

Western Highlands Network Communication Bulletin #62

Release of New State Funded (IPRS) Benefit Package 5/10/07

Effective immediately, Western Highlands Network is releasing a package of state funded (IPRS) benefits which augments the Community Support Benefit and array of services for each disability group.

In addition to providing a Basic Benefit of 8 sessions per year of Outpatient therapy, we are allowing providers to combine Community Support Individual and Community Support Group.

Because of special needs within the Western Highlands area, we have also developed three Specialty Services packages, including DBT for Adult Mental Health; Substance Abuse Early Recovery for Adult/ Child Substance Abuse and Adult Mental Health; and Sex Offender Specific services for Child Mental Health and Developmental Disabilities.

The updated grids are now posted on the Western Highlands website. This document will guide the reader through the significant changes in the state funded benefit for consumers in the Western Highlands area.

Adult Mental Health

- **Basic Benefit.** This benefit is limited to 8 sessions per year for CPT code billers, or 32 units for H-code billers. If the only service needed by the consumer is this basic benefit, the provider may use the Basic Benefit (4 pages) Person Centered Plan.
- The **Basic Benefit** can be combined with **Community Support, Individual** (eligibility begins at Level B.) Level B includes 104 units/90 days, Level C includes 208 units/90 days, and Level D includes 312 units/90 days. Please remember that in order for a consumer to qualify for the Level D benefit, there must be an imminent or recent crisis which can be mitigated in a brief period. In the event that the Basic Benefit will not meet the needs of the consumer, they must qualify for an Enhanced Service array, and the provider will need to complete the Enhanced Service PCP (13 pages).
- The **Basic Benefit** can be used in combination with **Community Support Individual, and Community Support Groups**. Community Support groups should focus on skill building and include groups such as WRAP, Symptom Management groups, Depression groups and Crisis Management/Stabilization groups. Consumers who are at least Level B can get 78 units of CS Group/90 days. This service also requires qualification for Enhanced Services and the 13 page PCP.
- **Specialty Services** for Adult Mental Health consumers include two packages, **Dialectical Behavior Therapy (DBT)** and **Substance Abuse Early Recovery (SAER)**. An additional assessment code can be requested for these services, if the referral is from another provider.
 - **DBT** requires that the clinician performing the service is licensed, and is able to show evidence of specialized DBT training. Utilization Review will be every 90 days for up to 6 months of care.
 - **SAER** also requires licensure or SA credential of the provider. This service can be used with the new ASTER target population, but will also be covered by other

mental health and substance abuse target populations. Please remember that ASTER is a stand alone target population. It cannot be combined with other target populations, and must be reviewed every 90 days. It can be used for up to 6 months in one year. Do not lapse other target populations in order to assign ASTER. Ongoing care is covered by other target populations.

Adult Mental Health Stable Recovery Population (AMSRE)

Effective 7/1/06, the NC Division of MH/DD/SAS added a new target population for consumers with mental illness. This target population, **Adult Mental Health Stable Recovery Population (AMSRE)** is designed for consumers ages 18 years and older who meet the following criteria:

- Are currently enrolled in AMSPM or AMSMI target population or eligible for enrollment in AMSPM or AMSMI target population, and who are stable and moving towards their personal recovery within the community **AND**
- Demonstrate evidence of stability and recovery which includes **all of the following:**
 1. Illness has been managed successfully in the community with no need for crisis services or hospitalization within the past six months related to mental illness, substance abuse, or developmental disabilities **AND**
 2. Has a safe, stable place to live in the community and has not been homeless or evicted or forced to move within the past six months **AND**
 3. Has not been engaged in activities that resulted in arrest by law enforcement within the past six months **AND**
 4. Participates in meaningful activities or employment of his/her own choosing in the community **AND**
 5. Has family or friends with whom he/she has a positive, ongoing relationship **AND**
 6. Has an understanding of how to access health care to address physical health issues if any **AND**
 7. Continues to need medication and occasional counseling or support related to his/her mental illness diagnosis.

Continued stay criteria:

- If functioning is beginning to deteriorate in this AMSRE target population may be moved back into AMSPM or AMSMI.
- If there is a need for crisis services or hospitalization, if the person is homeless or evicted, if the person is arrested by law enforcement, or if the person needs services to maintain meaningful activities or employment or services to address relationships or health issues, adults in this AMSRE target population are able to be moved back into the AMSPM or AMSMI target population.

IPRS Benefit Guidelines for Stable Recovery Target Population (AMSRE) Western Highlands will authorize the following services for this target population using IPRS funding:

- 90862 — Medication Check does not require pre-authorization by WH
- 90772 — Medication Injection does not require pre-authorization by WH
- 99211 --- Evaluation and Management by RN does not require pre-authorization by WH

Western Highlands will also authorize 8 of the following events per year:

- 90801 — Clinical Evaluation
- 90804 — Individual Therapy (20-30 minutes)
- 90806 — Individual Therapy (30-45 minutes)
- 90853 — Group Therapy

Or Western Highlands will authorize up to a total of 32 units from the list below:

- H0004 — Behavioral Health Counseling

- H0004HQ — Group Therapy

This benefit may be authorized for up to one year at a time

Service Planning Requirements

For Consumers in the AMSRE target population and receiving the state funded IPRS Basic Benefit, providers may use 4 page service plan format. All consumers receiving an Enhanced Benefit are required to use the 13 page PCP format. **In all cases, a consumer specific crisis plan that contains a pro-active, reactive, and a crisis contingency response must be completed.**

Adult Substance Abuse

- **Basic Benefit.** This benefit is limited to 8 sessions per year for CPT code billers, or 32 units for H-code billers. If the only service needed by the consumer is this basic benefit, the provider may use the Basic Benefit (4 pages) Person Centered Plan.
- The **Basic Benefit** can be combined with **Community Support, Individual** (eligibility begins at Level B.) Level B includes 104 units/90 days, Level C includes 208 units/90 days, and Level D includes 312 units/90 days. Please remember that in order for a consumer to qualify for the Level D benefit, there must be an imminent or recent crisis which can be mitigated in a brief period. In the event that the Basic Benefit will not meet the needs of the consumer, they must qualify for an Enhanced Service array, and the provider will need to complete the Enhanced Service PCP (13 pages).
- The **Basic Benefit** can be used in combination with **Community Support Individual, and Community Support Groups**. Community Support groups should focus on skill building and include groups such as WRAP, Symptom Management groups, Depression groups and Crisis Management/Stabilization groups. Consumers who are at least Level B can get 78 units of CS Group/90 days. This service also requires qualification for Enhanced Services and the 13 page PCP.
- **Specialty Services** for Adult Substance Abuse consumers include **Substance Abuse Early Recovery (SAER)**. An additional assessment code can be requested for these services, if the referral is from another provider.
 - **SAER** requires licensure or Substance Abuse credentials be held by the provider. This service can be used with the new ASTER target population, but will also be covered by other mental health and substance abuse target populations. Please remember that ASTER is a stand alone target population. It cannot be combined with other target populations, and must be reviewed every 90 days. It can be used for up to 6 months in one year. Do not lapse other target populations in order to assign ASTER. Ongoing care is covered by other target populations.

Child Mental Health

- **Basic Benefit.** This benefit is limited to 8 sessions per year for CPT code billers, or 32 units for H-code billers. If the only service needed by the consumer is this basic benefit, the provider may use the Basic Benefit (4 pages) Person Centered Plan.
- The **Basic Benefit** can be combined with **Community Support, Individual** (eligibility begins at Level B.) Level B includes 104 units/90 days, Level C includes 208 units/90 days, and Level D includes 312 units/90 days. Please remember that in order for a consumer to qualify for the Level D benefit, there must be an imminent or recent crisis which can be mitigated in a brief period. In the event that the Basic Benefit will not meet

the needs of the consumer, they must qualify for and Enhanced Service array, and the provider will need to complete the Enhanced Service PCP (13 pages).

- The **Basic Benefit** can be used in combination with **Community Support Individual, and Community Support Groups**. Community Support groups should focus on skill building and include groups such as WRAP, Symptom Management groups, Depression groups and Crisis Management/Stabilization groups. Consumers who are at least Level B can get 78 units of CS Group/90 days. This service also requires qualification for Enhanced Services and the 13 page PCP.
- **Specialty Services** for Child Mental Health consumers now includes a package for **Sex Offender Specific Services**. The practitioner must be licensed; membership in ATSA, NCAMTSO or NCATSA is required. Practitioners must have extensive experience with this population. These services are covered by CMSED and CMMED target populations.

Child Substance Abuse

- **Basic Benefit**. This benefit is limited to 8 sessions per year for CPT code billers, or 32 units for H-code billers. If the only service needed by the consumer is this basic benefit, the provider may use the Basic Benefit (4 pages) Person Centered Plan.
- The **Basic Benefit** can be combined with **Community Support, Individual** (eligibility begins at Level B.) Level B includes 104 units/90 days, Level C includes 208 units/90 days, and Level D includes 312 units/90 days. Please remember that in order for a consumer to qualify for the Level D benefit, there must be an imminent or recent crisis which can be mitigated in a brief period. In the event that the Basic Benefit will not meet the needs of the consumer, they must qualify for and Enhanced Service array, and the provider will need to complete the Enhanced Service PCP (13 pages).
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- **Specialty Services** for Adult Substance Abuse consumers includes Substance **Abuse Early Recovery (SAER)**. An additional assessment code can be requested for these services, if the referral is from another provider.
 - **SAER** requires licensure or SA credential of the provider.
 - **SAER** is covered by the Child Substance Abuse target populations, and can be used in combination with Child Mental Health target populations. This service cannot be funded by mental health target populations only.

Developmental Disabilities

- **Basic Benefit**. This benefit is limited to 8 sessions per year for CPT code billers, or 32 units for H-code billers. If the only service needed by the consumer is this basic benefit the provider may use the Basic Benefit (4 pages) Person Centered Plan.
- The **Basic Benefit** can be combined with **Community Support, Individual** (eligibility begins at Level B.) Level B includes 104 units/90 days, Level C includes 208 units/90 days, and Level D includes 312 units/90 days. Please remember that in order for a consumer to qualify for the Level D benefit, there must be an imminent or recent crisis

which can be mitigated in a brief period. In the event that the Basic Benefit will not meet the needs of the consumer, they must qualify for an Enhanced Service array, and the provider will need to complete the Enhanced Service PCP (13 pages).

- The **Basic Benefit** can be used in combination with **Community Support Individual, and Community Support Groups**. Community Support groups should focus on skill building and include groups such as WRAP, Symptom Management groups, Depression groups and Crisis Management/Stabilization groups. Consumers who are at least Level B can get 78 units of CS Group/90 days. This service also requires qualification for Enhanced Services and the 13 page PCP.
- **Specialty Services** for Developmental Disability consumers now includes a package for **Sex Offender Specific Services**. The practitioner must be licensed; have extensive experience with this population and membership in ATSA, NCAMTSO or NCATSA is required. Utilization Review is every 90 days.