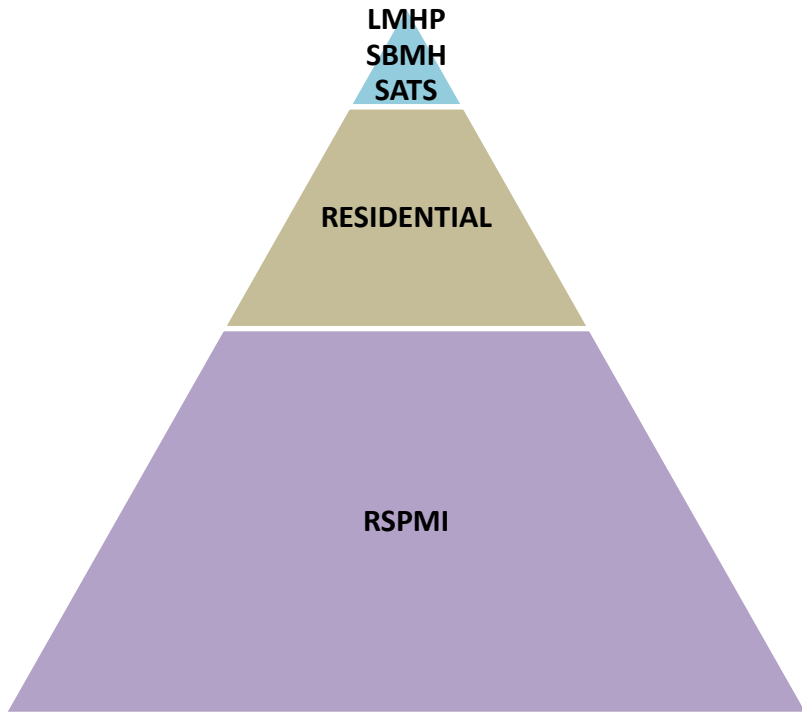


# CHILD AND YOUTH BEHAVIORAL HEALTH SYSTEM

## CURRENT



**LICENSED MENTAL HEALTH PRACTITIONER PROGRAM:** Short term independently licensed therapist providing clinic based outpatient therapy

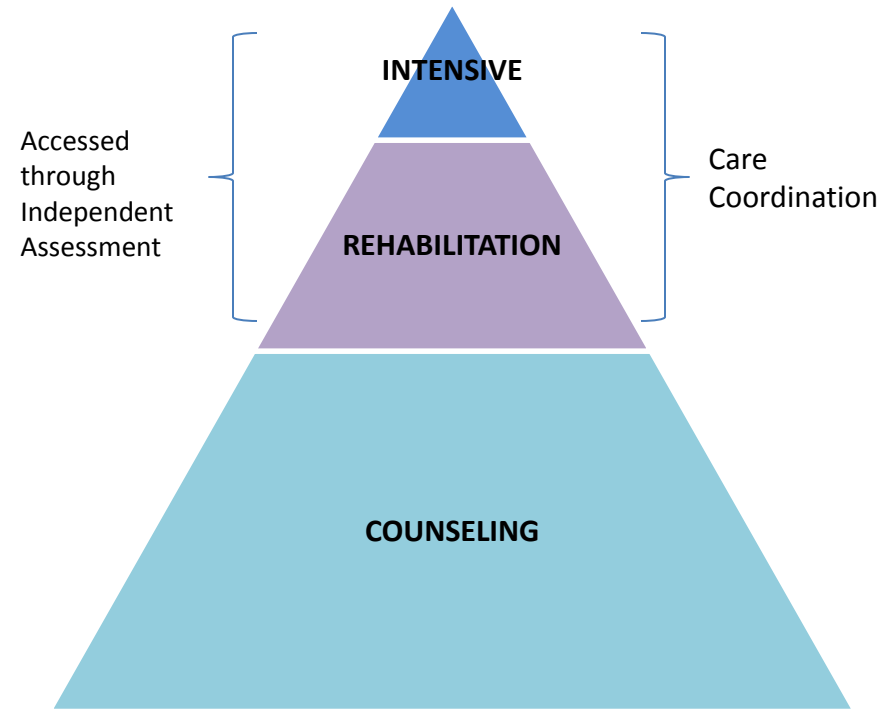
**SCHOOL BASED MENTAL HEALTH PROGRAM:** Independent licensed therapist employed by schools providing therapy services in school setting

**SUBSTANCE ABUSE TREATMENT SERVICES:** Array of professional services with separate treatment plan for substance abuse treatment

**PSYCHIATRIC RESIDENTIAL PROGRAM:** Inpatient services provided in locked facilities in congregate care settings for three to six months

**RSPMI PROGRAM:** Child/youth receive seriously emotionally disturbed designation given by provider agencies which includes service array of professional and paraprofessional services

## PROPOSED



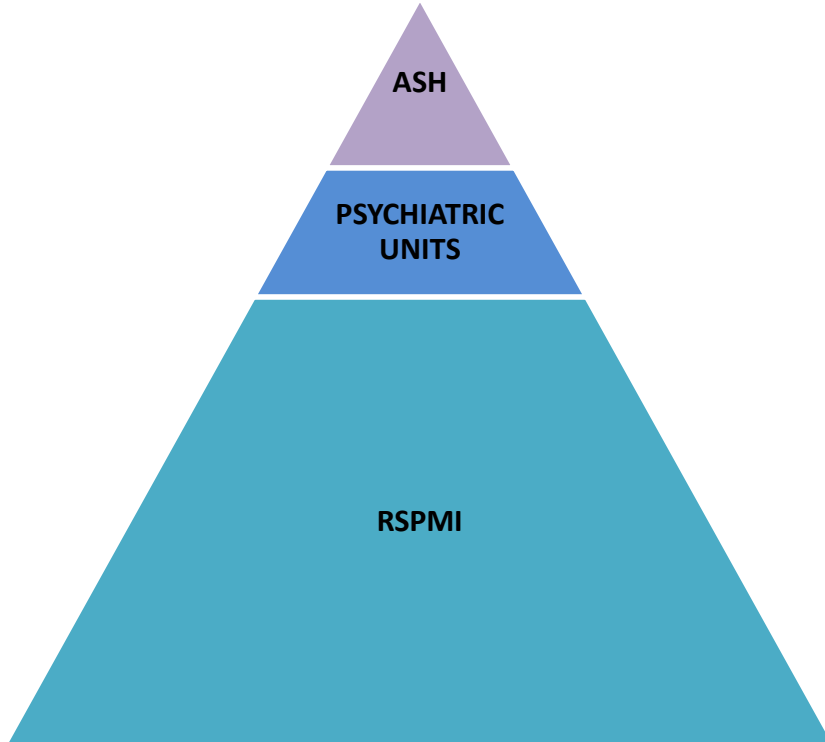
**INTENSIVE LEVEL:** Psychiatric residential including step-down level to promote transition

**REHABILITATION LEVEL:** Certified agencies provide an array of professional and para-professional services for those with higher need. Services are based in community and targeted to behavioral and family support. Treatment can include both substance abuse and mental treatment for co-occurring conditions.

**COUNSELING LEVEL:** Directly accessed short term professional services provided in offices that are freestanding, part of a behavioral health agency or co-located with other service providers.

# ADULT BEHAVIORAL HEALTH SYSTEM

## CURRENT

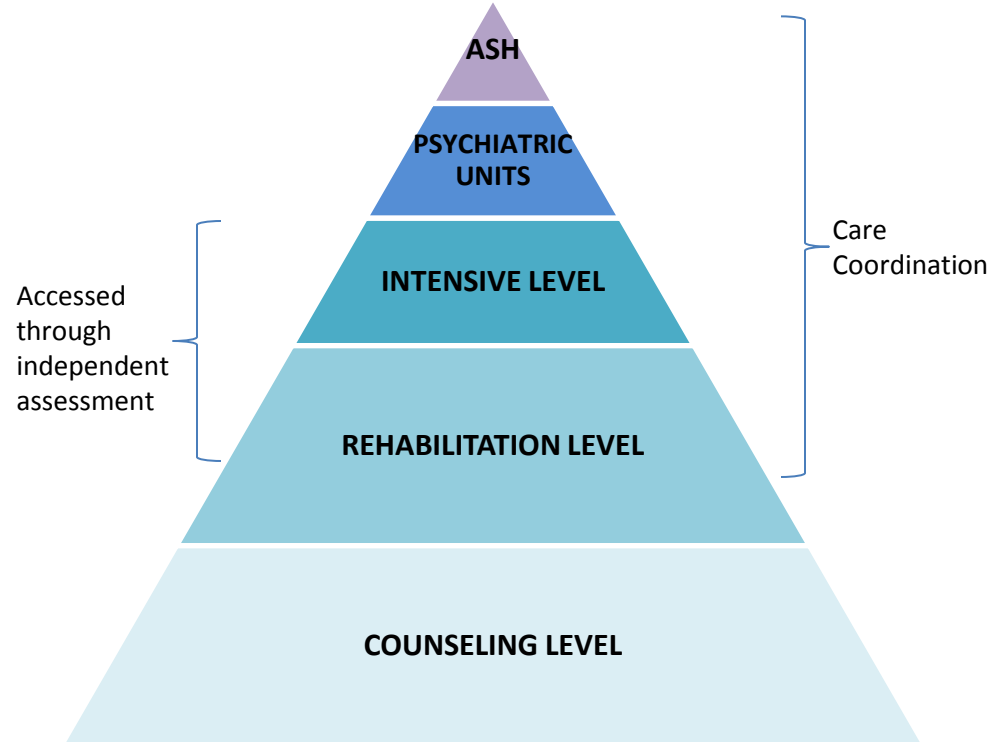


**RSPMI:** Service array of paraprofessional and professional services provided by certified agencies for adults designated as seriously mentally ill.

**PSYCHIATRIC UNITS:** Located in Medical/Surgical hospitals provide inpatient services for three to seven days to stabilize those in acute crisis

**ARKANSAS STATE HOSPITAL:** State run psychiatric hospital

## PROPOSED



**COUNSELING LEVEL:** Directly accessed short term professional services provided in offices that are freestanding, part of a behavioral health agency, or co-located with other service providers. Treatment can include both substance abuse and mental treated as co-occurring condition.

**REHAB LEVEL:** Certified agencies provide an array of professional and paraprofessional services for those who with higher need. Services are based in community and targeted to community integration and recovery.

**INTENSIVE LEVEL:** Highly structured residential environment in community setting for those with need of supervision for personal and community safety.

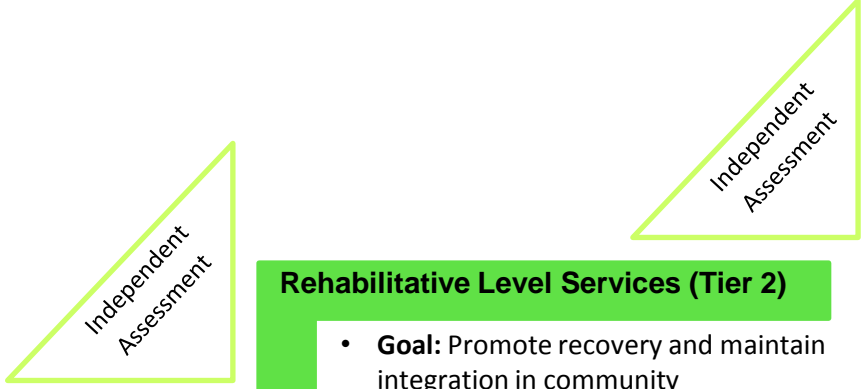
**PSYCHIATRIC UNITS:** Located in Medical/Surgical hospitals provide inpatient services for three to seven days to stabilize those in acute crisis.

**ARKANSAS STATE HOSPITAL:** State run psychiatric hospital

# Improved Access to High Quality Treatment and Crisis Services Saves Lives, Preserves Families and Saves Money

| Current System   | Proposed System  |
|--|--|
| Light touch outpatient counseling service not available for adults and very limited availability for children and youth  | Counseling Level allows adults, children and youth to access short term counseling services easily   |
| Counselors not allowed to provide services in medical and other clinics  | Co-location is encouraged for Counseling Level improving access to needed service and creating efficiencies for health care providers  |
| Substance Abuse Services for all adults not reimbursed by Medicaid only through federal block grant funded. These are different providers in many areas so consumers who need both mental health and substance abuse service to access them separately | Services available from one provider and ability to provide treatment for co-occurring substance abuse and mental health concerns. Medicaid substance abuse service provision expanded to all eligible adults. |
| Same level of paperwork required for providers no matter the severity of the individuals symptoms  | Administrative burden reduced for Counseling Level allowing providers to focus on treatment  |
| Shortage of Psychiatrists  | Psychiatrist not required to complete diagnostic assessments and sign treatment plans for those in Counseling Level freeing their time to provide treatment to those in most need                              |
| Mental Health Clinics are reimbursed to provide the same services for all who seek treatment   | Independent Assessment required to receive more intensive services   |
| Overutilization of some services such as group therapy due to limited service array  | Service array for Rehabilitation Level expanded to include services targeted to meet needs of specific populations   |
| Service descriptions largely the same for adults and children  | Service array for Rehabilitation Level allows service targeted to different needs of young children, children, youth, families and adults  |
| Paraprofessionals used as “service extenders” and trained by agency who employes them with no certification required   | Paraprofessionals will receive training through a Provider Resource Center targeted to needs of specific populations and interventions   |
| No care coordination services available in system  | Care Coordination will be available to Rehabilitation Level and Intensive Level consumers  |

# Proposed Behavioral Health Payment Improvement Initiative: Service Availability and Thresholds



## Counseling Level Services (Tier 1)

- **Goal:** Improve access to needed services
- **Population Served:** Children and adults in need of mental health and/or substance abuse treatment
- **Available Services (Not Inclusive):**
  - Behavioral health counseling
  - Psychoeducation
  - Pharmacologic management
  - Diagnosis and Assessment

## Rehabilitative Level Services (Tier 2)

- **Goal:** Promote recovery and maintain integration in community
- **Population Served:** Children with Serious Emotional Disturbance and Adults with Serious Mental Illness
- **Available Services (Not Inclusive):**
  - Psychotherapy
  - Treatment Plan
  - Adult Rehabilitative Day Service
  - Care Coordination
  - Peer Support
  - Family Support Partners
  - Pharmacologic Counseling
  - Child and youth support services

## Intensive Level Services (Tier 3)

- **Goal:** Stabilize and prepare for integration in to community
- **Population Served:** Children with Serious Emotional Disturbance and Adults with Serious Mental Illness
- **Available Services :**
  - Psychiatric Residential for Children
  - Therapeutic Communities for Adults

### In Crisis?

- Mobile response and crisis stabilization
- Acute crisis units
- Medical and Non-Medical Detoxification
- Acute hospitalization