



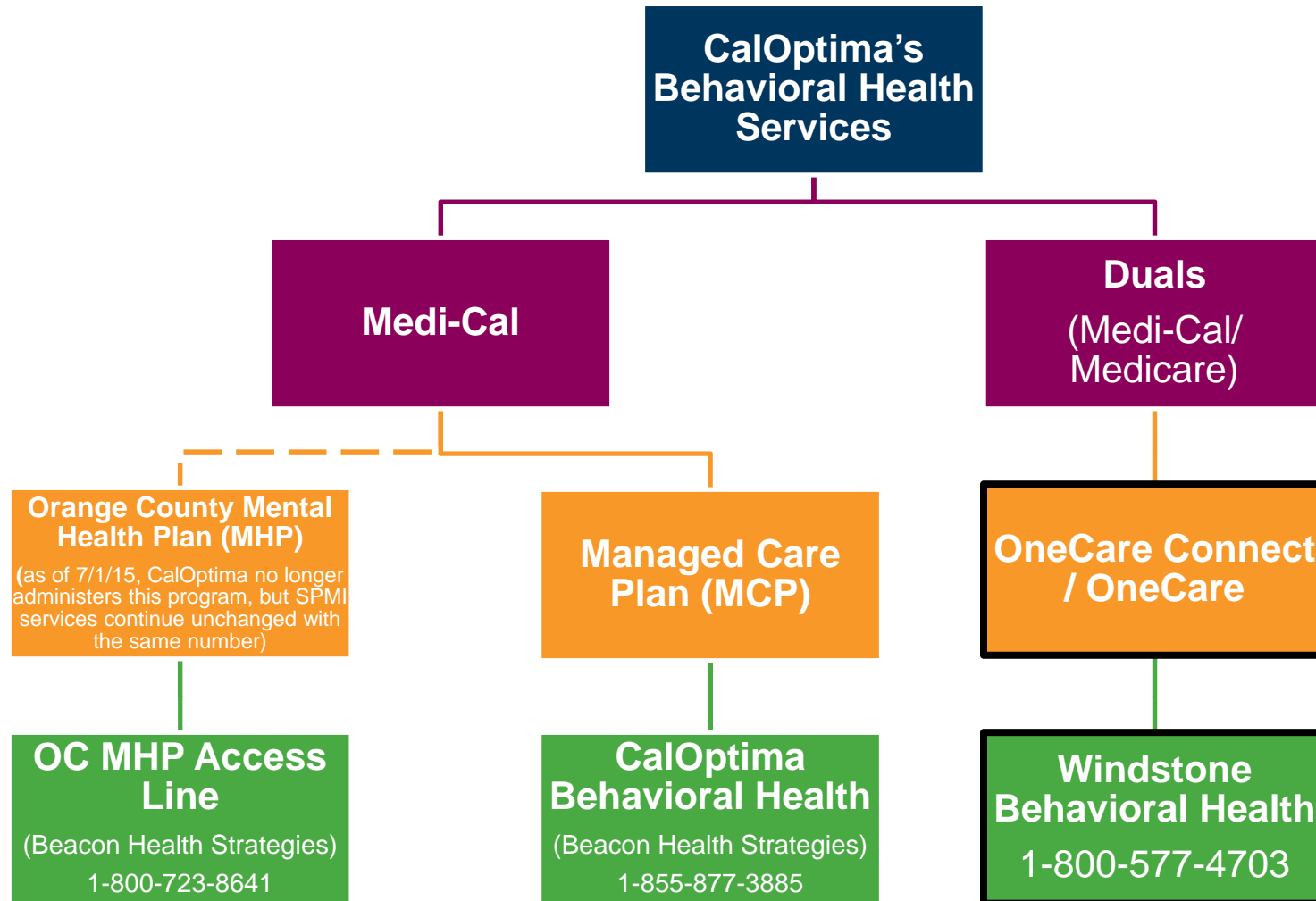
**CalOptima**  
Better. Together.

# Behavioral Health Benefits

**Cortney Shaw**

**Behavioral Health Manager**

# Behavioral Health Services



# Medi-Cal Expansion

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- 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

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- 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

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- 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 (SBIRT) – 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 (*Intellectual Disability Disorder – DSM 5*)
  - ✓ Autism
- Mild to Moderate mental illness**
- ✓ 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

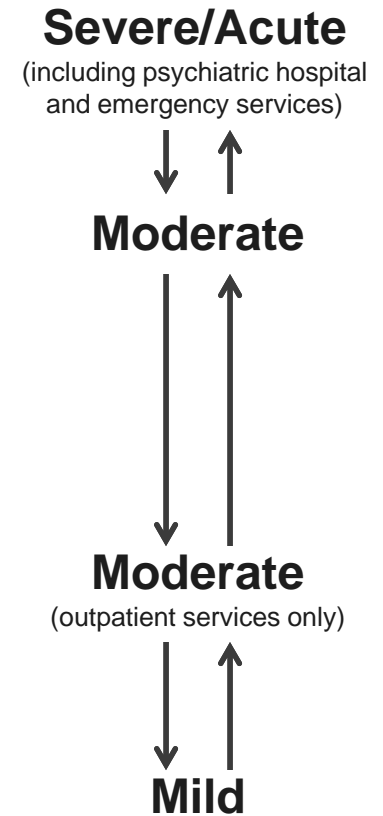
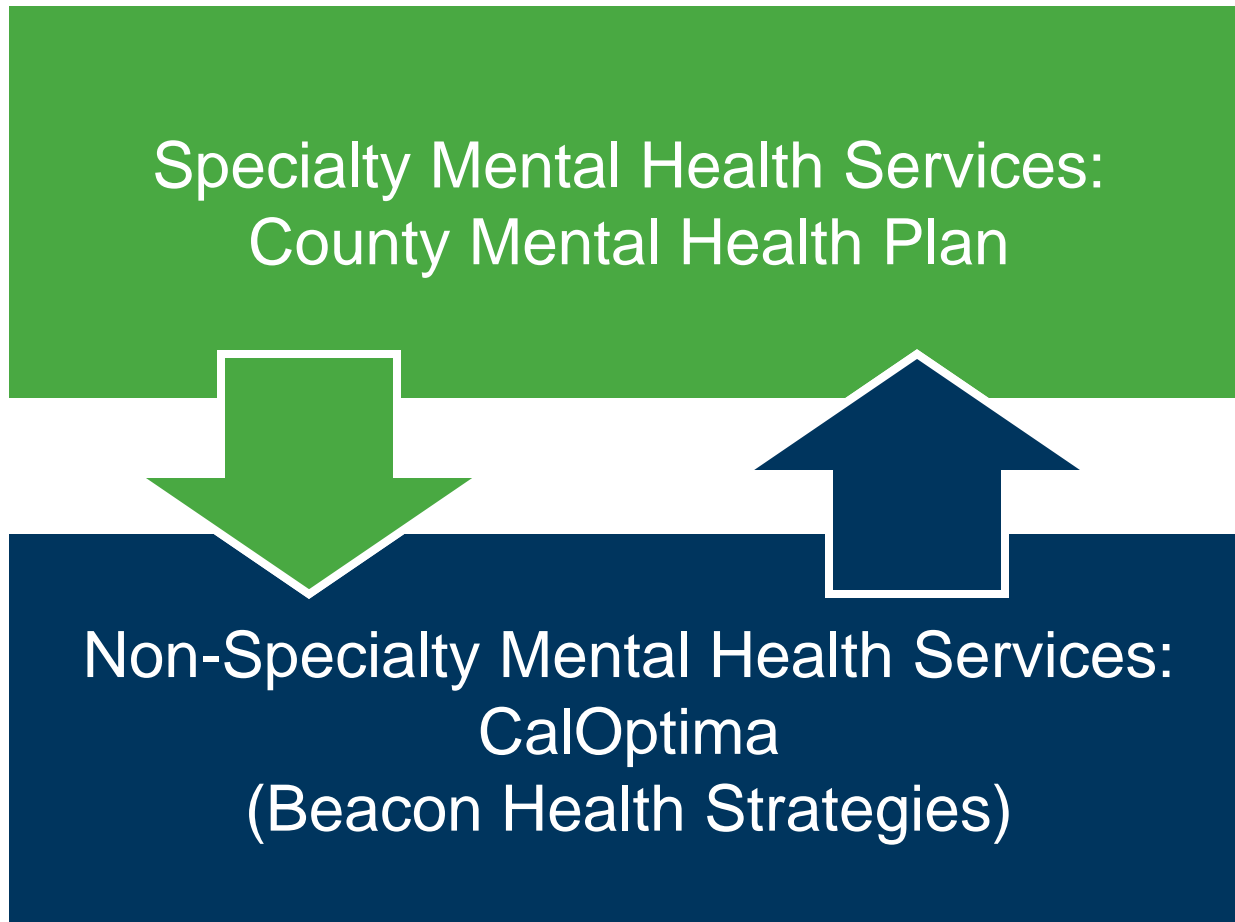
- ✓ Residential
- ✓ Residential drug-free detox
- ✓ Outpatient
- ✓ Intensive outpatient
- ✓ OC LINKS access line

### SBIRT

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

Mild → Mild/Moderate → Moderate/Severe → Severe/Acute

# Medi-Cal BH Services



# Behavioral Health Treatment (BHT) for Autism

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- 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

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- 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

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- 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

# Referral for Medi-Cal BH Services

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**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

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**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

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- 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

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**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

**Level of Impairment due to MI**

**Individual has Medi-Cal (CalOptima)**

**Individual has Medi-Medi or Other Medicare**

**OneCare (CalOptima)**

**MediCare Advantage/FFS**

Symptoms & Impairment	Access	Responsibility	Access	Responsibility	Access	Responsibility
<b>Mild/ Moderate MI</b>	<b>855-877-3885</b> PCP, Caregiver, Member	<b>CalOptima</b> CHIPA FFS Providers  (New - Expanded MH benefit as part of 10 <i>Essential Health Benefits</i> from ACA)	<b>800-577-4701</b> PCP, Caregiver, Member	<b>CalOptima</b>  Windstone FFS Providers	Medicare Advantage Provider, FFS Medicare Provider	Medicare Advantage Plan or Medicare
<b>Severe, but Stable MI, Children with SED</b>	<b>800-723-8641</b> PCP, Caregiver, Member	<b>OC MHP</b> Beacon FFS Providers <b>OR</b> County Clinic (if need higher MH LOC)  <b>Unchanged</b> - same as before ACA	<b>800-577-4701</b> PCP, Caregiver, Member	<b>CalOptima</b> Windstone FFS Providers  <b>OR</b> OC MHP Clinic (if need higher MH LOC - less likely)	Medicare Advantage Provider, FFS Medicare Provider  <b>OR</b> OC MHP Clinic (if need higher MH LOC - less likely)	Medicare Advantage Plan or Medicare
<b>Severe, and Acute MI</b>	<b>714-834-6900</b> CAT, ETS, or other appropriate Emergency #'s	<b>OC MHP</b> Inpt Provider assigned upon admission  <b>Unchanged</b> - same as before ACA	<b>800-577-4701</b> CAT, ETS, or other appropriate Emergency #'s	<b>CalOptima</b> Windstone Inpt Provider assigned upon admission	Other appropriate Emergency #'s	Medicare Advantage Plan or Medicare

All MH Services should be coordinated with other providers' medically necessary interventions.