

## Psychosocial Rehabilitation

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<u>Effective Date</u>	1/2018
<u>Next Review Date</u>	1/2024
<u>Coverage Policy</u>	BH 21
<u>Version</u>	8

**All requests for authorization for the services described by this medical policy will be reviewed per Early and Periodic Screening, Diagnostic and Treatment (EPSDT) guidelines. These services may be authorized under individual consideration for Medicaid members under the age of 21-years if the services are judged to be medically necessary to correct or ameliorate the member's condition. Department of Medical Assistance Services (DMAS), Supplement B - EPSDT (Early and Periodic Screening, Diagnosis and Treatment) Manual.**

### Purpose:

This policy addresses Psychosocial Rehabilitation.

### Service Requirements:

Mental Health Services (formerly CMHRS) – App. H - Community Mental Health Rehabilitative Services (CMHRS) p. 23 (01/12/2023)

In addition to the “Requirements for All Services” section of Chapter IV, the following required activities apply to PSR:

- Prior to the start of services, a Comprehensive Needs Assessment, as defined in Appendix A, shall be conducted in-person by the LMHP, LMHP-S, LMHP-R, or LMHP-RP, documenting the individual's diagnosis and describing how service needs match the level of care criteria.
- An ISP shall be completed as described in the ISP Requirements of Chapter IV within 30 calendar days of service initiation. ISPs shall be required during the entire duration of services and be current.
- Psychosocial rehabilitation services of any individual that continue more than six months shall be reviewed by an LMHP, LMHP-S, LMHP-R, or LMHP-RP to support that the individual continues to meet the medical necessity criteria. The LMHP, LMHP-R, LMHP-RP or LMHP-S shall determine and document the continued need for the service as described in the Comprehensive Needs Assessment section of

Chapter IV. This review may be requested by DMAS or its contractor to receive approval of reimbursement for continued services.

- Services must include social skills training, community resource development, and peer support among fellow members, which are oriented toward empowerment, recovery and competency, psycho educational activities to teach the individual about mental illness and appropriate medication to avoid complications and relapse.
- Providers must provide opportunities to learn and use independent living skills, and to enhance social and interpersonal skills within a supportive and normalizing program structure and environment.
- The program shall operate a minimum of two continuous hours in a 24- hour period.
- Time allocated for field trips may be used to calculate time and units if the goal is to provide training in an integrated setting, and to increase the individual's understanding or ability to access community resources and this is an identified need in the assessment and ISP.

#### Care Coordination:

Providers must follow all requirements for care coordination (See Care Coordination Requirements of Mental Health Providers section of Chapter IV).

### Description & Definitions:

Mental Health Services (formerly CMHRS) – App. H - Community Mental Health Rehabilitative Services (CMHRS) p. 22 (01/12/2023)

Mental Health Skill-Building services (MHSS) shall be defined as goal directed training and supports to enable restoration of an individual to the highest level of baseline functioning and achieve and maintain community stability and independence in the most appropriate, least restrictive environment. MHSS services shall provide face to face activities, instruction, interventions, and goal directed trainings that are designed to restore functioning and that are defined in the ISP in order to be reimbursed by Medicaid. MHSS shall include goal directed training in the following areas: (i) functional skills and appropriate behavior related to the individual's health and safety; instrumental activities of daily living, and use of community resources; (ii) assistance with medication management; and (iii) monitoring health, nutrition, and physical condition with goals towards self-monitoring and self-regulation of all of these activities.

MHSS services include the following components:

- Providing opportunities to enhance recovery plans that include but are not limited to:
  - Daily living activities and trainings on personal care/hygiene to restore and regain functional skills and appropriate behavior related to health and safety; and,
  - Skills training and reinforcement on the use of available community resources, such as public transportation to improve daily living and community integration skills and independent use of community resources, etc.
- Recovery and symptom management activities that include but are not limited to:
  - Condition specific education and training and reinforcement of symptom identification designed to increase the individual's ability to recognize and respond to symptoms; and
  - Goal directed and individualized stress management and coping skills training to increase the individual's continued adjustment to management of mental illness; and
  - Training and coaching to facilitate improved communication, problems solving and appropriate coping skills, etc.
- Assistance with medication management.
- Conducting targeted exercises and coaching to restore and individual's ability to monitor and regulate their health, nutrition, and physical condition that includes but is not limited to:
  - Self-assessment exercises and recovery coaching that builds self-awareness of symptoms and how to identify and monitor symptoms; and
  - Coaching and training on maintaining adherence to recommended medical care such as scheduling and keeping medical appointments, etc.

"Comprehensive Needs Assessment" means the face-to-face interaction, in which the provider obtains information from the individual, and parent or other family member or members, as appropriate, about the individual's mental health status. It includes documented history of the severity, intensity, and duration of mental health care problems and issues and shall contain all of the following elements: (i) the presenting issue/reason for referral, (ii) mental health history/hospitalizations, (iii) previous interventions by providers and timeframes and response to treatment, (iv) medical profile, (v) developmental history including history of abuse, if appropriate, (vi) educational/vocational status, (vii) current living situation and family history and relationships, (viii) legal status, (ix) drug and alcohol profile, (x) resources and strengths, (xi) mental status exam and profile, (xii) diagnosis, (xiii) professional summary and clinical formulation, (xiv) recommended care and treatment goals, and (xv) The dated signature of the LMHP, LMHP-supervisee, LMHP-resident, or LMHP-RP.

### Criteria:

Mental Health Services (formerly CMHRS) – App. H - Community Mental Health Rehabilitative Services (CMHRS) p. 19 (01/12/2023)

The Comprehensive Needs Assessment, as defined in Appendix A, shall document the individual's behavior and describe how the individual meets criteria for this service.

Individuals qualifying for this service must demonstrate a clinical necessity for the service arising from a mental, behavioral, or emotional illness that results in significant functional impairments in major life activities.

Individuals must **meet both Criteria A and B** to qualify for reimbursement.

Psychosocial Rehabilitation is considered medically necessary with **ALL of the following**:

- A. Individuals must **meet 2 or more of the following** criteria on a continuing or intermittent basis:
  - 1) Experience difficulty in establishing or maintaining normal interpersonal relationships to such a degree that they are at risk of psychiatric hospitalization, homelessness, or isolation from social supports
  - 2) Experience difficulty in activities of daily living, such as maintaining personal hygiene, preparing food and maintaining adequate nutrition, or managing finances to such a degree that health or safety is jeopardized
  - 3) Exhibit such inappropriate behavior that repeated interventions **documented** by the mental health, social services, or judicial system are or have been necessary
  - 4) Exhibit difficulty in cognitive ability such that they are unable to recognize personal danger or significantly inappropriate social behavior. "Cognitive" is defined as the individual's ability to process information, problem-solve and consider alternatives, it does not refer to an individual with an intellectual or other developmental disability
- B. The individual must meet **1 or more of the following** criteria :
  - 1) Have experienced long-term or repeated psychiatric hospitalizations
  - 2) Experience difficulty in activities of daily living and interpersonal skills
  - 3) Have a limited or non-existent support system
  - 4) Be unable to function in the community without intensive intervention
  - 5) Require long-term services to be maintained in the community

Mental Health Services (formerly CMHRS) – App. C – Procedures Regarding Service Authorization of Mental Health Services p. 19 (11/22/2021)

- Service authorizations shall meet the following components related to Procedures Regarding Service Authorization of Mental Health Services by meeting **1 or more of the following**:
  - Initial service authorization requests with **all** of the following:
    - Clearly document how the individual's behaviors, within the last 30 calendar days, demonstrate that each of the medical necessity criteria for the service have been met
    - Clearly document how the individual's behaviors, within the last 30 calendar days, support the need for the amount of service units and the span of dates requested

- Demonstrate individualized and comprehensive treatment planning and initial conceptualization of goals
- Continued authorization requests must clearly document **all** of the following
  - Clearly document how the individual's behaviors, within the last 30 calendar days, demonstrate that each of the medical necessity criteria for the service have been met
  - Clearly document how the individual's behaviors, within the last 30 calendar days, support the need for the amount of service units and the span of dates requested

Demonstrate individualized and comprehensive treatment planning and initial conceptualization of goals.

Mental Health Services (formerly CMHRS) – App. H - Community Mental Health Rehabilitative Services (CMHRS) p. 20 (01/12/2023)

In addition to the “Non-Reimbursable Activities for all Mental Health Services” section in Chapter IV, the following service limitations apply:

- The following services are specifically excluded from payment for psychosocial rehabilitation services:
  - Vocational services,
  - Prevocational services,
  - Supported employment services.

Psychosocial rehabilitation may not be authorized or billed concurrently with Mental Health Intensive Outpatient, ~~or~~ Mental Health Partial Hospitalization Program services, or Applied Behavior Analysis services. Short-term service authorization overlaps are allowable as approved by the FFS Contractor or MCO during transitions from one service to another for care coordination and continuity of care. Psychosocial rehabilitation may not be billed concurrently with Community Stabilization or Residential Crisis Stabilization Unit services.

## Coding:

Medically necessary with criteria:

Coding	Description
H0032	Mental health service plan development by nonphysician
H2017	Psychosocial rehabilitation services, per 15 minutes

Considered Not Medically Necessary:

Coding	Description
	None

U.S. Food and Drug Administration (FDA) - approved only products only.

## Document History:

Revised Dates:

- 2023:
- 2022: June
- 2021: June, October
- 2020: August
- 2019: October

Reviewed Dates:

- 2019: June
- 2018: December

Effective Date:

Behavioral Health 21SURGICAL 15

## References:

Including but not limited to: Specialty Association Guidelines; Government Regulations; Winifred S. Hayes, Inc; UpToDate; Literature Review; Specialty Advisors; National Coverage Determination (NCD); Local Coverage Determination (LCD).

Behavioral health professionals are involved in the decision-making process for behavioral healthcare services.

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## Special Notes: \*

This medical policy express Sentara Health Plan's determination of medically necessity of services, and they are based upon a review of currently available clinical information. These policies are used when no specific guidelines for coverage are provided by the Department of Medical Assistance Services of Virginia (DMAS). Medical Policies may be superseded

by state Medicaid Plan guidelines. Medical policies are not a substitute for clinical judgment or for any prior authorization requirements of the health plan. These policies are not an explanation of benefits.

Medical policies can be highly technical and complex and are provided here for informational purposes. These medical policies are intended for use by health care professionals. The medical policies do not constitute medical advice or medical care. Treating health care professionals are solely responsible for diagnosis, treatment and medical advice. Sentara Health Plan members should discuss the information in the medical policies with their treating health care professionals. Medical technology is constantly evolving and these medical policies are subject to change without notice, although Sentara Health Plan will notify providers as required in advance of changes that could have a negative impact on benefits.

The Early and Periodic Screening, Diagnostic and Treatment (EPSDT) covers services, products, or procedures for children, if those items are determined to be medically necessary to “correct or ameliorate” (make better) a defect, physical or mental illness, or condition (health problem) identified through routine medical screening or examination, regardless of whether coverage for the same service or support is an optional or limited service under the state plan. Children enrolled in the FAMIS Program are not eligible for all EPSDT treatment services. All requests for authorization for the services described by this medical policy will be reviewed per EPSDT guidelines. These services may be authorized under individual consideration for Medicaid members under the age of 21-years if the services are judged to be medically necessary to correct or ameliorate the member's condition. *Department of Medical Assistance Services (DMAS), Supplement B - EPSDT (Early and Periodic Screening, Diagnosis and Treatment) Manual.*

### Keywords:

SHP behavioral health 21, BH, OHCC, Optima Health Community Care, CMHRS, Community Mental Health Resource Services, Psychosocial Rehabilitation, psych, rehab, PSR