Adult BH Home & Community Based Services (HCBS)

Rehabilitation (PSR/CPST) & Habilitation

November 13th & 16th 2015
Agenda

- Welcome
- MCTAC Overview
- Business/Billing Rules
- Services Definition
- Service Components
- Example
What is MCTAC?

MCTAC is a training, consultation, and educational resource center that offers resources to all mental health and substance use disorder providers in New York State.

MCTAC’s Goal
Provide training and intensive support on quality improvement strategies, including business, organizational and clinical practices to achieve the overall goal of preparing and assisting providers with the transition to Medicaid Managed Care.
Who is MCTAC?
MCTAC Partners

CCSI
Coordinated Care Services Inc

NYAPRS
"Partners in Recovery"

MCTAC
The Managed Care Technical Assistance Center of New York
Efficient Practices • Effective Care

ICL
People Get Better With Us

IDEAS
Adult BH HCBS Services

- Rehabilitation
  - Psychosocial Rehabilitation
  - Community Psychiatric Support and Treatment (CPST)
- Habilitation
- Crisis Respite
  - Short-Term Crisis Respite
  - Intensive Crisis Respite
- Educational Support Services

- Individual Employment Support Services
  - Prevocational
  - Transitional Employment Support
  - Intensive Employment Support
  - On-going Supported Employment
- Peer Supports
- Family Support and Training
- Non Medical Transportation
- Self Directed Services Pilot (anticipated start date July of 2016)
<table>
<thead>
<tr>
<th>HCBS/State Plan Services</th>
<th>OMH Clinic/OLP****</th>
<th>OASAS Clinic***</th>
<th>OASAS Opioid Treatment Program</th>
<th>OMH ACT</th>
<th>OMH PROS</th>
<th>OMH IPRT/CDT</th>
<th>OMH Partial Hospital*</th>
<th>OASAS Outpatient Rehab</th>
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*If a participant is admitted into a Partial Hospital program, their HCBS payments will be suspended so that their services will not be terminated.
** All HARP Members are eligible for Crisis Respite Services except for individuals residing in excluded settings. However, MCOs can choose to provide crisis respite as an in lieu of service for those individuals.
***If an individual receives OASAS state plan peer services through an OASAS clinic, then they are not eligible for HCBS peer services and vice versa.
****OLP= Other Licensed Professionals
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<th>Adult BH HCBS Combinations</th>
<th>PSR</th>
<th>CPST</th>
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* PSR and Habilitation may only be provided at the same time by the same agency.
** All HARP Members are eligible for Crisis Respite Services except for individuals residing in excluded settings. However, MCOs can choose to provide crisis respite as an in lieu of service for those individuals.
HCBS Utilization Thresholds

HCBS services will be subject to utilization caps at the recipient level that apply in a calendar year. These limits will fall into three categories:

1. Tier 1 HCBS services will be limited to $8,000 as a group. There will also be a 25% corridor on this threshold that will allow plans to go up to $10,000 without a disallowance.

2. There will also be an overall cap of $16,000 on HCBS services (Tier 1 and Tier 2 combined). There will also be a 25% corridor on this threshold that will allow plans to go up to $20,000 without a disallowance.

3. Both cap 1 and cap 2 are exclusive of crisis respite. The two crisis respite services are limited within their own individual caps (7 days per episode, 21 days per year).

If a Plan anticipates they will exceed any limit for clinical reasons they should contact the HARP medical director from either OMH or OASAS and get approval for a specific dollar increase above the $10,000 effective limit.
Business/Billing Rules
CPST Business/Billing Rules

- Billed daily in 15 minute increments with a limit of 6 units (1½ hours) per day.
- Payment for CPST services is broken into various levels through the use of Px modifier codes that indicate the type of staff providing the service (i.e., physician, psychologist, NP, RN, all other professions).
- There are no group sessions for this service.
- May only be provided off-site.
- Staff transportation is billed separately as appropriate. Transportation claiming is done at the recipient level and then is only for a single staff member, regardless of the number of persons involved in providing the service.
PSR Business/Billing Rules

PSR is divided into three different types of sessions:

**Individual, per 15 minutes**

- Billed daily in 15 minute units with a limit of 8 units per day.
- Individual service may be billed the same day as a PSR group session.
- Individual service (15 minute unit billing) cannot be billed on the same day as a PSR Individual per diem.
- May be provided on or off-site (two separate rates apply).
- Transportation is billed separately as appropriate.
- Maximum of 8 units (2 hours) per day.
Individual, per diem

- Billed daily with a max of 1 unit.
- Due to the long duration of these sessions, the PSR Individual per diem service may not be billed the same day as a PSR group session.
- Individual per diem service cannot be billed the same day as PSR Individual per 15 minutes.
- May be provided on or off-site - under a single rate code and payment amount.
- Staff transportation is billed separately as appropriate. Transportation claiming is done at the recipient level and then is only for a single staff member, regardless of the number of persons involved in providing the service.
- Minimum of 3 hours.
Group

- Billed daily in 15 minute units with a limit of 4 units per day.
- Group sessions may be billed on the same day as a PSR individual per 15 minutes.
- Group sessions may not be billed on the same day as a PSR Individual per diem session.
- Service must be offered in the setting best suited for desired outcomes.
- Maximum 4 units (1 hour) per day.
- Payment for group sessions is broken into various levels through the use of Px modifier codes to distinguish the number of individuals present in the session (i.e., 2-3, 4-5, 6+). The rate code/procedure code/modifier code combinations are shown on the attached HCBS services coding crosswalk.
Habilitation Business/Billing Rules

- Billed daily in 15 minute increments with a limit of 12 units (3 hours) per day.
- There are no group sessions for this service.
- May be provided off-site.
- Staff transportation is billed separately as appropriate. Transportation claiming is done at the recipient level and then is only for a single staff member, regardless of the number of persons involved in providing the service.
Settings
CPST Settings

Setting

- Services must be offered in the setting best suited for desired outcomes, including home or other community-based setting.
- Off site
PSR Settings

Services must be offered in the setting best suited for desired outcomes, including home, or other community-based setting in compliance with Medicaid regulations.

Services may be provided individually or in a group setting and should utilize (with documentation) evidence-based rehabilitation and recovery. The program should utilize all goal-directed individual and group task to meet the goals identified above.

On or off site.
Habilitation Settings

Setting

- Habilitation Services may be delivered in the community (off-site)
Admissions Criteria
CPST Admission Criteria

Admission and Eligibility Criteria

- CPST services are intended to help engage individuals with mental health and/or a substance use diagnosis who are unable to receive site-based care or who may benefit from community based services including those who had only partially benefited from traditional treatment or might benefit from more active involvement of their family in their treatment. In addition, this service is intended for individuals who are being discharged from inpatient units, jail or prisons, and with a history of non-engagement in services, transitioning from crisis services, and for people who have disengaged from care.
An individual must have the desire and willingness to receive rehabilitation and recovery services as part of their individual service plan, with the goal of living their lives fully integrated in the community and, if applicable, to learn skills to support long-term recovery from substance use through independent living, social support, and improved social and emotional functioning.
An Individual requires residential support, rehabilitation, and onsite services that may include, but are not limited to: cognition (cognitive skills), functional status (ADL), and recovery-oriented community support.
Limitations/Staffing
CPST Limitations/Staffing

Limitations/Exclusions

- Community treatment for eligible individuals can continue as long as needed, within the limits, based on the individual’s needs. The intent of this service is to eventually transfer the care to a place based clinical setting.

- The total combined hours for CPST and Psychosocial Rehabilitation (PSR) and Habilitation are limited to no more than a total of 500 hours in a calendar year.

Certification/Provider Qualification

- Agencies who have experience providing similar services should already have a license to provide treatment services (i.e., Clinics, PROS, Intensive Psychiatric Rehabilitation Treatment (IPRT), Partial Hospitalization, Comprehensive Psychiatric Emergency Programs (CPEP), or currently utilize an evidence based or best practice off-site treatment model using licensed professionals.

- Licensed staff (see appendix) must provide this service.

Staffing ratios/case limits

- Decisions about how to balance caseloads will be left to the provider agencies as they see appropriate to ensuring quality of care and maintaining acceptable performance outcomes.
PSR Limitations/Staffing

• Limitations/Exclusions

➢ These services may complement, not duplicate, services aimed at supporting an individual to achieve an employment-related goal in their plan of care. The total combined hours for Psychosocial Rehabilitation and Community Psychiatric Support and Treatment and Habilitation are limited to no more than a total of 500 hours in a calendar year.

• Certification/Provider Qualification

➢ Providers of service may include non-licensed behavioral health staff (see appendix). Workers who provide PSR services should periodically report to a supervising licensed practitioner on participants’ progress toward the recovery and re-acquisition of skills.

➢ Staff to Member Ratio-- Maximum 1 FTE to 20
Habilitation Limitations/Staffing

Limitations/Exclusions
- The total combined hours for CPST, PSR, and Habilitation are limited to no more than a total of 500 hours in a calendar year. Time limited exceptions to this limit for individuals transitioning from institutions are permitted if prior authorized and found to be part of the cost-effective package of services provided to the individual compared to institutional care.

Certification/Provider Qualification
- Non-licensed Staff (see appendix) may provide this service.

Staffing ratios/case limits
- Staff to Member Ratio-- Maximum 1 FTE to 20
Components
Community Psychiatric Support and Treatment (CPST)

- Time-limited goal-directed supports and solution-focused interventions

- The following activities are designed to help persons with serious mental illness to achieve stability and functional improvement in the following areas:
  - Medication Management
  - Daily living
  - Finances
  - Housing
  - Education
  - Employment
  - Personal recovery and/or resilience
  - Family and interpersonal relationships and community integration.

- Designed to provide mobile treatment and rehabilitation services to individuals who have difficulty engaging in site-based programs
Components

➢ Assist the individual and family members or other collaterals to identify strategies or treatment options

➢ Provide individual and their family supportive counseling, solution-focused interventions, emotional and behavioral management, and problem behavior analysis with the individual

➢ Facilitate participation in and utilization of strengths based planning and treatments

➢ Assist the individual with effectively responding to or avoiding identified precursors or triggers that would risk their remaining in a natural community location
Components Cont.

➢ Provide ongoing rehabilitation support for individuals pursuing employment, housing, or education goals.

➢ Assist the individual with independent living skills

➢ Implement interventions using evidence-based and best practice techniques
Example
Psychosocial Rehabilitation (PSR)

- Designed to assist the individual with compensating for or eliminating functional deficits and interpersonal and/or environmental barriers.

- Activities included must be intended to achieve the identified goals or objectives as set forth in the individual’s Recovery Plan.

- The intent is to restore the individual’s functional level to the fullest possible
Components

- **Independent Living:** Develop and strengthen the individual’s independent community living skills and support community integration
- **Social:** Establishing and maintaining friendships and a supportive recovery social network
- **Community:** Support the identification and pursuit of personal interests
- **Personal autonomy:** Learning to manage stress, unexpected daily events and disruptions, mental health symptoms, relapse triggers and cravings with confidence; develop and pursue leisure and recreational interests, manage free time
Components Cont.

- **Health:** Develop constructive and comfortable interactions with health-care professionals
  - Relapse Prevention Planning
  - Managing chronic medical conditions, mental health symptoms and medications; establishing good health routines and practices

- **Social Skills:** Engaging with people respectfully, appropriate eye contact, conversation skills, listening skills and advocacy skills

- **Wellness:** meal planning, healthy shopping and meal preparation, nutrition awareness, exercise options

- **Personal care:** grooming, maintaining living environment, managing finances and other independent living skill
Example
Habilitation

Provided on a 1:1 basis and are designed to assist participants in acquiring, retaining and improving skills such as:

- Communication and Socialization
- Self-help
- Domestic and Self-care
- Fine and gross motor skills
- Mobility
- Personal adjustment
- Relationship development
- Use of community resources and adaptive skills
Habilitation Cont.

▷ Assist participants with developing skills necessary for community living. Services include things such as:
  ▪ Instruction in accessing transportation
  ▪ Shopping and performing other necessary activities including
    ▪ Self-advocacy
    ▪ Locating housing
    ▪ Working with landlords and roommates and budgeting.

▷ Services are designed to enable the participant to integrate fully into the community and endure recovery, health, welfare, safety and maximum independence of the participant.
Components

- Instruction in accessing and using community resources
- Instruction in developing or maintaining financial stability and security
- Skill training and hands-on assistance of instrumental activities of daily living
- Habilitation provides onsite modeling, training, and/or supervision to assist the participant in developing maximum independent functioning in community living activities.
- Facilitation of family reunification through coordination of family services as applicable and self-advocacy instruction.
- Housing preservation and advocacy training
Components Cont.

- Assistance with developing strategies and supportive interventions for avoiding the need for more intensive services.
- Assistance with increasing social opportunities and developing social support skills that ameliorate life stressors resulting from the participant’s disability and promote health, wellness and recovery.
- Instruction in self-advocacy skills including activities designed to facilitate participants' ability to access social service systems.
- Instruction in developing skills to manage trauma induced behaviors.
Example
Links to OMH/OASAS Documents – Manual, Billing Manual and Fee Schedule


› Fee Schedule and Rate Codes: http://www.omh.ny.gov/omhweb/bho/phase2.html
Adult BH HCBS In Person Trainings

› 10/26 -- Crisis Respite
› 10/27 – Employment Education
› 10/28 -- Family Support
› 11/2 – Peer Supports
› 11/6 – Family Support
› 11/9 – Peer Supports
› 11/13 – Hab/Rehab/CPST
› 11/16 – Hab/Rehab/CPST
› TBD (in-person or web-based) -- Non-Medical Transport
Visit www.mctac.org to view past trainings, sign-up for updates and event announcements, and access resources.