



## Mental Health Treatment

LOB(s): <input checked="" type="checkbox"/> Commercial  <input checked="" type="checkbox"/> Medicare  <input checked="" type="checkbox"/> Medicaid	State(s): <input checked="" type="checkbox"/> Idaho <input checked="" type="checkbox"/> Montana <input checked="" type="checkbox"/> Oregon <input checked="" type="checkbox"/> Washington <input type="checkbox"/> Other:  <input checked="" type="checkbox"/> Oregon <input type="checkbox"/> Washington
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## Enterprise Policy

*Clinical Guidelines are written when necessary to provide guidance to providers and members in order to outline and clarify coverage criteria in accordance with the terms of the Member's policy. This Clinical Guideline only applies to PacificSource Health Plans, PacificSource Community Health Plans, and PacificSource Community Solutions in Idaho, Montana, Oregon, and Washington. Because of the changing nature of medicine, this list is subject to revision and update without notice. This document is designed for informational purposes only and is not an authorization or contract. Coverage determinations are made on a case-by-case basis and subject to the terms, conditions, limitations, and exclusions of the Member's policy. Member policies differ in benefits and to the extent a conflict exists between the Clinical Guideline and the Member's policy, the Member's policy language shall control. Clinical Guidelines do not constitute medical advice nor guarantee coverage.*

## Background

This policy outlines mental health inpatient, residential, partial hospitalization, and intensive outpatient treatments for adults, adolescents, and children.

PacificSource covers mental health treatment for mental health disorders and co-occurring disorders (more than one or a combination of mental health, substance use, and physical health disorders) for adults, children, and adolescents, subject to the contract benefit and policy limitations.

Mental Health treatment may be clinically indicated for those with a diagnosis found in the ICD-10 classification system and Diagnostic and Statistical Manual of Mental Disorders, Fifth Edition (DSM-5), with specific exceptions as allowed by state and federal mandates.

For primary mental health diagnoses, unless otherwise noted, PacificSource uses the following criteria:

- For children ages 5 years and younger: The Early Child Service Intensity Instrument (ECSII) by the American Academy of Child and Adolescent Psychiatry
- For children and adolescents ages 6 to 18 years: The Child and Adolescent Level of Care/Service Intensity Utilization System (CALOCUS-CASII) by the American Association for Community Psychiatry and the American Academy of Child and Adolescent Psychiatry
- For adults ages 19 years and older: The Level of Care Utilization System for Psychiatric and Addiction Services (LOCUS) by the American Association for Community Psychiatry

This policy has been developed with consideration of medical necessity, generally accepted standards of medical practice, widely accepted clinical guidelines published by professional associations and review of medical literature.

For additional information about PacificSource Community Solutions (PCS), see specific section below.

## Criteria

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### **Facilities**

The following apply to all levels of care (for additional requirements please see specific level of care):

- Facilities must hold licensure and/or accreditation for the level and type of care provided. The facilities must also practice within the scope of its license, appropriate to their state regulations.
- Treatment that is court ordered or required by a third party must also meet medical necessity criteria and will not be approved solely on the basis of court order or third-party requirement.
- Substance Abuse and Mental Health Services Administration (SAMHSA) and other organizations have noted that outcomes are improved when care is provided in close proximity to the member's home. Therefore, treatment should occur as close as possible to the home area where the member will be discharged to help facilitate a successful transition to community-based services. Any request to treat the member outside the area of residence must be supported by findings that demonstrate a need for the out of area admission.

### **I. Inpatient Treatment (acute and subacute care)**

- A. Acute Inpatient Treatment** - A twenty-four (24) hour level of care providing psychiatric stabilization for severe mental health symptoms. Treatment must include nursing twenty-four (24) hours per day, and psychiatric oversight through MD evaluation seven (7) days per week.
- PacificSource uses the following criteria for inpatient level of care admission and continued stay:
    - Treatment for children 5 years and younger must meet ECSII level five (5) criteria
    - Treatment for children ages 6 to 18 years must meet CALOCUS-CASII level six (6) criteria
    - Treatment for adults ages 19 years and older must meet LOCUS level six (6) criteria

### **Commercial**

- PacificSource coverage for acute inpatient treatment requires notification within two (2) business days of admission.
- Documentation must meet age-appropriate ECSII, CALOCUS-CASII, or LOCUS criteria, as outlined under 'acute inpatient treatment', for admission and continued stay.

### **Medicaid**

- PacificSource Community Solutions (PCS) coverage for acute inpatient treatment requires notification within two (2) business days of admission.
- Documentation must meet age-appropriate ECSII, CALOCUS-CASII, or LOCUS criteria, as outlined under 'acute inpatient treatment', for admission and continued stay.
- If medical necessity review results in a reduction or denial of service, a Notice of Action must be issued to the member, in accordance with the Oregon Health Authority (OHA) approved notice

format with required language and a clear and through explanation of the specific reason(s) for the adverse benefit determination.

- PCS will provide acute inpatient psychiatric care for members who do not meet the criteria for Long Term Psychiatric Care (LTPC) and for whom it is medically appropriate.
- PCS coordinates admissions to and discharges from acute inpatient hospital psychiatric care for members seventeen (17) and under, including members in the care and custody of Department of Health Services (DHS) Child Welfare or Oregon Youth Authority (OYA). For members seventeen (17) and under, placed by DHS Child Welfare through a voluntary placement, PCS also coordinates care with the member's parent or legal guardian.
- PCS utilization management and care management teams work with OHA and Community Mental Health Programs to ensure members discharged from acute care are assessed for housing needs:
  - The housing assessment will be a documented plan that is part of the discharge plan;
  - Members are to be discharged to housing that meets their individual needs;
  - The housing plan will be based on the member's treatment goals, clinical needs, and informed choice;
  - PCS or the acute care facility will notify the member's community provider of the housing plan to facilitate implementation.

## Medicare

- PacificSource Medicare coverage for acute inpatient treatment requires notification within two (2) business days of admission.
- Documentation must meet age-appropriate ECSII, CALOCUS-CASII, or LOCUS criteria, as outlined under 'acute inpatient treatment', for admission and continued stay.

**B. Subacute Treatment for children and adolescents** - A twenty-four (24) hour level of care focused on short term stabilization, psychiatric evaluation, and transitional planning. Treatment is typically less than thirty (30) days.

- PacificSource uses the following criteria for subacute level of care admission and continued stay:
  - Treatment for children 5 years and younger must meet ECSII level five (5) criteria
  - Treatment for children ages 6 to 18 years must meet CALOCUS-CASII level five (5) criteria
  - Treatment for adults ages 19 years and older must meet LOCUS level five (5) criteria

## Commercial

- PacificSource coverage for subacute treatment requires notification within two (2) business days.
- Documentation must meet age-appropriate ECSII, CALOCUS-CASII, or LOCUS criteria, as outlined under subacute treatment, for admission and continued stay.

## Medicaid

- PacificSource Community Solutions (PCS) coverage for children and adolescents requires a Certificate of Need (CON) by day fifteen (15) of subacute treatment. For The CON will be completed in accordance with the Certificate of Need process described in OAR 410-172-0690 and conducted through an OHA-approved independent reviewer.
- If medical necessity review results in a reduction or denial of service, a Notice of Action must be issued to the member, in accordance with OHA approved notice format with required language and a clear and through explanation of the specific reason(s) for the adverse benefit determination.
- Documentation must meet age-appropriate ECSII, CALOCUS-CASII, or LOCUS criteria, as outlined under subacute treatment, for admission and continued stay.
- PCS coordinates admissions to and discharges from subacute care for members seventeen (17) and under, including members in the care and custody of DHS Child Welfare or Oregon Youth Authority (OYA). For members seventeen (17) and under, placed by DHS Welfare through a voluntary placement, PCS also coordinates care with the member's parent or legal guardian.
- Children in subacute care are to receive family treatment with their caregivers provided that no social determinants of health or other conditions will preclude such caregivers from actively and meaningfully participating in treatment.
- Children in subacute care are to have a psychological evaluation current within the past twelve (12) months and receive a child psychiatric evaluation and ongoing psychiatric care in accordance with OAR 309-022-0155.
- A developmental evaluation must be done in addition to a psychological evaluation for any child under age six (6) in subacute treatment if clinically indicated.

## Medicare

- PacificSource Medicare coverage for subacute treatment is reviewed on a case-by-case basis depending on eligibility.

## II. Residential Treatment

**Residential treatment or Psychiatric Residential Treatment Services (PRTS)** - A twenty-four (24) hour level of care that provides a range of intensive diagnostic and therapeutic behavioral health services which cannot be provided in an outpatient setting.

- PacificSource uses the following criteria for residential level of care admission and continued stay:
  - Treatment for children 5 years and younger must meet ECSII level five (5) criteria
  - Treatment for children ages 6 to 18 years must meet CALOCUS-CASII level five (5) criteria
  - Treatment for adults ages 19 years and older must meet LOCUS level five (5) criteria
- Residential care must include ALL of the following documented treatment components:
  - Facility requirements:

- Onsite supervision twenty-four (24) hours per day;
  - Nursing onsite at least eight (8) hours per day, and on call at all times to assist with medical issues, crisis intervention and medication;
  - Any delegated care must be within the scope of provider and overseen by the appropriate clinically certified (licensed) professional.
- Admission and assessment requirements:
    - Psychiatric/medication evaluation completed within seventy-two (72) hours of admission by a physician with board certification in psychiatry, or child psychiatry if pediatric program;
    - Psychosocial assessment within the first two (2) program days;
    - Substance disorder evaluation as appropriate within the first two (2) program days;
    - Toxicology screen as appropriate in accordance with PacificSource's policy 'Drug Testing';
    - Medication reconciliation by the nursing staff within twenty-four (24) hours;
    - An individualized treatment plan initiated on admission and completed within one (1) week containing measurable goals and planned intervention to achieve goals with anticipated time frame. Length of stay should not be determined by programmatic duration.
  - Treatment program requirements:
    - Structured therapeutic programming at least eight (8) hours per day, five (5) days a week under the supervision of a licensed mental health professional;
    - Documentation of the individual's participation in each treatment activity, tied to goals described in the individualized treatment plan;
    - Daily group therapy;
    - Individual therapy at least once per week;
    - Psychiatric medication management at least once per week;
    - Individualized case management as needed, including coordination of treatment and other services to ensure a smooth transition to another level of care;
    - Skills training, vocational training, education, recreation and/or socialization activities;
    - Clinical assessment at least once per day;
    - Family involvement with family therapy sessions at least once weekly to support the post-discharge environment:
      - Children are to receive family treatment with their caregivers provided that no social determinants of health or other conditions will preclude such caregivers from actively and meaningfully participating in treatment.
      - If family involvement is not possible or indicated, clinical evidence must be given, and an acceptable alternative offered.
    - For child and adolescent residential care school classes are on premises with instruction provided by a certified teacher;

- Must have initial discharge discussion starting on admission with a confirmed plan seven (7) days prior to discharge, including plans for continued behavioral health care.

## Commercial

- PacificSource coverage for residential treatment services requires notification within two (2) business days of admission.
- Documentation must meet age-appropriate ECSII, CALOCUS-CASII, or LOCUS criteria, as outlined under residential treatment, for admission and continued stay.

## Medicaid

- PacificSource Community Solutions (PCS) coverage for Psychiatric Residential Treatment Services (PRTS) for children and adolescents requires a Certificate of Need (CON). Admission to PRTS is in accordance with the Certificate of Need process described in OAR 410-172-0690 and conducted through an OHA-approved independent reviewer.
- If medical necessity review results in a reduction or denial of service, a Notice of Action must be issued to the member, in accordance with OHA approved notice format with required language and a clear and through explanation of the specific reason(s) for the adverse benefit determination.
- Authorization for PRTS for adults is managed through individual counties or Oregon Health Plan (OHP).
- Coverage for residential treatment for eating disorders requires notification within two (2) business days of admission.
- Documentation for all residential stays must meet age-appropriate ECSII, CALOCUS-CASII, or LOCUS criteria, as outlined above, for admission and continued stay.
- Children in residential care are to have a psychological evaluation current within the past twelve (12) months and receive a child psychiatric evaluation and ongoing psychiatric care in accordance with OAR 309-022-0155.
- A developmental evaluation must be done in addition to a psychological evaluation for any child under age six (6) in residential treatment if clinically indicated.

## Medicare

- PacificSource Medicare does not consider Psychiatric Residential Treatment a covered benefit.

## **III. Partial Hospitalization**

**Partial Hospitalization (PHP) or Psychiatric Day Treatment Services (PDTs)** – An intensive level of comprehensive treatment services similar in nature as those which would be provided in a residential or inpatient setting but does not involve an overnight stay by the member. Treatment is typically four to eight (4-8) hours per day, three to five (3-5) days per week.

- PacificSource uses the following criteria for partial hospitalization and psychiatric day treatment level of care admissions and continued stay:

- Treatment for children ages 5 years and under must meet ECSII level four (4) criteria
- Treatment for children ages 6 to 18 years must meet CALOCUS-CASII level four (4) criteria
- Treatment for adults ages 19 years and older must meet LOCUS level four (4) criteria
- Partial Hospitalization and Psychiatric Day Treatment Services must include **ALL** of the following documented treatment components:
  - Facility requirements:
    - Any delegated care must be within the scope of provider and overseen by the appropriate clinically certified (licensed) professional.
  - Admission and assessment requirements:
    - Psychiatric/medication evaluation completed within seventy-two (72) hours of admission by a physician with board certification in psychiatry, or child psychiatry if pediatric program;
    - Psychosocial assessment within the first two (2) program days;
    - Substance disorder evaluation within the first two (2) program days;
    - Toxicology screen as appropriate during stay in accordance with PacificSource's policy 'Drug Testing';
    - An individualized treatment plan initiated on admission and completed within one (1) week containing measurable goals and planned intervention to achieve goals with anticipated time frame. Length of stay should not be determined by programmatic duration.
  - Treatment program requirements:
    - Structured therapeutic programming at least four to eight (4-8) hours per day, three to five (3-5) days per week under the supervision of a licensed mental health professional;
    - Documentation of the individual's participation in each treatment activity, tied to goals described in the individualized treatment plan;
    - Daily group therapy;
    - Individual therapy at least once per week;
    - Psychiatric medication management at least twice per month;
    - Individualized case management as needed, including coordination of treatment and other services to ensure a smooth transition to another level of care;
    - Structured skills training, vocational training, education, recreation and/or socialization activities;
    - Clinical assessment at least once per day;
    - Family involvement with family therapy sessions at least once weekly to support the post-discharge environment;

- Children are to receive family treatment with their caregivers provided that no social determinants of health or other conditions will preclude such caregivers from actively and meaningfully participating in treatment.
- If family involvement is not possible or indicated, clinical evidence must be given, and an acceptable alternative offered.
- For children and adolescents' treatment should meet academic needs of the patient if the school system is unable;
- Must have initial discharge discussion starting upon admission with a confirmed plan seven (7) days prior to discharge and including plans for continued behavioral health care.

## Commercial

- PacificSource coverage for PHP and PDTS requires notification within two (2) business days of admission.
- Documentation must meet age-appropriate ECSII, CALOCUS-CASSI, or LOCUS, criteria, as outlined under partial hospitalization, for admission and continued stay.

## Medicaid

- PacificSource Community Solutions (PCS) coverage for PHP and PDTS requires notification within two (2) business days of admission.
- If medical necessity review results in a reduction or denial of service, a Notice of Action must be issued to the member, in accordance with OHA approved notice format with required language and a clear and through explanation of the specific reason(s) for the adverse benefit determination.
- Documentation must meet age-appropriate ECSII, CALOCUS-CASII, or LOCUS criteria, as outlined under partial hospitalization, for admission and continued stay.
- Children in PHP or PDTS are to have a psychological evaluation current within the past twelve (12) months and receive a child psychiatric evaluation and ongoing psychiatric care in accordance with OAR 309-022-0155.
- A developmental evaluation must be done in addition to a psychological evaluation for any child under age six (6) in PHP or PDTS if clinically indicated.

## Medicare

- PacificSource Medicare coverage for partial hospitalization treatment does not require prior authorization or notification.

## **IV. Intensive Outpatient Treatments**

**Intensive In-Home Behavioral Health Treatment (IIBHT)** - An intensive, community-based level of care for youth ages zero (0) through twenty (20) years with complex mental health needs who are at risk for an out of home placement or who are stepping down from a higher level of care (See the Intensive In-Home Behavioral Health Treatment policy for criteria and coverage information).

**Intensive Outpatient (IOP)** – A structured treatment program for members who require a more intensive frequency of treatment than traditional outpatient services.. Treatment is typically two to four (2-4) hours per day, three to five (3-5) days per week.

**Intensive Community Treatment Services (ICTS)** - A specialized set of comprehensive in-home and community-based supports and mental health treatment services for children and families.

**Intensive Outpatient Services and Supports for children and adolescents (IOSS)** - A specialized set of comprehensive in-home and community-based supports and mental health treatment services for children that are developed by the child and family team and delivered in the most integrated setting in the community.

## Commercial

- PacificSource coverage for IOP treatment requires a prior authorization after sixty (60) sessions of treatment:
- Approval time period not to exceed six (6) months per authorization;
- Documentation must meet the following criteria:
  - Treatment for children ages 5 years and under must meet ECSII level three (3) criteria
  - Treatment for children ages 6 to 18 years must meet CALOCUS-CASII level three (3) criteria
  - Treatment for adults ages 19 and older must meet LOCUS level three (3) criteria

## Medicaid

- PacificSource Community Solutions (PCS) coverage for IOP treatment does not require prior authorization or notification.
- Level of care criteria for behavioral health outpatient services, intensive outpatient services and supports, and IIBHT includes children birth through five (5) years in accordance with OAR Chapter 309, Division 22. Members ages birth through five (5) with indications of adverse childhood events and high complexity have access to a minimum of intensive outpatient services.

## Medicare

- PacificSource Medicare coverage for IOP treatment does not require prior authorization or notification.

## PacificSource Community Solutions (PCS)

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- PCS ensures access to behavioral health services regardless of location, frequency, intensity, or duration of services, and as medically appropriate:
  - Include assessment, evaluation, treatment planning, supports, and delivery
  - Provide trauma informed care and treatment
  - Include strategies to address environmental and physical factors, social determinants of health and equality, and neurodevelopmental needs that affect behavior.

- PCS does not require referrals from a Primary Care Provider (PCP) or otherwise to access behavioral health services. Members are able to self-refer to behavioral health services available from the provider network.
- PCS ensures members have access to behavioral health screenings and referrals for services at multiple health system or health care entry points.
- Members can receive behavioral health services from non-participating providers if those services are not available from participating providers or if a member is not able to access services within the timely access to care standards in OAR 410-141-3515:
  - PCS will coordinate behavioral health services with non-participating providers through utilization management and care management teams.
  - PCS will reimburse for services that are determined to be medically necessary, including those provided outside of the state, when such services cannot be provided within the timely access to care standards in OAR 410-141-3515.
- PCS utilization management and care management teams monitor needs related to social determinants of health, environmental and physical factors, equality, and neuro-developmental needs. Care management teams also screen members for adequacy of supports for the family in the home (e.g., housing adequacy, nutrition/food, diaper needs, transportation needs, safety needs, and home visiting). Members are referred internally to care management programs or to community-based programs to address their needs. PCS also coordinates care with providers to ensure all necessary elements of a member's care are being addressed.
- PCS encourages the utilization of Peer Delivered Services (PDS) and ensures that members are informed of their benefit to access and receive PDS from a Peer Support Specialist, Peer Wellness Specialist, Family Support Specialist, or Youth Support Specialist as applicable to the member's diagnosis and needs are consistent with OAR 309-019-0105 (see the PCS Peer Delivered Services Policy for detailed PDS information).

## Definitions

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**CALOCUS-CASSI** - The Child and Adolescent Level of Care/Service Intensity Utilization System by the American Association for Community Psychiatry and the American Academy of Child and Adolescent Psychiatry

**ECSII** - The Early Child Service Intensity Instrument by the American Academy of Child and Adolescent Psychiatry

**LOCUS** - The Level of Care Utilization System for Psychiatric and Addiction Services by the American Association for Community Psychiatry

## Related Policies

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Behavioral Health Outpatient Treatment

Crisis Management and Services

Intensive In-Home Behavioral Health Treatment

Involuntary Psychiatric Care – Emergency Psychiatric Hold

Mental Health and Substance Use Disorder Parity

Peer Delivered Services

Readmissions to the Emergency Department and Acute Inpatient Hospital Psychiatric Care

Substance Use Disorder Treatment

## References

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American Psychiatric Association Practice Guidelines, Accessed 10/4/2017, 9/14/2020

<https://psychiatryonline.org/guidelines>

American Psychiatric Association. (2013). Diagnostic and Statistical Manual of Mental Disorders, Fifth Edition Washington, DC: Author.

ICD-10-CM Expert for Physicians: The Complete Official Code Set, Optum360, LLC (2020)

MCG 26<sup>th</sup> Edition Behavioral Health Guidelines

Medicare Benefit Policy Manual

National Coverage Determination (NCD) and Local Coverage Determinations (LCD)

<https://www.cms.gov/medicare-coverage-database/new-search/search.aspx>

Oregon Health Plan, Health Plan Services Coordinated Care Organization Contract with PacificSource Community Solutions, Inc.

## Appendix

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**Policy Number:**

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**Policy type:** Enterprise

**Author(s):**

**Depts.:** Health Services

**Applicable regulation(s):** 42 CFR 43.10; Oregon House Bill 3046; 309-019-0105, Chapter 309 Division 22, 309-035-0100 through 309-035-0225, 309-039-0500 through 309-039-0580, 410-141-3515, 410-172-0690.

**Commercial Ops:** 12/2022

**Government Ops:** 12/2022

**Approved by OHA:** 9/13/2022