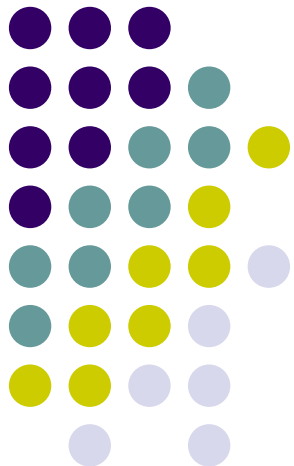
A Recovery Based Medicaid Mental Health Benefit



Presented by the Medicaid Committee of:

Florida Council for Community Mental Health

www.fccmh.org

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The Benefit Issue

- The Florida Medicaid mental health benefit - a medical model of care
- Limited use and delineation of the CMS-recognized psychosocial rehabilitation service
- Limited funding of consumer supports – supported housing, supported employment, supported education and other community living supports
- Limited funding of consumer recovery-based services (clubhouse, drop in centers, peer supports)
- Lack of direction to HMOs/MCOs in requiring and promoting rehabilitative/recovery based services
- Lack of disease management/health management approach to care for those with psychiatric disabilities

The Medicaid Rehab Option

- **Defined as "any medical or remedial services (provided in a facility, home or other settings) recommended by a physician or other licensed practitioner of the healing arts, within the scope of their practice under state law, for the maximum reduction of physical or mental disability and <u>restoration of the individual to the best possible functional level</u>."**
- **Restoration to best functional level includes restoration of daily living skills, restoration of social and personal skills, residential supports for community living, illness management and pre-vocational and pre-educational services.**

A Medicaid Recovery-Based Service Menu

- Crisis Intervention Services
- Family Therapy/Intensive Family Based Services
- Assertive Community Treatment
- Illness (Disease) Management/Health Management
- Clubhouse Services
- Respite Care/Caregiver Services
- Residential Services
- Home-Based Services
- Intensive Crisis Stabilization Services
- Personal Care Services
- Recovery/Health Coaching
- Community Living Supports
- Family Support and Training/Stabilization/Reunification/ Preservation Services
- Supported Housing/Housing Assistance
- Supported Employment/Vocational Services
- Supported Education/Educational Services
- Peer Specialist/Support Services
- Drop In Center Services
- Skill Training/Development
- Support and Service Coordination
- Wraparound Services for Children and Adolescents
- Transitional Services
- Crisis Intervention Services
- Psychosocial Rehabilitative Services
- Transportation
- Child Development Services
- Psychiatric Emergency Services
- School-Based Services
- Day Treatment
- Mobile Outreach/Assessment
- Mobile Crisis/Response/Intervention Services
- Recovery Services
- Health Promotion
- Activity Therapy

In addition to traditional services, some services could be bundled

The Recovery Difference

- Blends Medical and Social Models of Care
- Provides Recovery-Based Planning and Treatment
- Offers a Broad Service Menu Customized to Meet Individual Needs
- Promotes Cost-Effective Care
- Provides for a Value Driven Benefit Package
- Promotes Product/Service Innovation
- Promotes Clinical Excellence
- Ensures Consumer-Friendly and Consumer-Centered Care
- Establishes a Health/Recovery Coaching Approach to Care
- Promotes Community Inclusion
- Establishes an Outcome Driven Approach to Care
- Promotes the Use of Evidenced Based Practices

Redefining Medical Necessity as Medical/Psychosocial Necessity

- **“Medical Necessity” not defined in Title XIX or Medicaid regulations.**
- **States have the discretion to define it at the state level and the definition varies from state to state.**
- **Other states have defined “medical necessity” to include psychological aspects of a multi-dimensional disorder.**
- **Medical necessity is a payment concept that should be linked to quality of care and the objectives of recovery and resiliency.**

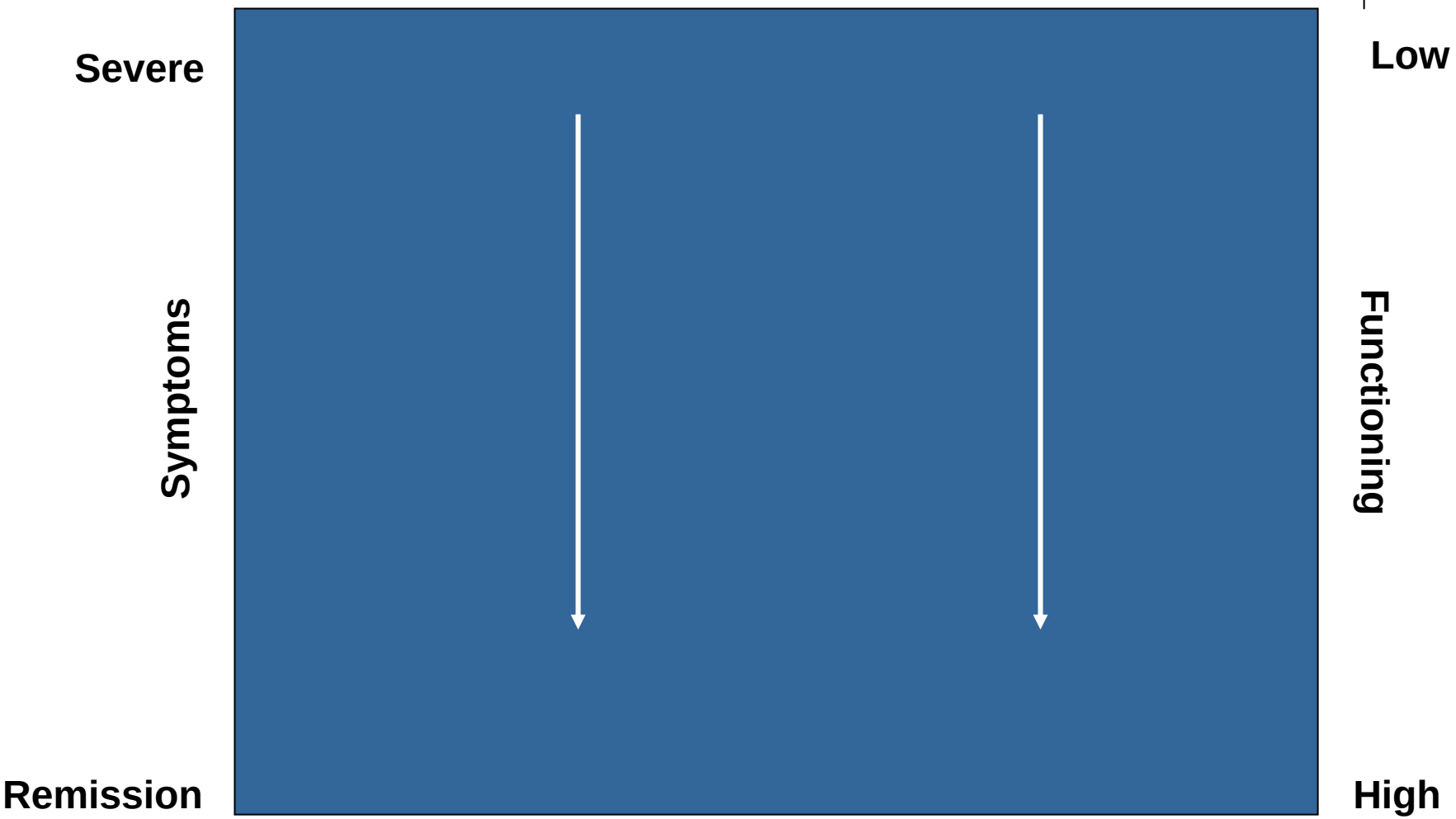
Redefining Medical Necessity as Medical/Psychosocial Necessity

Proposed Medical/Psychosocial Necessity Criteria	
◆ Cost Effective ◆ Rehabilitative ◆ Improves Health and Treatment Outcomes ◆ Improves/Maintains Functional Status ◆ Improves/Maintains Psychiatric Functioning ◆ Improves/Maintains ADLs ◆ Improves/Maintains Cognitive Skills ◆ Promotes Control/Management of Symptoms ◆ Starting/Continuing Treatment More Effective Than Not ◆ Aids Disability Management	◆ Generally Accepted as Effective for the Problem ◆ Prevents Deterioration, Relapse or Hospitalization ◆ Stability Cannot be Maintained Without Intervention ◆ Prevents Prolonged, Increased or New Morbidity, Impairment or Function ◆ Best Choice for Care After Considering Reasonable Alternatives ◆ Restores Daily Living Skills and Social and Personal Skills ◆ Promotes Community Living

A Comparison of Adult MH Models

Traditional Medical Model	Recovery Based Model
Disabilities Define Treatment	Abilities Define Services
Low Expectations	High Expectations
Institutional Settings	Natural Settings
Focus on Intra-Psychic Functioning	Focus on Functional Behavior
Help to Minimize Stress	Help to Take Risks
Medicate for Symptom Reduction	Medicate for Maximum Functionality
Practitioner Makes Decisions/Prescribes Treatment	Member and Staff Collaborate to Identify Strengths and Develop Actions
Dependence and Caretaker Approach	Self-Help, Interdependence, Support Systems Approach
Expert to Patient	Adult to Adult
Illness/Symptom Focus	Wellness/Health Focus
Source: The Villages, Integrated Service Agency	

The Goals of a Recovery-Oriented Model



The Recovery Difference

- Consumer Preference/Choice
- Consumer Friendly-Consumer Centered
- Effective Blending of Medical and Social Models of Care
- Better Treatment Outcomes
- Better Societal Outcomes
- Reduced Physical Health Spending
- Produce/Service Innovation
- Evidence Based Practice
- Value Driven

- Broad/Flexible Service Menu
- Customized Service/Treatment Planning
- Improved Alignment of Systems of Care
- Clinical Excellence
- Improved Care Coordination and Collaboration
- Specialized Recovery-Oriented Care Teams
- Improved Consumer Self-Management
- Consumer Outreach and Advocacy

Next Steps

- Orient and Train Medicaid MCOs in Recovery- and Resiliency Based Programs
- Design Medicaid Recovery-Based Benefit Package
- Revise Medicaid Handbooks and MCO Contracts
- Amend Medicaid State Plan/Waivers as Necessary
- Select and Establish MCO Recovery-Based Performance/Outcome Standards
- Monitor MCO Recovery-Based Programs and Provide Technical Assistance to MCOs