Behavioral Health Benefits

Cortney Shaw
Behavioral Health Manager
Behavioral Health Services

CalOptima’s Behavioral Health Services

Medi-Cal

Orange County Mental Health Plan (MHP)
(as of 7/1/15, CalOptima no longer administers this program, but SPMI services continue unchanged with the same number)

OC MHP Access Line
(Beacon Health Strategies)
1-800-723-8641

Managed Care Plan (MCP)

CalOptima Behavioral Health
(Beacon Health Strategies)
1-855-877-3885

Duals (Medi-Cal/Medicare)

OneCare Connect / OneCare

Windstone Behavioral Health
1-800-577-4703
Medi-Cal Expansion

- The Affordable Care Act ensures that all Medi-Cal health plans offer a comprehensive package of services, known as essential health benefits
- Essential health benefits must include:
  1. Ambulatory patient services
  2. Emergency services
  3. Hospitalization
  4. Maternity and newborn care
  5. Mental Health and Substance Use Disorder Services, including Behavioral Health Treatment
  6. Prescription drugs
  7. Rehabilitative and habilitative services and devices
  8. Laboratory services
  9. Preventive and wellness services and chronic disease management
  10. Pediatric services (including oral and vision care)
Medi-Cal Behavioral Health (BH) Benefits

• The following BH benefits are available through CalOptima:
  ➢ Individual and group psychotherapy
  ➢ Psychological testing to evaluate a mental health condition
  ➢ Outpatient services to monitor drug therapy
  ➢ Psychiatric consultation
  ➢ Screening, Brief Intervention and Referral to Treatment (SBIRT) provided in a primary care setting

• Specialty Mental Health Services are provided by the Orange County Mental Health Plan
Not Covered Under BH Benefits

- Mental health services for relational problems are not covered, including counseling for couples or families for conditions listed as relational problems*

* As defined by the current Diagnostic and Statistical Manual of Mental Disorders (DSM)
# Mental Health and Substance Use Disorder Services

**Medi-Cal Managed Care Plan (MCP) for mild to moderate (CalOptima)**

- **MCP services beginning 1/1/14**
  - MH services (evaluations, psychotherapy and collateral)
  - Coordination of care (no CM)
  - Psychiatric consultation for medication management
  - Psych testing when clinically indicated to evaluate MH condition
  - Outpatient laboratory
  - Medications (anti-psychotic drugs are covered by Medi-Cal FFS)
  - Screening and Brief Intervention (SBI RT) – in Primary Care Office

- **NO Excluded Diagnoses**
  - Dementias – Psychiatric consultation
  - Mental Retardation – Coordinate with Regional Center
  - Autism – (including new ABA as of 9/15)
  - Mild to Moderate mental illness
  - Helping members
  - Reducing medical utilization (IC)

**County Mental Health Plan for SPMI (County)**

- **Specialty MH Services before and now**
  - MH services (assessments, therapy, rehabilitation and collateral)
  - Targeted case management
  - CMH psychiatrists
  - Crisis intervention and stabilization
  - Therapeutic behavior services

- **Residential Services**
  - Adult residential Tx services

- **Inpatient Services**
  - Psychiatric hospital & pro fees
  - Crisis residential Tx services

- **Fee-for-Service Psychiatrists**
  - Typically moderate severity
  - Lower level of care for engaged members in the Recovery Model

- **Excluded Diagnoses**
  - Dementias
  - Mental Retardation
  - Autism

- **Mild to Moderate mental illness**
  - Helping members
  - Often not sufficient impairment to receive services

**Drug Medi-Cal – County Alcohol and Other Drug Programs (AOD)**

- **Drug Medi-Cal Providers**
  - Outpatient
  - Intensive outpatient
  - Narcotic treatment program
  - Direct or access line possible
  - Inpatient detoxification services

- **County AOD Providers**
  - Residential
  - Residential drug-free detox
  - Outpatient
  - Intensive outpatient
  - OC LINKS access line

- **SBIRT**
  - Referral for treatment is a skill
  - Treatment portion of SBIRT by AOD

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Mental Health and Substance Use Disorder Services

- Mild
- Mild/Moderate
- Moderate/Severe
- Severe/Acute
Medi-Cal BH Services

Specialty Mental Health Services: County Mental Health Plan

Non-Specialty Mental Health Services: CalOptima (Beacon Health Strategies)

Severe/Acute (including psychiatric hospital and emergency services)
  ↓
  Moderate
  ↑
  Moderate (outpatient services only)
  ↓
  Mild

Severe/Acute

Moderate

Moderate (outpatient services only)

Mild
Behavioral Health Treatment (BHT) for Autism

- Behavioral Health Treatment (BHT) is the use of behavioral techniques (e.g., positive reinforcement, prompting, shaping, etc.) to bring about meaningful and positive change in behavior.
- A treatment program is customized based on the person’s skills, needs, interests, preferences and family situation.
- Treatment can help foster basic skills (e.g., looking, listening and imitating) and complex skills (e.g., reading, conversing and understanding another person’s views).
- The goal is to develop or restore, to the maximum extent practicable, the functioning of an individual with Autism Spectrum Disorder (ASD).
Criteria for BHT Services

- Is under 21 years of age
- Has an Autism Spectrum Disorder (ASD) diagnosis
- Exhibits the presence of excesses and/or deficits of behaviors that significantly interfere with home or community activities
- Is medically stable and without a need for 24-hour medical/nursing monitoring
- Had a comprehensive diagnostic evaluation that indicates evidence-based BHT services are medically necessary
- Ordered by a licensed physician or developed by a licensed psychologist
CalOptima BHT Coverage

• Medically necessary

• Requires prior authorization

• Delivered in accordance with the member’s CalOptima-approved treatment plan

• Treatment plan is reviewed no less than every six months

• Members currently receiving BHT at Regional Center of Orange County (RCOC) will continue to receive BHT at RCOC until the state develops a transition plan
Call CalOptima Behavioral Health at:

855-877-3885

For screening and referral to mental health services.
This number is available 24 hours a day, 7 days a week.

TTY/TDD: 800-735-2929
Referral Process

Referral Process

Referral to CalOptima Behavioral Health for Mental Health Screening
(by PCP, county programs, community, self, etc.)

Medi-Cal Eligibility Verification

Screening by Licensed Clinician

Referral to Mental Health Services
(as medically necessary)
OneCare/OneCare Connect BH Benefits

• Inpatient and Outpatient Behavioral Health Care
• Case Management Services
• Skilled Nursing Facility, Board and Care, Alzheimer Unit Consultations
• Acute Psychiatric Hospital Coverage
• Specialized use of Psych SNF’s
• Psychiatric Conservatorships – LPS
• 24x7 Emergency Coverage

• Differences Between OneCare & OneCare Connect
  ➢ OneCare – Special Needs Plan (SNP)– 18 and Older
  ➢ OneCare Connect- Duals Demonstration – 21 and Older
Referral for OneCare BH Services

Call Windstone Behavioral Health at:

800-577-4701

For screening and referral to mental health services. This number is available 24 hours a day, 7 days a week.

TTY/TDD: 714-834-3337
## Mental Health Services – CalOptima & Related

<table>
<thead>
<tr>
<th>Level of Impairment due to MI</th>
<th>Individual has Medi-Cal (CalOptima)</th>
<th>Individual has Medi-Medi or Other Medicare</th>
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<tbody>
<tr>
<td>Symptoms &amp; Impairment</td>
<td>Access</td>
<td>Responsibility</td>
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<tr>
<td>Mild/Moderate MI</td>
<td>855-877-3885</td>
<td>CalOptima CHIPA FFS Providers</td>
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<td></td>
<td>PCP, Caregiver, Member</td>
<td>(New - Expanded MH benefit as part of 10 Essential Health Benefits from ACA)</td>
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<td>Severe, but Stable MI, Children with SED</td>
<td>800-723-8641</td>
<td>OC MHP Beacon FFS Providers OR County Clinic (if need higher MH LOC)</td>
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<td>PCP, Caregiver, Member</td>
<td>Unchanged - same as before ACA</td>
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<tr>
<td>Severe, and Acute MI</td>
<td>714-834-6900</td>
<td>OC MHP Inpt Provider assigned upon admission</td>
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<td>CAT, ETS, or other appropriate Emergency #’s</td>
<td>Unchanged - same as before ACA</td>
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All MH Services should be coordinated with other providers’ medically necessary interventions.

May 2015