

Intensive Behavioral Health Services (IBHS)

PerformCARE[®]

Types of IBHS

1. Individual services
2. Applied behavior analysis (ABA)
3. Group services

Individual IBHS

- Individual services
 - Individual Intensive Behavioral Health Services (IBHS) are intensive therapeutic interventions and supports used to reduce and manage identified therapeutic needs of a child, youth, or young adult.
 - Evidence Based Practices (EBP) will fall within individual IBHS
 - Multisystemic Therapy (MST).
 - Functional Family Therapy (FFT).
 - MST and FFT will follow MNG per EBP requirements.

Individual IBHS

- Individual service
 - SPIN, JFACTS, and IDT will follow Individual IBHS MNG.
 - Approved service descriptions and program requirements will be used in MNC decisions for these programs.

Individual IBHS

- Individual services — CRR-HH and CRR-ITP:
 - PerformCare requires a BPE for this level of care.
 - ISPT meeting is **required**.
 - We are following MNG for individual IBHS.

Individual IBHS

Other types of treatment that can be recommended as individual IBHS include:

- Behavior consultation (BC).
- Mobile therapy (MT).
- Behavioral health technician (BHT).

Individual IBHS MNG

Initial request:

- Written order or BPE must support the need for an assessment and Individual Treatment Plan (ITP) and must take into account that:
 - The use of BC, MT, or BHT is reasonably expected to reduce behaviors and increase coping skills.

Individual IBHS MNG

Initial request:

- IBHS can also be used to support skill development to achieve or maintain maximum functional capacity.
- Must not need a more restrictive level of care.
- Hours recommended are medically necessary for an assessment to be conducted and an ITP completed.

Individual IBHS MNG

Continued care request:

- The member shows improvement and/or has developed replacement or alternative behaviors, or
- There is reasonable expectation that continuation of individual IBHS will reduce or ameliorate identified therapeutic need.

Individual IBHS MNG

Continued care request:

- Member does not need a higher level of care.
- Services are needed to maintain maximum functional capacity.
- If documentation does not support the above, request must be otherwise medically necessary.

Individual IBHS MNG

Discharge criteria:

- Goal completion: IBHS is no longer required.
- Lack of progress on ITP goals.
 - Treatment team meeting necessary.

Individual IBHS MNG

Discharge criteria:

- More restrictive treatment is needed.
 - Treatment team meeting is required.
- Consent is revoked for treatment.
- Member agrees services should be discontinued.
- Member does not attend treatment for 45 days (after three attempts by IBHS provider).

ABA IBHS

- Applied behavior analysis (ABA) services:
 - ABA can be delivered using IBHS-ABA.
 - Regulations provide the minimum training requirements and qualifications to provide ABA.

ABA IBHS

- Type of treatment that can be recommended via a written order or BPE:
 - Behavior analytic — BA.
 - Assistant behavior consultation — Assistant BC-ABA.

ABA IBHS

- Type of treatment that can be recommended:
 - Behavior consultation — ABA (BC-ABA).
 - Behavior health technician — ABA (BHT-ABA).

ABA IBHS MNG

Initial request — ABA:

- Written order or BPE must support the need for an assessment and ITP to be completed and must:
 - Have a reasonable expectation to reduce or ameliorate identified therapeutic need and increase coping strategies.

ABA IBHS MNG

Initial request — ABA:

- Service is necessary to support skill development to promote positive behaviors.
- Member does not require a higher level of care.
- The number of hours of services recommended are necessary for an assessment to be conducted and an ITP completed.

ABA IBHS MNG

Initial request — ABA:

- If the written order or BPE does not support the previously mentioned services, treatment must be otherwise medically necessary to meet the behavioral health needs of the member.

ABA IBHS MNG

Continued care request — ABA:

- The member shows improvement and/or has developed replacement or alternative behaviors, or
- There is reasonable expectation that continuation of ABA IBHS will reduce or ameliorate identified therapeutic need.

ABA IBHS MNG

Continued care request — ABA:

- Reasonable expectation that continuation of ABA is necessary to support skill development or promote positive behaviors.
- Services are needed to maintain maximum functional capacity.

ABA IBHS MNG

Continued care request — ABA:

- Member does not need a higher level of care.
- If documentation does not support the above, request must be otherwise medically necessary.

Discharge criteria:

- Discharge criteria for ABA are the same as for individual IBHS.

Group Services IBHS MNG

Initial request, continued request, and discharge:

- Except as applicable to group treatment, MNG for initial, continued stay, and discharge criteria are the same ones used for other IBHS treatment.

Group Services IBHS MNG

- Group services include:
 - STAP.
 - EIBS.
 - ASP.
 - Stepping Stones.

How to Access IBHS

- Services must be prescribed by means of written order or a BPE.
- Individuals permitted to recommend services has been expanded under IBHS:
 - IBHS can be prescribed by a licensed physician/psychologist, CRNP, or other licensed professional whose scope of practice includes the diagnosis and treatment of behavioral health disorders and the prescribing of behavioral health services, including IBHS.

What's a Written Order?

- Best Practice Evaluation (BPE) can be considered as written order, if clinically indicated based on member need.
- Written order or BPE must be written within 12 months of IBHS initiation.

What's a Written Order?

- Must include the following, or it is **not** a valid request:
 - Behavioral health diagnoses (most recent DSM/ICD).
 - Detailed clinical information, including presenting problems with frequency, intensity, and duration.
 - Maximum number of **hours/month** for each service (e.g., “MT is recommended up to XX hours/month in the home”).
 - **Settings where services are to be provided (e.g., within all settings; home and school).**
 - Detailed list of measurable improvements that will indicate when services can be reduced, changed, or discharged.
- PerformCare has a Written Order Form on the website for providers to use, but providers may develop their own.

What's an Assessment?

- An assessment is a comprehensive review of member functioning for the purpose of developing a clinical formulation summarizing therapeutic needs and to specify supports needed to address those needs (e.g., refine written order; determine treatment intensity).
- Completion time frames:
 - Within 15 days of initiation of individual/group/EBP IBHS.
 - Within 30 days of initiation of ABA IBHS.
- Completed prior to ITP development:
 - Assessment should guide ITP development process.

What's an Assessment?

Completed by a person meeting IBHS qualifications for BC/BC-ABA/MT, face-to-face with member, in settings in which services are being recommended:

- Informants from each setting should be interviewed.
- Must include all regulatory requirements.

What's an Assessment?

Regulatory requirements of an assessment:

- Member strengths and needs across developmental and behavioral domains.
- Family strengths and needs in relation to member.
- Existing and needed natural and formal supports.
- Specific services, skills, supports, and resources required to address identified therapeutic need.
- Specific supports and resources, if any, the parent or caregiver requires to assist in addressing therapeutic need.

What's an Assessment?

Regulatory requirements of an assessment:

- Clinical information, including:
 - Treatment history.
 - Medical history.
 - Developmental history.
 - Family structure and history.
 - Educational history.
 - Social history.
 - Trauma history.
 - Other relevant clinical information.

What's an Assessment?

Regulatory requirements of an assessment:

- Member's level of developmental, cognitive, communicative, social, and behavioral functioning across the home, school, and other community settings.
- Cultural, language, or communication needs and preferences of the member and family.
- Summary of treatment recommendations received from health care providers, school, or other service providers.

What's an Assessment?

- The assessment must be signed by the staff who completed it.
- Note: PerformCare is not requiring a specific tool or format for the assessment for individual or group IBHS.
- **ABA-IBHS requires completion of a Functional Behavior Assessment (FBA).**

IBHS Authorizations

- The written order, assessment, and ITP will be used to determine MNC for most individual and ABA IBHS.
- For requests that are an “immediate start,” PerformCare will use the written order to determine MNC.
 - Examples of immediate start include:
 - EBP.
 - Group IBHS.
 - Member behaviors and symptoms are such that in-vivo treatment is needed immediately.
 - An assessment and ITP must still be completed within time frames, but the member is able to receive services while this is occurring.
- Initial treatment plan (TP) is needed when treatment is started prior to completion of assessment and ITP.

IBHS Authorizations

Authorization length:

- Individual IBHS (BC/MT/BHT) = 6 months
- ABA IBHS (BC-ABA/BHT-ABA) = 12 months
- ASP = 6 months
- EIBI/EIBS = 12 months
- FFT = 6 months
- IDT = 6 months
- JFACTS = 12 months
- MST = 6 months
- SPIN = 12 months
- Stepping Stones = 6 months