

Overview of Intensive Behavioral Health Services (IBHS)

Presented by: PerformCare

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Overview of Intensive Behavioral Health Services

- Pennsylvania has made significant changes to rules governing the delivery of mental health services to children and adolescents
 - The Office of Mental Health and Substance Abuse Services (OMHSAS) has established new regulations for Intensive Behavioral Health Services (IBHS) to replace Behavioral Health Rehabilitation Services (BHRS) for the delivery of child and adolescent services in the home, school, and community
 - The new regulations (Title 55, Chapters 1155 and 5240) became effective on January 17, 2020
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Overview of Intensive Behavioral Health Services

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- Intensive Behavioral Health Services (IBHS) support children up to age 21 with mental, emotional, and behavioral health needs
- IBHS offers a wide array of services that meet the needs of these individuals in their homes, schools, and communities. IBHS has three categories of service:
 - 1) Individual services which are provided to one child;
 - 2) Applied Behavior Analysis (ABA) which are services provided to one child using a specific behavioral approach to services; and
 - 3) Group services which are most often provided to multiple children at a specific place

Note: Evidence-based treatment (EBT) can be delivered through individual services, ABA services, and group services

What's the Difference Between IBHS and BHRS? PerformCARE®

- IBHS is prescribed by means of a Written Order
 - Individuals permitted to prescribe has been expanded under IBHS
 - Previously, BHRS was only prescribed by licensed psychologist/psychiatrist or developmental pediatrician
 - Now, IBHS can be prescribed by licensed physician/psychologist, CRNP, or other licensed professional whose scope of practice includes the diagnosis and treatment of behavioral health disorders – this includes Physician Assistant, LCSW, LPC, and LMFT. The Prescriber must be an MA-enrolled Provider (ORP)
 - Written Order is good for 12 months (under BHRS, evaluations were only good for 60 days)
 - Providers must now complete face-to-face assessments
 - ISPT meetings are no longer required prior to the start of services
 - Note: Treatment team meetings may be requested by anyone at any time throughout a Member's IBHS stay
 - No changes to Family-Based Mental Health Services (FBMHS), Residential Treatment Facility (RTF) processes or Community Residential Rehabilitation – Host Home (CRR-HH with exception of up to age 18 for CRR
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Individual IBHS Services

- Therapeutic interventions and supports that are used to reduce and manage a child's needs as identified in the Individual Treatment Plan (ITP)
 - Help increase coping strategies and support skill development to promote positive behaviors
 - Specific services include: Behavior Consultation (BC), Mobile Therapy (MT), and Behavioral Health Technician (BHT).
 - Note: Under IBHS there are additional education and supervision requirements for these services
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Individual IBHS Services – Behavior Consultation (BC)

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- Similar to the BSC (Behavior Specialist Consultant) role under BHRS
 - Conducts assessments to determine a child's needs
 - Develops an Individual Treatment Plan (ITP) that includes the interventions that will be used to meet the identified needs
 - Coordinates and consults with other service providers regarding the behavior plan and interventions
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IBHS Individual Services - Mobile Therapy (MT)

- Similar to the MT (Mobile Therapy) role under BHRS
 - Provides therapy to a youth and family members to work on identified goals. Therapy is provided in the home or other appropriate community setting
 - Conducts assessments to determine a child's needs
 - Develops an Individual Treatment Plan (ITP) that includes the interventions that will be used to meet the identified needs
 - Can also be used to help a youth process emotional difficulties, trauma, and other behavioral health problems
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IBHS Individual Services - Behavioral Health Technician (BHT) PerformCARE®

- Similar to the TSS (Therapeutic Support Staff) role under BHRS
 - Primary role of BHT services is to implement a child's ITP
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IBHS – Applied Behavior Analysis (ABA) Services

- Involve the review of a child's behavior within his or her environment
 - What is ABA?
 - Explores why a behavior occurs
 - Uses specific interventions based on why a behavior occurs
 - Seeks to increase useful or desired behaviors
 - ABA Services include Behavior Analytic, Behavior Consultation-ABA, Assistant Behavior Consultation-ABA, and Behavior Health Technician-ABA
 - Note: Under IBHS there are additional education and supervision requirements for these services
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IBHS ABA Services - Behavior Analytic (BA)/Behavior Consultation-ABA (BC-ABA)

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- Conducts assessments to determine a child's needs
- Develops an ITP (Individual treatment plan) that includes the interventions that will be used to meet the identified needs.
- Coordinates and consults with other service providers regarding behavior plan and interventions

Note: BA is a qualified BC-ABA staff who has an additional Board Certified Behavior Analyst (BCBA) graduate-level certification

IBHS ABA Services – Assistant Behavior Consultation-ABA (Asst. BC-ABA)

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- Assists staff who provide BA or BC-ABA services
 - May also be used to provide direct ABA interventions as part of implementing a child's ITP
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IBHS ABA Services - Behavioral Health Technician-ABA (BHT- ABA) Services

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- Similar to the TSS (Therapeutic Support Staff) role under BHRS services
 - Primary role of BHT-ABA services is to implement a child's ITP using ABA interventions
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IBHS - Group Services

- Intensive therapeutic interventions that are provided mostly in a group format
 - Can be provided in a school, community, or community-like setting
 - Community-like settings mimic an environment a child might typically be in such as a school, daycare, or after school program
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IBHS - Group Services: Examples

- After School Programs: used to help groups of children develop specific skills or address behavioral health needs in the hours after school. After school programs are different from outpatient services provided in schools or behavioral programs developed by the school.
 - Summer Therapeutic Activities Program (STAP): a behavioral health program that occurs during the summer in which children develop skills and strategies that will help them be more successful in dealing with their behavioral health disorder.
 - Note: Program providers may change each year.
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What is Evidence-Based Treatment (EBT)?

- Definition: Behavioral health therapies that use scientifically established methods
 - PerformCare funds two EBT through individual IBHS: Multisystemic Therapy (MST) and Family Functional Therapy (FFT)
 - Parent Child Interaction Therapy (PCIT)- Evidenced-based therapy for young children and their parents. PerformCare offers this service through Outpatient providers.
 - Note: It may be delivered through IBHS, but not currently with PerformCare
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What is needed for a Member to receive IBHS?

- A written order from an MA-enrolled individual with a qualifying license including physician, physician assistant, CRNP, psychologist, licensed clinical social worker, licensed professional counselor, or a licensed marriage and family therapist
 - An assessment that provides information on the child's strengths and needs, the strengths and needs of their family, existing and needed supports for the Member, and what the family needs to help the Member
 - An Individualized Treatment Plan (ITP), which is based on the Written Order and assessment, that details goals and objectives targeting a Member's behavioral health concerns
 - Provider Choice Form (if applicable), which is used to indicate which provider a Member/Family/Guardian wishes to use for provision of IBHS
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What is a Written Order?

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- Written by an MA-enrolled, (ORP) 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 (i.e. LPC, LSW, LMFT)
 - Best Practice Evaluation (BPE) can be considered as Written Order, if clinically indicated based on Member's needs
 - Written within 12 months of IBHS initiation
 - Includes the following:
 - Behavioral health diagnoses (most recent DSM/ICD)
 - Detailed clinical information, including presenting problems with frequency/intensity/duration
 - Max # of hours/month for each service prescribed (ex. "MT is recommended up to XX hours/month")
 - Settings where services should be provided
 - Detailed list of measurable improvements that will indicate when services can be reduced/changed/discharged
 - PerformCare does have a Written Order Form on its website providers can use, but providers may use their own
 - <https://pa.performcare.org/assets/pdf/providers/resources-information/ibhs-written-order-form.pdf>
 - Any non-PerformCare Written Order must meet all IBHS regulations
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What is an Assessment?

- A comprehensive review of a child's functioning for the purpose of developing a clinical formulation, summarizing therapeutic needs, and specifying supports needed to address those needs (i.e. treatment recommendation/intensity)
 - Completion Timeframes
 - Within (15) days of initiation of individual/group/EBT IBHS
 - Within (30) days of initiation of ABA IBHS
 - Completed prior to ITP development
 - Assessment should guide ITP development process
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Where can I get more information on IBHS?

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The following websites includes more information on IBHS:

DHS

<http://www.healthchoices.pa.gov/providers/about/behavioral/inbehavioralhs/index.htm>

Family Fact Sheet (DHS)

http://www.healthchoices.pa.gov/cs/groups/webcontent/documents/document/c_292628.pdf

IBHS Acronym List

http://www.healthchoices.pa.gov/cs/groups/webcontent/documents/document/c_291927.pdf

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