

# Transforming the Behavioral Health System in Arkansas

Better access to services, more treatment options in communities across the state and help in time of crisis

## 2016 Fact Sheet

### What is behavioral health transformation?

The Arkansas Department of Human Services, working with mental health and substance abuse treatment clinicians and clients, is proposing changes to the behavioral health service funded by Medicaid and other state funds.

The goal is to create a mental health and substance abuse program that can better handle the complex issues facing citizens of Arkansas. Providing access to services in clinics and communities to address issues before there is a crisis will help keep children and adults out of more expensive hospitals and residential treatment centers.

Often, people with behavioral health issues become involved with the criminal justice and child welfare systems. This transformation can also help local law enforcement and others because it will:

- Allow Medicaid-eligible youth and adults to access coordinated substance use and mental health treatment at the same time.
- Allow for development of crisis units for adults experiencing acute mental health issues, which could serve as an alternative to jails and emergency rooms.
- Allow primary care practices to offer behavioral health services so that people can get care close to home.
- Ensure people with the highest level of need have someone coordinating their care.
- Provide home and community based alternatives to the use of higher cost inpatient and psychiatric residential treatment.

Proposed effective date of changes:

July 2017

### How will level of care be determined?

The State will go through a competitive bidding process in the winter of 2016 to select a company to provide an independent assessment of client needs. This improves the integrity of the Medicaid program by ensuring that an independent entity— rather than the service provider – determine the array of services needed by an individual.

## Levels & Services Available

### Tier One: Counseling Level



Populations Served:  
Medicaid beneficiaries with mental health and/or substance use disorder treatment needs

Services:  
Behavioral Health Counseling  
Mental Health Education  
Medication Management  
Diagnosis & Assessment

Available without independent assessment.

### Tier Two: Rehabilitative Level



Populations Served:  
Children with serious emotional disturbance and adults with serious mental illness

Services:  
Psychotherapy  
Treatment Plans  
Adult Rehab Day Service  
Care Coordination  
Peer Support  
Family Support Partners  
Pharmacological Counseling  
Child and Youth Support Services  
In-home Support

Independent assessment required.

### Tier Three: Intensive Level



Populations Served:  
Children with serious emotional disturbance and adults with serious mental illness

Services:  
Psychiatric Residential Treatment for Children  
Therapeutic Communities for Adults

Independent assessment required.



~ Crisis services available for all tiers. ~