



SKY Overview August 2026

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SKY Program Overview



Children in child welfare system are:

- among the most vulnerable
- face unique challenges
- have experienced complex trauma
- require our unwavering commitment, collaboration, and compassion.



Kentucky's kids are often at the intersection of multiple public systems including:

- behavioral health
- child welfare
- education
- juvenile justice
- primary care
- substance use services

Supporting Kentucky Youth (SKY) is a Managed Care Specialty Health Plan with Aetna Better Health of Kentucky.

Aetna SKY brings specialized services and supports to our members, to our stakeholders, and to our state and community partners.

SKY is unique, nimble, and flexible because our membership, youth and their families, require us to be.

SKY Program Goals

Achieve safety and permanency for children

- Family Engagement – biological, kinship, adoptive, fictive
- Adoption Competency and Support
- Family Peer Support Services
- High Fidelity Wraparound
- Community Health Workers
- Unique Provider Relationships that think of care outside the box

Improve health outcomes

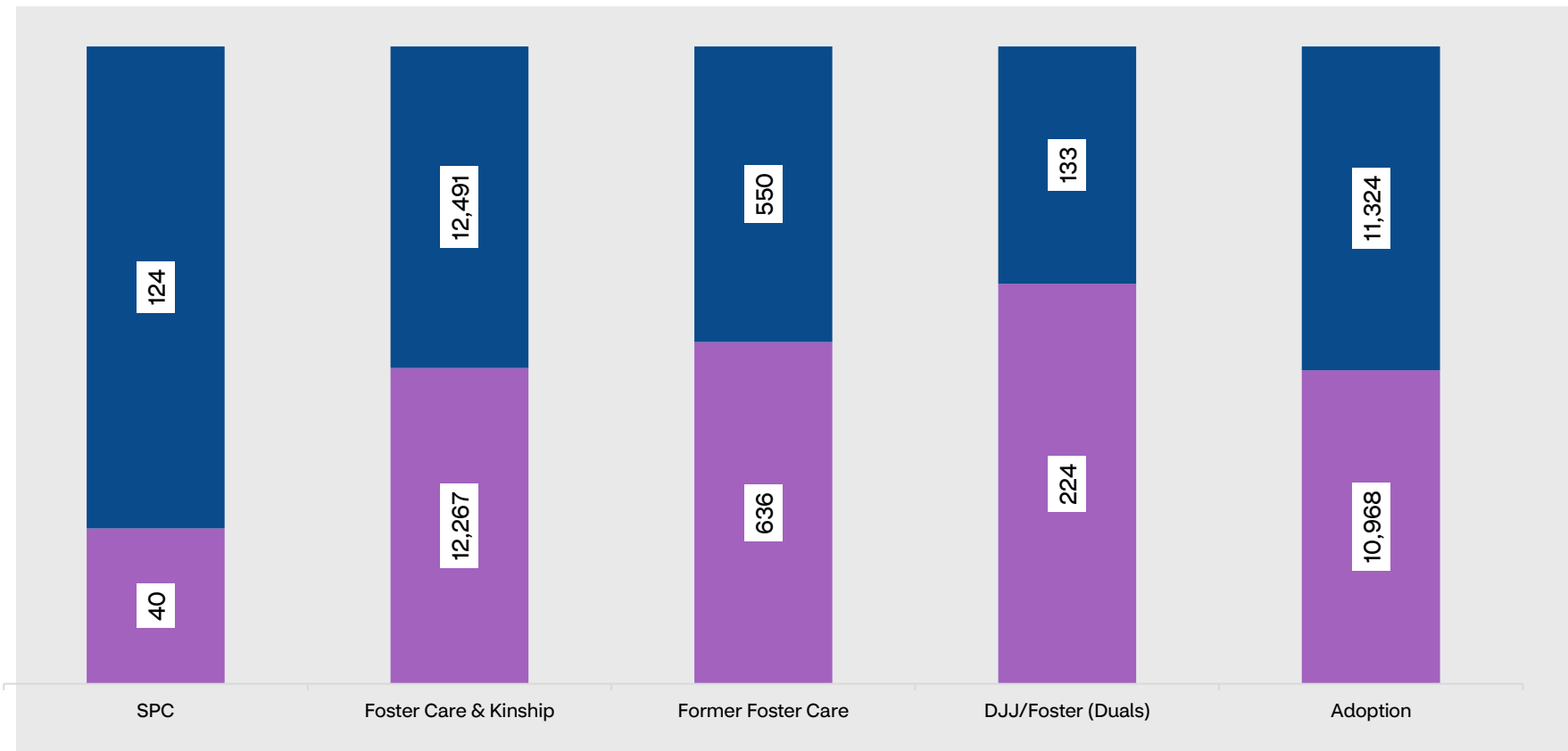
- Comprehensive Assessment including Adverse Childhood Events (ACE) scores and Social Determinants of Health (SDoH)
- Family Assessment – who loves this child
- Care Management – all youth are connected to a care manager
- Access and availability for care at the right time and place
- Trauma focused and informed multidisciplinary approach
- Placement support by pairing the right health care

Strengthen System of Care

- Specialized Provider contracts and programming
- Stakeholder and Community Partner Training
- Partner with stakeholders to work on system and service gaps
- Partner with Medicaid to bring innovative program and service ideas to Kentucky
- Provider support, training and coaching
- Member and Family Advisory Councils

SKY Membership Analysis

At the end of Quarter 2, 2026, SKY had a total membership of 24,622.



+ 5.4%
Year over year
total membership

Assistance Category Analysis

Comparing changes in placement of members for the same quarters, year to year.

■ Q2 2025 ■ Q2 2026

SKY Member Growth Journeys

Aetna SKY Programming:

- Intensive Care Management
- Support from Behavioral Health Clinical Care Managers
- High Fidelity Wraparound
- Charting the Life Course
- Journey to Independence
- Family Peer Support Service
- Foster parent training curricula
- Trauma Informed Training Collaborative with University of Kentucky
- SKY Team embedded in DCBS/DJJ offices
- System of Care Team
- Member and Family Advisory Councils
- Community Health Workers
- Member Services Team
- Network Relations Team
- Community Engagement Team
- Training opportunities for DCBS, including preservice training
- ACE Screening
- Health Risk Questionnaire
- Provider support with Utilization Management, clinical team meetings, transition and discharge planning

Mary's Journey	Description
Background	Mary has been in Out Of Home Care for almost 10 years with countless inpatient acute behavioral health admissions and residential placements (over 50 placement changes) – along with neglect, trauma exposure, untreated mental health and substance use issues. Mary began High-Fidelity wraparound services, developing a team, and recognizing needs.
Growth Outcome	After fearing another residential placement following discharge from an out-of-state facility, Mary found stability with a foster family committed to High-Fidelity Wraparound services. Since then, she has made significant progress, building trust, developing healthy coping skills, and feeling genuinely connected to a family. When faced with self-harming thoughts during the holidays, Mary sought support instead of acting on those feelings, demonstrating remarkable growth. Her provider described her transformation as a “complete 180.” As she nears adulthood, Mary has chosen to continue services and actively advocate for her future.
Growth Today	Mary continues to identify and advocate for needs – becoming aware of healthy supports, activities, and plans for adulthood. The Care Plan Team has great communication & collaboration with one another and bringing in support for member/team: <i>“I actually feel good about myself”</i> <i>“I’m thankful for everyone sticking with me”</i> <i>“Whatever you are doing – keep it up”</i> <i>“You have had so much growth”</i> <i>“I’m so proud of you”</i>

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- Training opportunities for DCBS, including preservice training
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- Treating provider support with Utilization Management, clinical team meetings, transition and discharge planning

Trent's Journey	Description
Background	Trent is a 14-year-old youth who has been adopted. He experienced significant trauma in his early childhood with his family of origin and was placed in 13 different foster homes prior to his adoption. The adoptive parents have expressed concern about parenting their son with his extensive history of trauma.
Growth Outcome	Following concerns about a potential adoptive placement disruption due to escalating behaviors, the team partnered with Aetna's System of Care Trauma Care Advocate to review Trent's extensive trauma history and support the family through Core Teen training and coaching. The caregivers actively engaged in and implemented the strategies, resulting in improved compliance, fewer anger outbursts, and stronger family interactions. The family reported positive experiences during recent visits with grandparents and remains committed to the approach, citing meaningful improvements in their relationship with Trent and a reduction in challenging behaviors.
Growth Today	Trent and his family are together and working through challenges together. The parents are employing the training and coaching they received from Aetna's Trauma Care Advocate. Trent is experiencing success and gaining confidence in his abilities, as well as his parents' abilities, to manage his trauma and any resulting behavior that may come out of his trauma.

SKY Program Outcomes



**SKY will
continuously provide
accessible &
in-depth
education,
insight,
and opportunity
to expand
perspective and practice
in the system of care**

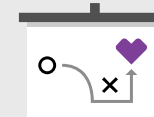
198

New curricula
developed or offered



97

Existing curricula
audited and
updated



26,726

Stakeholders
trained on required
topics



36,175

Stakeholders
trained on
additional topics



4,098

Stakeholder
collaborations



Numbers since January 1, 2021

SKY Program Successes

Family engagement, community connection, and keeping youth close to home.

+42.5 points

gain in family engagement

26.01% in 2022 to 68.49% in 2025

More than two thirds of families now engaged — a 2.6x increase.

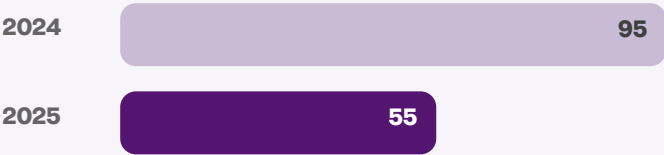
19,846

community resource referrals made for members in 2025

13.13%

of SKY members on polypharmacy (July 2026), below the 13.27% national rate for youth in child welfare

-42% fewer youth referred out of state, 2024 to 2025



-38% fewer youth deferred out of state, 2024 to 2025

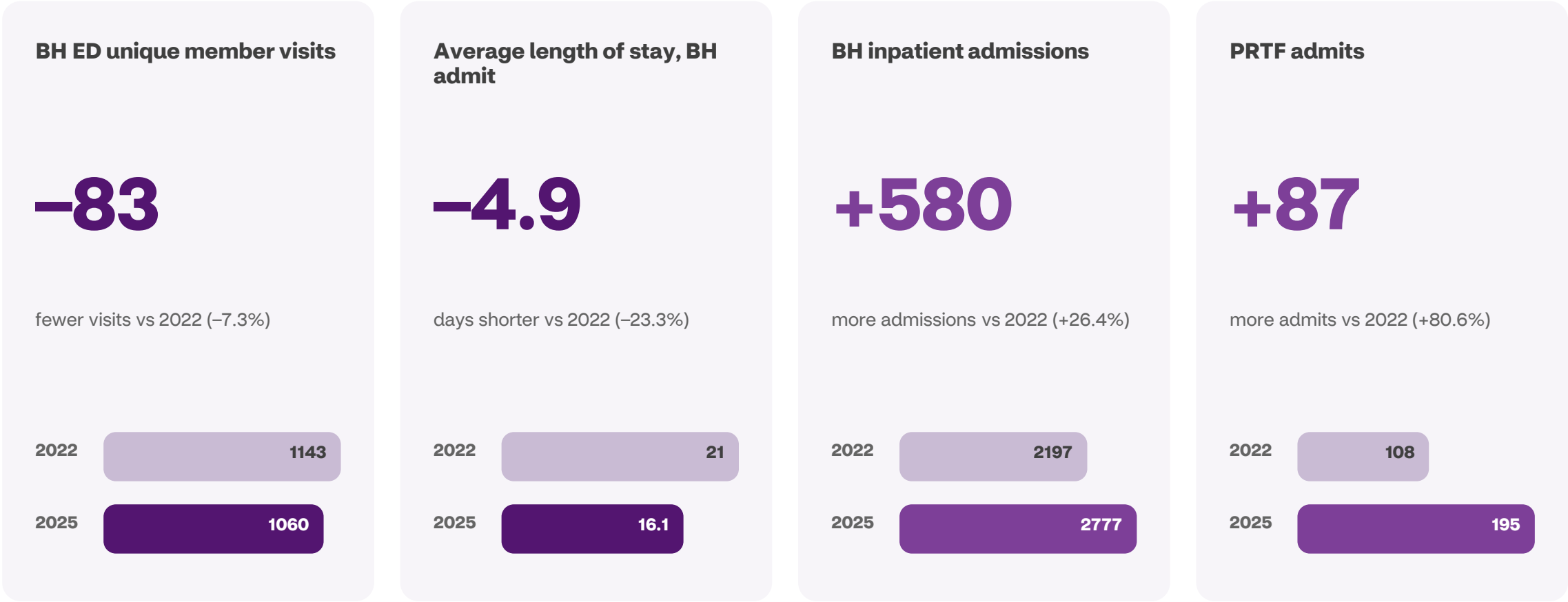


Psychotropic polypharmacy: concurrent use of at least two classes of psychotropic medications for at least 30 days during the calendar year; high-level polypharmacy is at least four classes.

Sources: Radel LF, Ali MM, West K, Lieff SA. JAMA Pediatr. 2023;177(10):1107-1110. • Davis DW, Lohr WD, Feygin Y, et al. BMC Psychiatry. 2021;21(1):303.

SKY Behavioral Health Outcomes

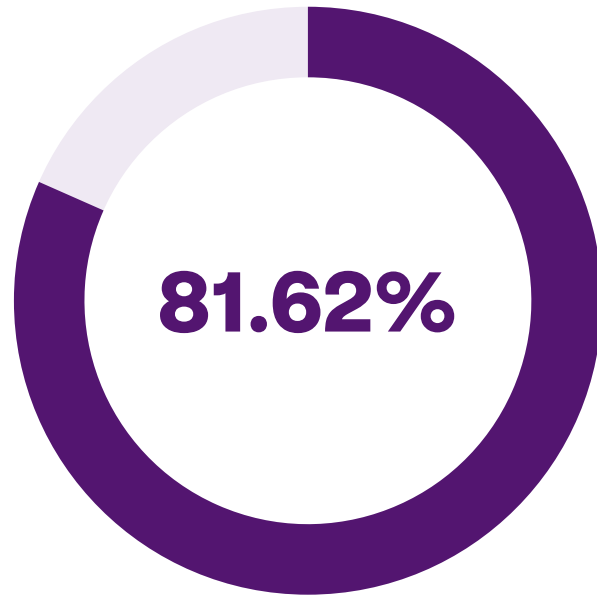
Behavioral health utilization for SKY members, 2022 compared with 2025.



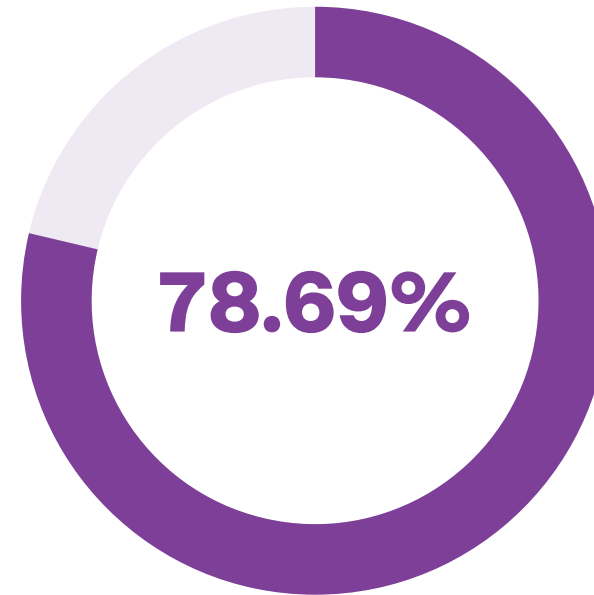
BH – Behavioral Health • ED – Emergency Department • IP – Inpatient Acute • PRTF – Psychiatric Residential Treatment Facility

Follow Up after ED and Hospitalization for Mental Illness Among SKY Members

SKY connects members to follow-up care quickly after a mental health hospitalization or ED visit.



Follow-up after hospitalization
for mental illness, within 30 days (FUH)



Follow-up after an emergency department visit
for mental illness, within 30 days (FUM)

More than 4 in 5 members receive follow-up within 30 days of a mental health hospitalization, and nearly 4 in 5 after an emergency department visit.

Improve Long-Term Health Outcomes among SKY Members

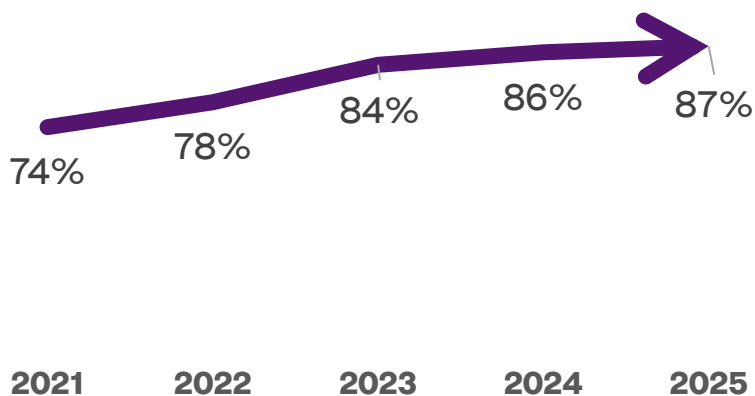


9 out of 10 of our youngest members and 2 out of 3 members age 3–21 and completed well-child visits in 2025, with double-digit gains since inception of the SKY program.

+13 pts

point gain for ages 15–30 months (74% to 87%, 2021–2025)

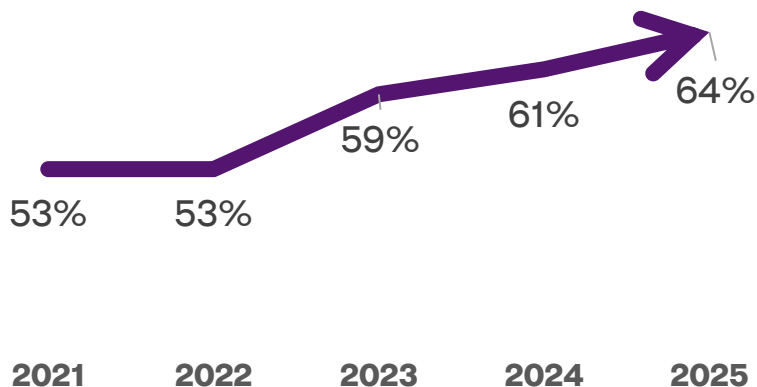
Well Child Visits Age 15-30 Months



+11 pts

point gain for members age 3–21 (53% to 64%, 2021–2025)

Well Child Visits Age 3 - 21



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Thank You!

