

# Community Psychiatric Support and Treatment- School Setting: Transition Readiness

Community Psychiatric Support and Treatment (CPST)- School Setting is a multicomponent, team-based service for youth with emotional and behavioral health needs that require supports in the school setting. CPST-School Setting consists of assessment, counseling, therapeutic interventions, care coordination and crisis and functional supports, all delivered through a trauma-informed lens with individualized services plans designed to address school-related emotional and behavioral needs and strengths. Services are delivered in collaboration with the youth and their family.

CPST-School Setting will be a primary replacement service for Therapeutic Day Treatment (TDT). In 2024, TDT was billed by 70 unique National Provider Identifiers (NPIs). About 5,000 youth are currently served annually (4,992 served in 2024) in TDT. During the 9 months school is in session, approximately 2500 youth are served monthly (2,499 average monthly).

Prior analysis (linked here: [Cardinal Care](#)) indicated most youth were served by large providers serving over 50 youth per year. One statewide provider accounted for 16 of the unique NPIs.

Providers of Therapeutic Day Treatment			
Size of Provider	# Billing NPIs	Members Served 2024	% of Members Served
<8 served	16	46	4.9%
8-19 served	8	121	11%
20-49 served	12	354	31.9%
50+ served	34	5718	52.3%

Private providers provide the majority of TDT services at the state level, but Community Services Boards (CSBs) provide a sizeable portion of services in three regions and provide 100% of the TDT services in Southwest region.

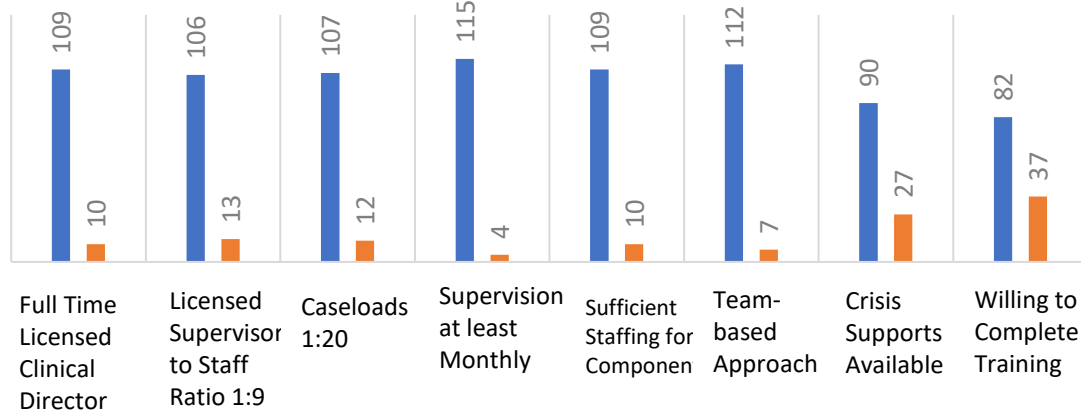
Region	FY2023			FY2024			FY2025		
	CSB	% CSB	Other Providers	CSB	% CSB	Other Providers	CSB	% CSB	Other Providers
Central Region	\$2,679,532	37%	\$4,520,350	\$3,317,308	37%	\$5,741,757	\$3,122,799	33%	\$6,407,262
Charlottesville Western Region	--	0%	\$6,976,248	--	0%	\$6,221,553	--	0%	\$5,224,518
Northern & Winchester Region	--	0%	\$2,401,773	--	0%	\$1,786,339	--	0%	\$1,396,276
Roanoke/Alleghany Region	\$885,336	23%	\$2,964,841	\$888,054	20%	\$3,573,125	\$889,235	19%	\$3,768,248
Southwest Region	\$2,301,598	100%	--	\$2,290,124	100%	--	\$1,721,377	100%	--
Tidewater Region	--	0%	\$5,706,874	--	0%	\$5,266,606	--	0%	\$6,171,945

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Providers planning to seek licensure as a CPST-Youth provider through DBHDS and provide CPST-School Setting were asked to complete a Letter of Intent in November, 2025 and were asked specific questions about key elements of the CPST service requirements. A total of 124 providers completed letters stating interest and intent in providing CPST-School Setting.

## READINESS ITEMS CPST- SCHOOL SETTING

■ Already Met ■ Will Meet July 2026



*How do we define "Ready?"*  
 Providers answered 8 items regarding core CPST requirements and supplied information about their planned office location. Items included having a full time, independently licensed clinical director, supervisor to staff ratio below 1:9, caseloads for direct care staff less than 20 and sufficient non-licensed staff to provide all components, supervision at least monthly, using a team-based approach, having crisis support available, and willingness to complete statewide training. Providers could select that they already met the criteria, will meet it by July, 2026, or will need more time to meet the criteria. DMAS staff reviewed their answers and categorized providers. All providers categorized as "Ready" had a full time licensed clinical director, an office location, and at least 7 total criteria met. Providers categorized as "May Be Ready" had more than 4 criteria met but could be missing a licensed clinical director or location. Providers categorized as "Unlikely to be Ready" were meeting less than 4 criteria.

- 24 interested providers self-reported existing relationships with 44 school districts.
- 5 interested providers self-reported existing relationships with 74 individual schools.

CPST- School Setting		
Level of Readiness for July 1, 2026	Count of Providers with Completed Letters of Intent	Percentage of Total
Ready	70	56.5%
May be Ready	42	33.9%
Unlikely to be Ready	12	9.7%
<b>Grand Total</b>	<b>124</b>	<b>100%</b>

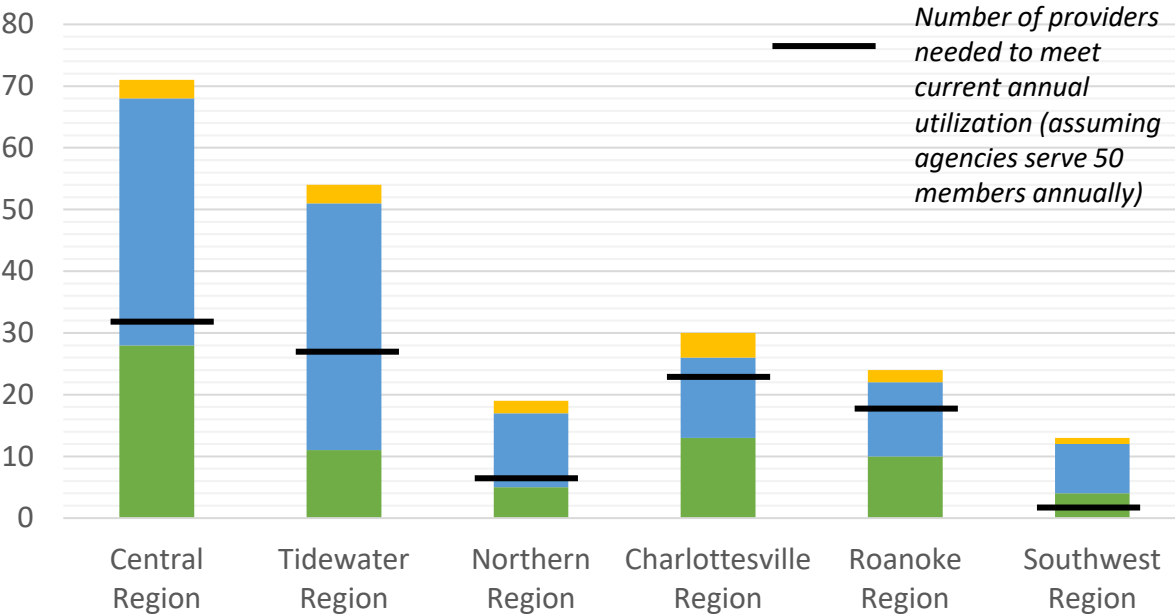
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Readiness categories were then analyzed based on the counties that providers listed as where they would provide CPST-Community (Youth). Total interested providers across regions sum to greater than 124 (total number of interested providers) because some providers plan to provide services in multiple regions. Because of variation in size of providers, it is difficult to estimate how many providers are needed per region. Numbers in the table below ("Providers Needed") is based on a flat rate of 50 members served per provider.

Readiness	Central	Tidewater	Northern	Charlottesville	Roanoke	Southwest
<b>Providers Needed</b>	<b>32</b>	<b>27</b>	<b>7</b>	<b>23</b>	<b>18</b>	<b>2</b>
Unlikely to be Ready	3	3	2	4	2	1
May be Ready July 2026	40	40	12	13	12	8
Likely to be Ready July 2026	28	11	5	13	10	4
<b>Grand Total (Interested)</b>	<b>71</b>	<b>55</b>	<b>19</b>	<b>30</b>	<b>24</b>	<b>13</b>

## Readiness Level of Providers by Region

■ Likely Ready   
 ■ May be Ready   
 ■ Unlikely Ready



In one regions (Southwest), interested providers assessed to be Likely Ready by July 2026 exceeds number of providers needed to meet current utilization (please note low utilization in this region). In two regions (Central and Northern), a small number (five and two, respectively) of providers who May be Ready would need to become ready. In three regions (Tidewater, Charlottesville, and Roanoke), a sizeable number of providers would need to become ready. However, it is important to note that currently in these regions and statewide, a majority of providers serve significantly more than 50 members per year.

