

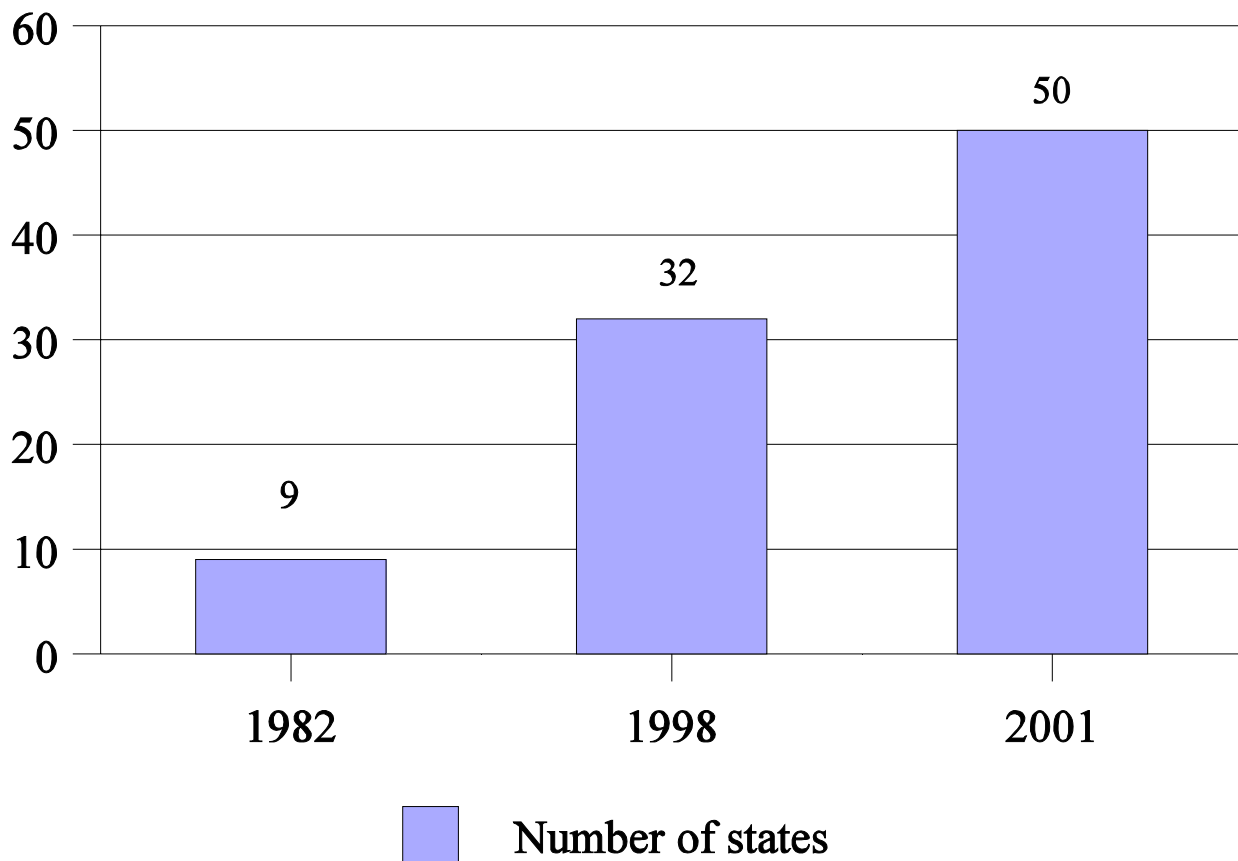
Adult Rehabilitation Services under Medicaid

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Use of Medicaid Rehabilitation Option by States

Increase in the number of states opting for
psychiatric rehabilitation

Psychiatric Rehabilitation Option, 2001



States with Rehabilitation Option for MH

49 states and the District of Columbia have approval

- Connecticut has the option but it has not been implemented
- Pennsylvania has written rules, but they have been delayed and not yet implemented
- New Jersey provides limited psychiatric rehabilitation services through the partial hospitalization option

Recovery Philosophy As Stated in the Rule

- MO** Encouraging and promoting recovery efforts, consumer independence/self-care and responsibility. Services provided according to individual need toward goals of community inclusion, integration and independence. Participation in support and self-help activities and groups that promote recovery.
- DC** Rehabilitation services shall be founded on the principles of consumer choice and individuals' active involvement in their rehabilitation, and provide both formal and informal structures through which consumers can influence and shape service development. Services shall facilitate the develop of the consumer's skills, including the ability to make decisions regarding self-care, management of illness, lifework and community participation. The services promote the use of resources to integrate the consumer into the community.

Services Generally Furnished Through Facility-Based Programs

- # Types of facilities covered:
- √ Psychiatric/psychosocial rehabilitation program:
24 states
 - √ Social rehabilitation program: 10 states
 - √ Clubhouse: 14 states
 - √ Day treatment program: 32 states
 - √ Other: 3 states

PA Agencies may provide site-based and/or mobile psychiatric rehabilitation services. Site-based programs include the clubhouse model and other approaches that may draw upon a combination of models such as the clubhouse, the Boston University approach and social skills training model.

Typical Set of Rules

- # Medicaid rules list the more traditional psychiatric rehabilitation services/activities:
 - √ basic/daily living skills (42)
 - √ social skills training (38 states)
 - √ family education (31)
 - √ employment-related services (30)

- # Less likely to list: social/recreational activities (16)
 - √ peer services (10)
 - √ integrated mental health/substance abuse counseling (6)
 - √ intensive case management (24)
 - √ assertive community treatment (23)
 - √ residential services (25)

Services Definitions

Restoration of basic or daily living skills

42 states cover services to restore the skills required for independent functioning and numerous activities are listed in state rules

NC Services designed to serve individuals who have impaired role-functioning that adversely affects at least two of the following: employment, management of financial affairs, ability to procure needed public support services, appropriateness of social behavior or activities of daily living.

Services Definitions

Restoration of social interpersonal skills

38 states specifically include social-skills training

- Addresses verbal and nonverbal interpersonal skills and competencies

TX Skills training to increase community tenure, establish support networks, increase community awareness, develop coping strategies and function effectively in their social environment (family, peers).

Non-covered services:

ME Any services or components of services the basic nature of which is to maintain or supplement housekeeping, homemaking or basic services for the convenience of a person receiving covered services (including housekeeping, shopping, child care and laundry services).

Services Definitions

Residential services

25 states cover residential services and supports, either by referencing this goal in the definition of basic/daily-living skills or social-skills training or including a separate description

NC Assistance for consumers in locating, financing and maintaining safe, clean, affordable housing. Assisting consumers in developing psychosocial skills, including building relationships with landlords, neighbors and others effectively.

Services Definitions

Employment related services

30 states cover rehabilitation-skills development, “pre-vocational” training services or supported employment

WI Employment-related services consist of counseling the recipient to identify behaviors which interfere with seeking and maintaining employment; development of interventions to alleviate problem behaviors; and supportive services to assist the recipient with grooming, personal hygiene, acquiring appropriate work clothing, daily preparation for work, on-the-job support and crisis assistance.

Non-covered services:

Ark Pre-vocational services may not be job-task oriented. While a patient may incidentally acquire or improve a job skill, learning or improving job-task skills are not the goals of pre-vocational services.

Services Definitions

Social/recreational activities

16 states include coverage of services that offer the opportunity to practice and improve social skills in various recreational settings

RI Structured socialization activities to diminish tendencies toward isolation and withdrawal.

Non-covered services:

OH Services are not for the exclusive purpose of social or recreational activity but must evidence a clear therapeutic objective specifically identified in the individual service plan of the person serviced, and group activities are consistent with the treatment objectives stated in the individual service plan and reflected in the progress notes.

Services Definitions

Peer Services

10 states reference various forms of peer services

Two different ways to include:

√ Permit individuals who have experience with serious mental illness to furnish rehabilitation services

√ Specifically cover peer-services

1) Peers as Provider

GA A peer specialist must be certified by the Georgia Department of Human Resources and have a high school diploma or equivalent. Peer specialists model competence and the possibility of recovery and assist consumers in developing the perspective and skills that facilitate recovery.

Services Definitions

Peer Services (Slide 2)

2) Peer Services

GA Adult peer support service provides structured, scheduled activities that promote socialization, recovery, self-advocacy, development of natural supports and maintenance of community-living skills, under the direct supervision of a mental health professional (who can, potentially, be a consumer in recovery).

Services Definitions

Family education

31 states cover family education in some form (family therapy and maintenance of individual's family and social network)

GA Family services address issues such as symptom/behavior management, development or enhancement of specific problem-solving skills and coping mechanisms, development or enhancement of interpersonal skills, management of resources, cognitive issues, development or enhancement of skills necessary to access community resources and support systems.

Services Definitions

Substance abuse services

6 states specifically include integrated treatment for mental illness and substance abuse disorders

OH Intensive outpatient services shall provide integrated treatment interventions. Services must include: assessment, individual and group counseling, crisis intervention, activity therapies and/or alcoholism and drug-addiction client education.

Services Definitions

Case management

Many states have created a single category of case management in their rules, including several forms of federally-defined services

23 states cover ACT teams

√ 15 states offer both ACT and intensive case management

√ 7 states cover only ACT teams

24 states cover intensive case management

√ 15 states offer both ACT and intensive case management

√ 9 states use only intensive case management

Services Definitions

Case management (slide 2)

ACT

RI A self-contained program with the fixed point of responsibility for providing treatment, rehabilitation and support services to identified consumers with severe and persistent mental illness. Using an integrated service approach, RI ACT merges clinical and rehabilitative staff expertise to assist consumers with: symptom stability, maintenance of substance-free lifestyles, maintenance of safe, affordable housing in normative settings that are clean, attractive and promote personal stability and well-being, establishment of natural community-based support networks to combat isolation and withdrawal, minimizing involvement with criminal justice system, and (for higher functioning clients) services to enable the client to function at a work-site.

Intensive Case Management

SD CARE program is a self-contained program with a fixed point of responsibility for treatment, rehabilitation and support services to identified consumers with severe and persistent mental illness, to help them live successfully in the community.

Services Definitions

Targeted case management

39 states include targeted case management limited to case management of non-Medicaid services and supports

WV Targeted case management services assist Medicaid-eligible recipients in gaining access to needed medical, behavioral health, social, educational and other services. Components include: assessment, service planning, linkage/referral, advocacy, crisis response planning and service plan evaluation. The individual must be given the option of whether or not to utilize case management services and if he/she chooses such services, must also be given a choice of state-approved providers.

Services Definitions

Recovery Oriented Aspects:

1) Disability management

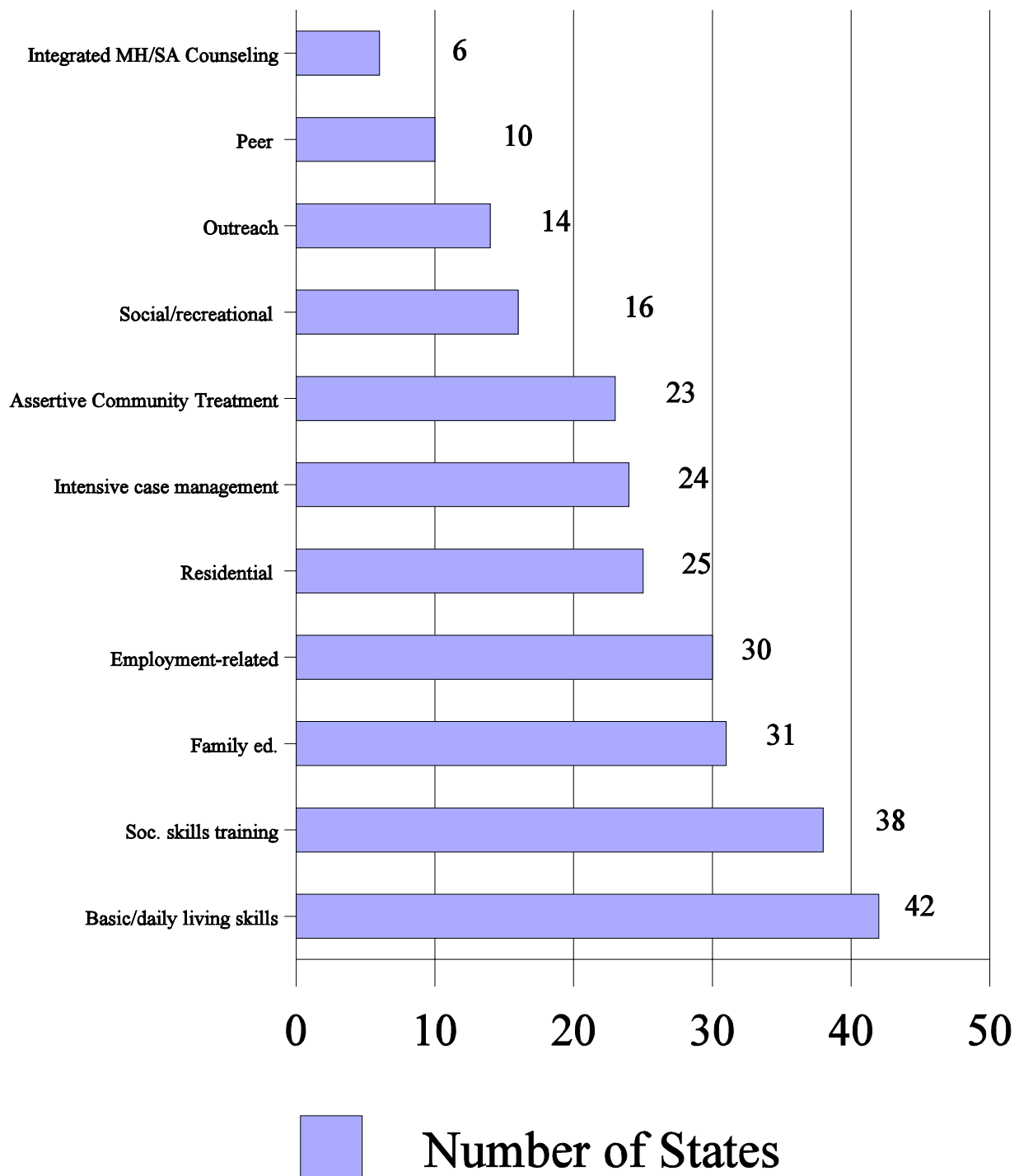
24 states specifically deal with issues related to self-management of their psychiatric impairment and its impact on an individual's functioning

DC Community support services shall assist the consumer in symptom self-monitoring and self-management for the identification and minimization of the negative side effects of psychiatric symptoms which interfere with the consumer's daily living, financial management, personal development or school or work performance.

2) Involvement in treatment planning

SD The case service plan is developed in conjunction with the consumer, in language the consumer understands, and whenever possible is signed by the consumer or contains a written notation stating the reason the consumer's signature is not present.

Rehabilitative Services, 2001



CONCLUSIONS

- # Nearly all states now offer the psychiatric rehabilitation option
- # Almost all states cover a range of standard rehabilitative focused services
- # A group of states (varies by service) also cover more recently evolved and more innovative approaches
- # Medicaid-funded services can be a key part of any mental health system of care