



East Carolina Behavioral Health

*-serving...Beaufort, Bertie, Craven, Gates, Hertford, Jones,
Northampton, Pamlico, & Pitt counties*

To: Consumers, Families, Providers and Stakeholders

From: Cindy Ehlers, MS, LPC, and Assistant Area Director- Clinical Operations

Date: March 15, 2010

Re: Revised Authorization Guidelines for IPRS funded services

ECBH has worked hard this fiscal year to make responsible decisions about the changes to services offered in our communities. We have also sustained significant budget reductions while experiencing an overwhelming demand for services for individuals without insurance coverage to meet their mental health, developmental disability or addiction treatment needs. In our role as a manager of public dollars, it has become apparent to us that as the economy continues to struggle more and more people are in need of services yet there is no more money with which to provide those services. Therefore, it is with great regret that we must now make many very difficult decisions about the benefits ECBH can cover for the consumers in our communities for the remainder of this year and the beginning of next fiscal year. It is as a result of the enormous demand in all our counties for crisis services for MH/DD/SA population, extreme demands for residential placements for adults stepping down from state psychiatric and private psychiatric hospitals, a 75% increase in outpatient services for indigent populations and a 200% increase in request for Developmental Disability services we must further limit the benefits we offer and start to waitlist request for new clients.

We recognize and appreciate that anytime we make changes it creates a disruption for individuals and their families and support systems. Please know that it is with a heavy heart we make these reductions due to lack of funding and increased demand, neither of which is good in our business. We know that this is very frustrating for consumers and families and providers it is equally as frustrating for us not to have enough funds to meet the needs. We make these adjustments to benefits as part of our role to manage the limited money we are allocated by state and local government against the demand of the indigent population that we serve. It is still our intention to ensure that we make the funds that we do receive last the entire fiscal year and that those funds are used for individuals who have the most significant needs and no other resources.

These are the revised authorization guidelines or established benefit limits we are operating under, they are intended to meet the needs of individuals within the current available financial resources. Please note that these guidelines apply to services funded through State dollars, and do not apply to services funded by Medicaid or Health Choice or other third party payers.

Mobile Crisis, Facility Based Crisis, Detox, Medication Management and Evaluation, and Assessment codes will remain no prior authorization required for state funded individuals. Providers of these services are subject to a retrospective review of utilization.

Outpatient Treatment- ECBH will eliminate H0001, H0004, H0004HQ, H0004HR, H0005, H0031

Effective April 1, 2010 will require prior authorization for all CPT codes for therapy for existing and new clients. ECBH will require a current comprehensive clinical assessment, treatment plan that includes goals, interventions, crisis planning and signed service order and completion of the electronic service request in order to process requests. For consumers with SA diagnosis providers must also include ASAM criteria.

Psycho-Social Rehabilitation- Effective March 15, 2010 No New Admissions to PSR for state funded consumers. Consumers currently receiving these services will be concurrently reviewed for continued stay criteria.

Multi Systemic Therapy- Effective April 1, 2010 this benefit will be eliminated.

Intensive In Home- Effective April 1, 2010 this benefit will be eliminated.

SAIOP and SACOT- Effective April 1, 2010 these services are available for consumer who meets the ASAM criteria and Entrance criteria of the service definition. These services will require prior authorization. Consumers currently receiving these services will be concurrently reviewed for continued stay criteria.

Day Treatment- Effective March 15, 2010- No New Admissions for State Funded consumers with the exception of the Port SA Adolescent Treatment program. Consumers currently receiving these services will be concurrently reviewed for continued stay criteria.

Supervised Living and Group Living, - Effective March 15, 2010 No New Admissions for State Funded consumers. Consumers currently receiving these services will be concurrently reviewed for continued stay criteria.

Halfway House- Effective March 15, 2010 No New Admissions for state funded consumers from ECBH. Consumers currently receiving these services will be concurrently reviewed for continued stay criteria.

Assertive Community Treatment Team- Effective April 1, 2010 this benefit will be eliminated.

Targeted Case Management- Effective March 15, 2010 No New Admissions- Consumers currently receiving this service are limited to no more than 3 hours per month effective March 1, 2010. Consumers currently receiving these services will be concurrently reviewed for continued stay criteria.

Developmental Therapy- Effective March 15, 2010 there will be No New Admissions for state funded Developmental Therapy.

Effective April 15, 2010 all adults getting Developmental Therapy will need to transition to Day Activity or Adult Day Vocational Program or other natural and community support services.

Effective April 15, 2010 school age children and adolescents currently getting one on one Developmental Therapy will only be able to get this service as a group service funded by ECBH.

Parents or caregivers can certainly enter into a private arrangement for the service with provider agencies who offer that option. As a group service this service will continue to be limited to 40 hours per month per consumer and now only as a group service.

ECBH encourages parents and caregivers to contact existing providers of Day Activity services to discuss the potential for developing Day Activity services for school age youth. Day Activity is a much more cost effective service and can be facility based or community based and often provides needed structure. ECBH encourages consumers and families to partner with providers who already operate such facilities to determine if they can be expanded to meet the needs of school age children during the summer months, school breaks and after school. ECBH will entertain proposals from those providers to expand their services if they include letters of support from parents or caregivers of potential recipients. ECBH will not consider proposals from **ANY** new vendors for this service only the expansion of existing vendors. Existing Day Activity Vendors are: Monarch New Bern and Greenville, BCDC- Beaufort County, Carolina Residential- Ahoskie.

This benefit will not be available to children or adults who receive CAP MR/DD waiver funding those recipients should utilize day supports, home and community supports, personal care or other waiver services. Individuals who receive Group Living, Supervised Living, Alternative Family Living, Personal Assistance or Adult Day Vocational Program, or Day Activity will not be eligible to receive Developmental Therapy services

Community Support Team- Effective April 1, 2010 this benefit will be eliminated.

Respite-This benefit is available to individuals to provide the primary caregiver a break. This service is only available for children who live at home. Children who live in a paid living arrangement are not eligible. Individuals can receive a limit of 8 hours per month effective March 15, 2010. Respite is an as needed service not intended to replace other services.

Adult Day Vocational Program Effective March 15, 2010 there are no new admissions This service will not be available to recipients who receive Medicaid CAP MR/DD funding. Day Supports should be utilized to fund this service for waiver recipients in lieu of state dollars. Contact the ECBH UM department if you need a list of providers of ADVP. Individuals who get this service cannot receive Developmental Therapy, Personal Assistance, Day Activity or Respite.

Day Activity- Effective March 15, 2010 there are no new admissions to DA unless an existing program creates an expansion to serve school age youth. This service will not be available to recipients who receive Medicaid CAP MR/DD funding. Day Supports should be utilized to fund this service for waiver recipients in lieu of state dollars. Contact the UM department if you need a list of providers of Day Activity. Individuals who get this service cannot receive Developmental Therapy, Personal Assistance, ADVP or Respite.

Long Term Supported Employment Follow-up – Effective April 1, 2010 this benefit will be suspended. ALL consumers will be waitlisted.

Services not mentioned here are not impacted. East Carolina Behavioral Health will continue to evaluate spending in all service categories as well as the impact of budget allocations or reductions from the Division of Mental Health, Developmental Disabilities or Substance Abuse Services.

If you have questions or need clarification please feel free to contact Cindy Ehlers, Assistant Area Director by email at cindyehlers@ecbhime.org .