhood emotional disorders	F93.8
Sensory Under-Responsivity Disorder	Other Specified Neurodevelopmental Disorder	Other childhood emotional disorders	F93.8

(continued)

COLORADO DC:0-5™ CROSSWALK TO DSM AND ICD-10

DC:0-5™	DSM-5	ICD-10	
Disorder Name	Disorder Name	Disorder Name	Code
Other Sensory Processing Disorder	Other Specified Neurodevelopmental Disorder	Other childhood emotional disorders	F93.8
Anxiety Disorders			
Separation Anxiety Disorder	Separation Anxiety Disorder	Separation Anxiety Disorder of Childhood	F93.0
Social Anxiety Disorder (Social Phobia)	Social Anxiety Disorder (Social Phobia)	Social Anxiety Disorder of Childhood	F93.2
Generalized Anxiety Disorder	Generalized Anxiety Disorder	Generalized Anxiety Disorder	F41.1
Selective Mutism	Selective Mutism	Selective Mutism	F94.0
Inhibition to Novelty Disorder	Other Specified Anxiety Disorder	Other Specified Anxiety Disorder	F41.8
Other Anxiety Disorder of Infancy/Early Childhood	Other Specified Anxiety Disorder	Other Specified Anxiety Disorder	F41.8
Mood Disorders			
Depressive Disorder of Early Childhood	Major Depressive Disorder	Depressive Episode	F32
Disorder of Dysregulated Anger and Aggression of Early Childhood	Disruptive Mood Dysregulation Disorder	Other Persistent Mood Disorders	F34.8
Other Mood Disorder of Early Childhood	Unspecified Depressive Disorder	Unspecified Mood Disorder	F39
Obsessive-Compulsive and Related Disorders			
Obsessive-Compulsive Disorder	Obsessive-Compulsive Disorder	Obsessive-Compulsive Disorder	F42.1

(continued)

COLORADO DC:0-5™ CROSSWALK TO DSM AND ICD-10

DC:0-5™		DSM-5	ICD-10	
Disorder Name		Disorder Name	Disorder Name	Code
Tourette's Disorder		Tourette's Disorder	Tourette's Disorder	F95.2
Motor or Vocal Tic Disorder		Persistent (Chronic) Motor or Vocal Tic Disorder	Chronic Motor or Vocal Tic Disorder	F95.1
Trichotillomania		Trichotillomania	Trichotillomania	F63.3
Skin Picking Disorder of Infancy/Early Childhood		Excoriation (Skin-Picking) Disorder	Other obsessive-compulsive disorders	F42.8
Other Obsessive Compulsive and Related Disorders		Unspecified Obsessive-Compulsive and Related Disorder	Obsessive-Compulsive Disorder, Unspecified	F42.9
Sleep, Eating, and Crying Disorders				
Sleep Disorders	Sleep Onset Disorder	Insomnia Disorder	Nonorganic Insomnia	F51.0
	Night Waking Disorder	Insomnia Disorder	Nonorganic Insomnia	F51.0
	Partial Arousal Sleep Disorder	Non-Rapid Eye Movement Sleep Arousal Disorders—Sleep terror type	Sleep Terrors	F51.4
	Nightmare Disorder of Early Childhood	Nightmare Disorder	Nightmares	F51.5

(continued)

COLORADO DC:0-5™ CROSSWALK TO DSM AND ICD-10

DC:0-5™		DSM-5	ICD-10	
Disorder Name		Disorder Name	Disorder Name	Code
Eating Disorders of Infancy/Early Childhood	Overeating Disorder	Unspecified Feeding or Eating Disorder	Overeating Associated with Other Psychological Disturbances	F50.4
	Undereating Disorder	Unspecified Feeding or Eating Disorder	Other Eating Disorders	F50.8
Atypical Eating Disorder	Hoarding	Other Specified Feeding and Eating Disorder	Feeding Disorders of Infancy and Early Childhood	F98.2
	Pica	Pica	Pica of Infancy and Childhood	F98.3
	Rumination	Rumination Disorder	Feeding Disorders of Infancy and Early Childhood /	F98.21
Excessive Crying Disorder	None listed		Other childhood emotional disorders	F93.8
Other Sleep, Eating, and Excessive Crying Disorder of Infancy/Early Childhood		Other Specified Feeding or Eating Disorder	Other Eating Disorders	F50.8
		Other Specified Sleep-Wake Disorder	Other Nonorganic Sleep Disorders	F51.8
Trauma, Stress, and Deprivation Disorders				
Posttraumatic Stress Disorder		Posttraumatic Stress Disorder for Children 6	Posttraumatic Stress Disorder	F43.10
Adjustment Disorder		Adjustment Disorder, Unspecified	Adjustment Disorder—Unspecified	F43.20
Complicated Grief Disorder of Infancy/ Early Childhood		Other Specified Trauma- and Stressor- Related Disorder (Persistent Complex Bereavement Disorder)	Other Reactions to Severe Stress	F43.8
Reactive Attachment Disorder		Reactive Attachment Disorder	Reactive Attachment Disorder	F94.1
Disinhibited Social Engagement Disorder		Disinhibited Social Engagement Disorder	Disinhibited Attachment Disorder of Childhood	F94.2
Other Trauma, Stress, and Deprivation Disorder of Infancy/Early Childhood		Unspecified Trauma- and Stressor- Related Disorder	Reaction to Severe Stress, Unspecified	F43.9
Relationship Disorder				
Relationship Specific Disorder of Infancy/Early Childhood		Parent-Child Relational Problem	Other childhood emotional disorders	F93.8