

Division of Behavioral Health

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Behavioral Health Technical Assistance
Presented to Medicaid Tribal Consultation Meeting October 13, 2016

Behavioral Health Technical Assistance

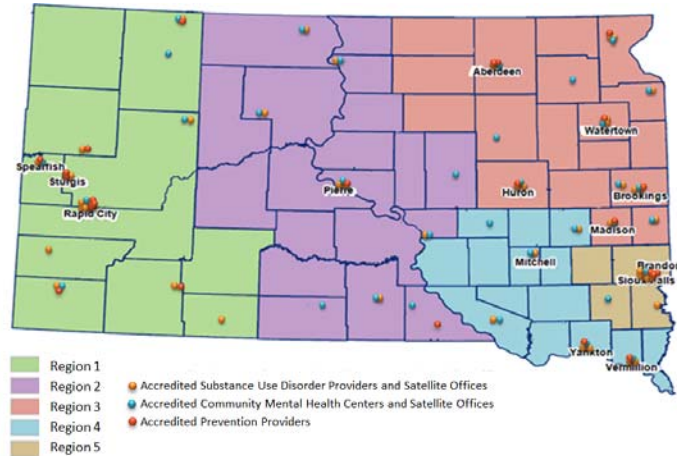
The Division contracted with Great Plains Tribal Chairmen's Health Board in the spring of 2016 to serve as a consultant to help tribes and/or IHS assess the feasibility of developing Community Mental Health Center services or Medicaid Behavioral Health Home Services.

The Division provided technical support through a series of meetings with Division staff and a CMHC as well as the sharing of accreditation related information and materials.

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2

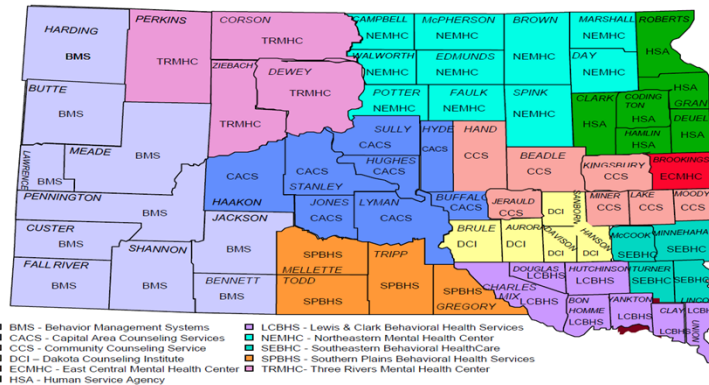
Statewide Accredited Providers



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Statewide CMHCs

South Dakota Mental Health Center Service Areas



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Mental Health Services

11 Accredited Community Mental Health Centers

- Services to over 18,000 individuals annually
- Services include emergency services, assessment services, individual, family, and group therapy, case management, psychiatric services



5

Substance Use Disorder Services

38 Accredited Treatment Providers

- Services to over 11,000 individuals annually
- Services include crisis intervention, assessments, individual and group counseling, day treatment, outpatient treatment, residential and inpatient treatment



6

Administrative Requirements - Accreditation

Division of Behavioral Health Accredits Community Mental Health Centers and Substance Abuse Providers (Administrative Rules of SD Articles 46:05 and 46:20)

Accredited Behavioral Health agencies follow administrative requirements for policies and procedures relating to:

- Governance – Board of Director responsibilities, general management requirements
- Program Services – policies and procedures for provision of services, clinical requirements, collection of statistical data and outcome measures
- Personnel – staffing requirements, new employee orientation, TB screenings for substance use treatment providers, staff training and clinical supervision
- Medication Control – residential substance use treatment providers

Department of Health is contracted to conduct inspections for Environmental, Sanitation, Life Safety and Fire Prevention requirements



7

Clinical Requirements - Accreditation

Accredited Behavioral Health agencies maintain clinical records with required documentation of:

- Client Orientation
- Integrated Assessments
- Treatment Plans
- Supervisory Reviews
- Crisis Planning
- Transition Planning
- Continued Service Criteria
- Progress Notes
- Discharge Summaries
- Medical evaluation requirements for residential/inpatient substance use disorder treatment services
- Other required documentation



8

SUD Deemed Status Accreditation Options

- Accreditation through the Joint Commission (JC, formerly known as JCAHO), the Commission on Accreditation of Rehabilitation Facilities (CARF), or the Council on Accreditation (COA)
- Quality assurance review under the Indian Health Service Manual, Professional Standards – Alcohol/Substance Abuse
- Both options are defined in SDCL 34-20A-2(1)

CMHC Required Services

CMHCs serve the counties designated to them by the Division of Behavioral Health and provide services to clients with acute mental health issues or serious mental health difficulties. A center must provide services to children, youth, adults, and elderly residents of the catchment area assigned to the center either directly or by affiliation with other agencies. The following services must be available:

- Emergency services available 24 hours per day, 7 days a week
- Assessment services in order to determine the best service match
- Outpatient services pursuant to chapter 46:20:29
- Specialized outpatient services for children or youth pursuant to chapter 46:20:30 (Child or Youth and Family Services (CYF Services))
- Specialized outpatient services for adults pursuant to chapter 46:20:31 (Comprehensive Assistance with Recovery and Empowerment (CARE))

Optional services may include room and board as defined in subdivision 46:20:21:01(1) and Individualized Mobile Programs of Assertive Community Treatment (IMPACT) pursuant to chapter 46:20:32

CMHC Required Services

Case Management ensures the delivery of a seamless continuum of highly coordinated services to assist the client in gaining access to needed services and supports in each life domain

- Direct assistance: services to ensure the client obtains the basic necessities of daily life and performs basic daily living activities
- Psychosocial rehabilitation: services provided to assist the client to gain or relearn self-care, interpersonal, and community living skills needed to live independently, sustain psychiatric stability, and progress towards recovery
- Liaison services: facilitates treatment planning and coordination of services between mental health and other entities
- Collateral contacts: contacts (phone or face-to-face) with others to plan treatment, assist others to respond therapeutically regarding the client's illness, or link the client, client's family, or both to other community supports

Refusal to Serve

A CMHC must serve any client who meets SED or SMI criteria pursuant to § 46:20:30:02 or 46:20:31:02 and financial eligibility criteria. If a center refuses services to a client who meets these criteria, the Division of Behavioral Health has the authority to reduce the contract for the center in order to purchase necessary services from an alternative provider. A center may not refuse services to any child with a SED or an adult with a SMI unless:

- The center provides written notice of the refusal to the Division of Behavioral Health within 72 hours of this action;
- The center offers emergency services to the client until the client can be relocated to another service area or alternative services are arranged; and
- The center arranges for appropriate mental health services for the client with another provider.

CMHC Personnel Requirements

Executive Director's Qualifications (46:20:25:02):

- Knowledge of mental health services
- Administrative skills
- Knowledge at time of employment of ARSD pertaining to community mental health services and programs

Clinical Director's Qualifications (46:20:25:03):

- At least a master's degree in psychology, social work, counseling, or nursing
- Currently hold license in that field
- Two years of supervised postgraduate clinical experience in a mental health setting
- An additional two years experience in a mental health setting

Clinical Supervisor's Qualifications (46:20:18:01(4)):

- At least a master's degree in psychology, social work, counseling, or nursing
- Currently hold license in that field
- Two years of supervised postgraduate clinical experience in a mental health setting



13

CMHC Personnel Requirements

Qualifications of staff providing direct services and supports to clients (46:20:25:04): Staff hired after 12/31/2010 must meet one of the following:

- At least an associate's degree in the social sciences or human services field to provide the following direct services:
 - Intake services
 - Case management
 - Family education and support
 - Liaison services
 - Direct assistance
 - Psychosocial rehabilitative services
 - Recovery support services
- To provide mental health services, employees must have a master's degree in psychology, social work, counseling, or nursing; a social work license as defined in SDCL 36-26-15; or a bachelor's degree in a human services field and two years of related experience



14

CMHC Personnel Requirements

- A licensed physician or psychiatrist, or a resident operating within the Board of Medical and Osteopathic Examiners guidelines, or a licensed physician assistant or licensed certified nurse practitioner practicing within his or her scope of practice, to provide psychiatric services
- A registered nurse or licensed practical nurse to provide psychiatric nursing services

CMHC Personnel Supervision

ARSD 46:20:25:05 requires all CMHC staff providing direct services to clients be supervised by a clinical supervisor

- The amount and type of supervision is based on the CMHC's staff needs for supervision and level of education, training, and experience
- Clinical supervisors are responsible for ensuring center staff who do not meet clinical supervisor criteria are operating within the scope of their education, training, and competencies
- ARSD 46:20:25:08 requires CMHCs to provide ongoing training and consultation to enable staff and supervisors to carry out responsibilities effectively

CMHC Clinical Process

Initial Assessment

- 17 content areas required

Treatment Plan

- 4 key areas included

Treatment Plan Reviews – every 6 months

Annual Supervisory Reviews

Crisis Intervention Plans

Transition Plans

Individual and Group Progress Notes

Discharge Summary



17

Outpatient Services

Outpatient services - nonresidential diagnostic and treatment services for individuals who don't meet full Serious Emotional Disturbance (SED) or Serious Mental Illness (SMI) criteria. Outpatient services must be individualized according to the needs of the client and the client's family if appropriate, and must be responsive to cultural differences and special needs

- Services Provided:
 - Screening, assessment, and evaluation
 - Individual therapy
 - Group therapy
 - Family therapy
 - Psychiatric services, with the primary purpose of prescribing or reviewing a client's use of pharmaceuticals, including psychiatric assessments, treatment, and prescription of pharmacotherapy
 - Collateral contacts



18

Children Youth and Family (CYF) Services

CYF Services - comprehensive, community based services provided to children under the age of 18 who meet the Serious Emotional Disturbance (SED) criteria (46:20:30 and SDCL 27A-15-1.1)

- **Eligibility:**

- Mental disorder diagnosis
- Functional impairment
- Demonstrated need for services in addition to mental health services
- If a youth is diagnosed before age 18 they can receive CYF Services until age 21

CYF Services

- Services are provided in a location preferred by the child or youth and the child or youth's parent or guardian, including settings outside of the center
- Services are provided within an integrated system of care. The parents or guardian and family of the child or youth with SED should be full participants in the planning, delivery, and evaluation of services
- Services are provided according to the individualized needs and strengths of the child or youth and the child or youth's family or guardian, if applicable, and shall be responsive to cultural differences and special need

CYF Services

The following CYF services are provided by the center according to the individualized needs of each child or youth:

- Integrated screening, assessment, and evaluation
- Case management
- Group therapy
- Parent or guardian group therapy
- Family education, support, and therapy
- Crisis assessment and intervention services
- Psychiatric services with the primary purpose of prescribing or reviewing a client's use of pharmaceuticals, including psychiatric assessments, treatment, and prescription of pharmacotherapy
- Psychiatric nursing services including components of physical assessment, medication assessment and monitoring, and medication administration for clients unable to self-administer their medications;
- Collateral contacts
- Liaison services to facilitate treatment planning and coordination of services between mental health and other entities

Comprehensive Assistance with Recovery and Empowerment (CARE)

To be eligible for CARE (46:20:31), the client must meet SMI criteria:

- Adult client must meet one of the following:
 - Undergone psychiatric treatment more than once
 - Experienced an episode of psychiatric hospitalization and with an Axis I or II diagnosis
 - Been on psychotropic medication for at least one year
 - Has frequent crisis contact with CMHC (or another MH provider) for the last 6 months as a result of a mental illness
- AND must meet three of the following:
 - Unemployed and has poor job skills or work history
 - Inappropriate social behavior
 - Unable to obtain public services without assistance
 - Requires public financial assistance for out-of-hospital maintenance/budgeting/requires a payee
 - Lacks social support systems
 - Unable to perform basic daily living skills without assistance

CARE Services

- Services are provided in a location preferred by the adult client, including settings outside of the center
- Services are provided within an integrated system of care
- Services are provided according to the individualized needs and strengths of the client and shall be responsive to cultural differences and special needs

CARE Services

The following CARE services are provided by the center according to the individualized needs of the adult client:

- Integrated screening, assessment, and evaluation
- Crisis assessment and intervention
- Case management
- Psychiatric services, including psychiatric assessments, treatment, and prescription of pharmacotherapy
- Psychiatric nursing services including components of physical assessment, medication assessment and monitoring, and medication administration
- Symptom assessment and management, including medication monitoring and education
- Individual therapy or counseling
- Group therapy

CARE Services

The following CARE services are provided by the center according to the individualized needs of the adult client (continued):

- Recovery support services
- Direct assistance to ensure ongoing opportunities for the client to obtain and perform basic daily living activities
- Psychosocial rehabilitation services to assist the client to gain or relearn self-care, interpersonal, and community living skills needed to live independently, sustain psychiatric stability, and progress towards recovery
- Liaison services to facilitate treatment planning and coordination of services between mental health and other entities
- Encouragement for active participation of family and supportive social network
- Collateral contacts

IMPACT

IMPACT (46:20:32)

- Highest level of outpatient treatment for adults meeting SMI criteria who can't be served in less restrictive services
- Based on the Assertive Community Treatment evidence-based model
- Organized as a mobile group of mental health professionals within one service delivery team
- Services similar to CARE but provided at a more intensive level with a team approach to treatment
 - 1 therapist to 12 clients with a minimum of 16 contacts per month

Eligibility:

- Same as CARE plus additional needs:
 - Ongoing difficulty with daily living tasks without significant assistance
 - Frequent psychiatric inpatient hospitalizations in past year
 - Constant/cyclical turmoil with family, social or legal systems – inability to integrate into the community
 - Assessed as able to live independently with intensive services while residing in inpatient, jail, prison, or residential facility
 - Homelessness or risk thereof
 - Likely to need residential/institutional placement if intensive community-based services are not provided

Services are provided in 6 communities: Yankton, Sioux Falls, Huron, Rapid City, Pierre, and Aberdeen

Room and Board

- Residential housing provides room and board for individuals ages 18 and older who have a serious mental illness, including those with co-occurring substance use disorders, and who, due to their illness, are unable to function in an independent living arrangement
- Individuals are provided the broad range of services available through CARE or IMPACT, based on individual needs. Staff must be on the premises of each facility from the hours of 8pm to 8am daily

SUD Treatment Services

- **Outpatient Services** – Early intervention, assessment services, individual and group counseling for adults and adolescents
- **Day Treatment** – Clinically intensive program that generally provides structure and 24 hour support in a supervised living situation
- **Low Intensity Residential Services** – Services in a residential setting that allow residents to maintain employment and community supports while residing in a sober living environment
- **Inpatient Services** – Provide a structured intensive treatment program

Outpatient Services

Outpatient Services – assessment services, individual, group, and family counseling for adults and adolescents

- **Outpatient (Level 1.0)** - Non-residential program which provides services to those persons harmfully affected by alcohol or drugs through regularly scheduled counseling services.
 - Up to 9 hours of counseling per week
- **Intensive Outpatient Treatment (Level 2.1)** - A non-residential program which provides a clearly defined, structured, intensive outpatient treatment program.
 - Minimum of 9 hours of counseling per week provided in two or more separate sessions

Day Treatment

Day Treatment (Level 2.5) – A clearly defined, structured, intensive treatment program

- Adults
 - Minimum of 20 counseling hours per week
- May include a residential component

Low Intensity Residential Services

Low Intensity Services (Level 3.1) – Clinically Managed Low Intensity Residential Treatment

- Clients who attend this level of service receive counseling services with special emphasis on relapse prevention planning
- Provides case management services that help clients find employment and coordinate other services as necessary
- Intensity of services is a minimum of 5 counseling hours per week
- Providers located in Rapid City, Vale, Watertown, Mitchell, and Sioux Falls



31

Inpatient Services

Inpatient Services (Level 3.7) – residential services that provide a medically monitored and structured intensive treatment program

- Prior authorization from the Division of Behavioral Health is required
- Minimum of 30 hours of treatment per week for adults
- Adult inpatient programs located in Sturgis, Sisseton, Mitchell, and Canton
- Adolescent PRTF inpatient programs located in Huron, Sioux Falls, Canton, and Rapid City



32

Detoxification Services

Detoxification Services (Level 3.2D) – Clinically Managed Residential Detoxification provides 24-hour supervision, observation, and support for individuals who are intoxicated or experiencing withdrawal. All programs at this level rely on established clinical protocols to identify individuals who are in need of medical services beyond the capability of the facility and to transfer such individuals to more appropriate levels of care when necessary.

- Providers located in Rapid City, Watertown, Mitchell, Sioux Falls

Specialized Pregnant Women Treatment

Specialized Pregnant Women Services – provides inpatient treatment (Level 3.7) and clinically managed low intensity residential services (Level 3.1) for women and adolescents who are pregnant and/or have dependent children.

- Program provides:
 - Primary medical care for women, including referral for prenatal care
 - Primary pediatric care, including immunization, for their children;
 - Substance use and other therapeutic interventions for women which may address issues of relationships, sexual and physical abuse and parenting, and child care
 - Therapeutic interventions for children of women in treatment to address their development needs, issues of sexual and physical abuse, and neglect
- Programs located in Sioux Falls and Rapid City

Intensive Methamphetamine Services

Intensive Methamphetamine Services – Long-term treatment that consists of four phases to assist individuals with severe methamphetamine dependence

- Phase 1: provides detoxification services for clients experiencing acute withdrawal symptoms.
- Phase 2: provides intensive day treatment (20-29 hours per week) or intensive inpatient treatment (30 hours per week) for approximately 30 to 45 days.
- Phase 3: provides transition to a low-intensity residential program along with intensive outpatient treatment (9-15 hours per week) for approximately 90 to 120 days.
- Phase 4: provides transition to an independent living situation and continues outpatient treatment for up to 8 months. During this phase a mentor is assigned to the client to support the client in the community.
- Two treatment programs located in Sioux Falls and Rapid City