



CalOptima
Better. Together.

Medi-Cal Behavioral Health Benefits

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Medi-Cal Expansion

- The Affordable Care Act ensures that all Medi-Cal health plans offer a comprehensive package of services, known as essential health benefits
- Essential health benefits must include:
 1. Ambulatory patient services
 2. Emergency services
 3. Hospitalization
 4. Maternity and newborn care
 5. **Mental Health and Substance Use Disorder Services, including Behavioral Health Treatment**
 6. Prescription drugs
 7. Rehabilitative and habilitative services and devices
 8. Laboratory services
 9. Preventive and wellness services and chronic disease management
 10. Pediatric services (including oral and vision care)

Behavioral Health (BH) Benefits

- The following outpatient behavioral health benefits are now available through Medi-Cal managed care plans or the fee-for-service delivery system:
 - Individual and group psychotherapy
 - Psychological testing to evaluate a mental health condition
 - Outpatient services to monitor drug therapy
 - Psychiatric consultation
 - Screening, Brief Intervention and Referral to Treatment (SBIRT) provided in a primary care setting

Not Covered Under BH Benefits

- Mental health services for relational problems are not covered, including counseling for couples or families for conditions listed as relational problems*

** As defined by the current Diagnostic and Statistical Manual of Mental Disorders (DSM)*

Mental Health and Substance Use Disorder Services

Medi-Cal Managed Care Plan (MCP) for mild to moderate (*CalOptima*)

MCP services beginning 1/1/14

- ✓ MH services (evaluations, psychotherapy and collateral)
- ✓ Coordination of care (no CM)
- ✓ Psychiatric consultation for medication management
- ✓ Psych testing when clinically indicated to evaluate MH condition
- ✓ Outpatient laboratory
- ✓ Medications (anti-psychotic drugs are covered by Medi-Cal FFS)
- ✓ Screening and Brief Intervention (**SBIRT**) – in Primary Care Office

NO Excluded Diagnoses

- ✓ Dementias – Psychiatric consultation
- ✓ Mental Retardation – Coordinate with Regional Center
- ✓ Autism – (including new **ABA** as of 9/15)
- Mild to Moderate mental illness**
- ✓ Helping members
- ✓ Reducing medical utilization (IC)

County Mental Health Plan for SPMI (*County*)

Specialty MH Services before and now

- ✓ MH services (assessments, therapy, rehabilitation and collateral)
- ✓ Targeted case management
- ✓ CMH psychiatrists
- ✓ Crisis intervention and stabilization
- ✓ Therapeutic behavior services

Residential Services

- ✓ Adult residential Tx services

Inpatient Services

- ✓ Psychiatric hospital & pro fees
- ✓ Crisis residential Tx services

Fee-for-Service Psychiatrists

- ✓ Typically moderate severity
- ✓ Lower level of care for engaged members in the Recovery Model

Excluded Diagnoses

- ✓ Dementias
- ✓ Mental Retardation (*Intellectual Disability Disorder – DSM 5*)
- ✓ Autism

Mild to Moderate mental illness

- ✓ Often not sufficient impairment to receive services

Drug Medi-Cal – County Alcohol and Other Drug Programs (AOD)

Drug Medi-Cal Providers

- ✓ Outpatient
- ✓ Intensive outpatient
- ✓ Narcotic treatment program
- ✓ Direct or access line possible
- ✓ Inpatient detoxification services

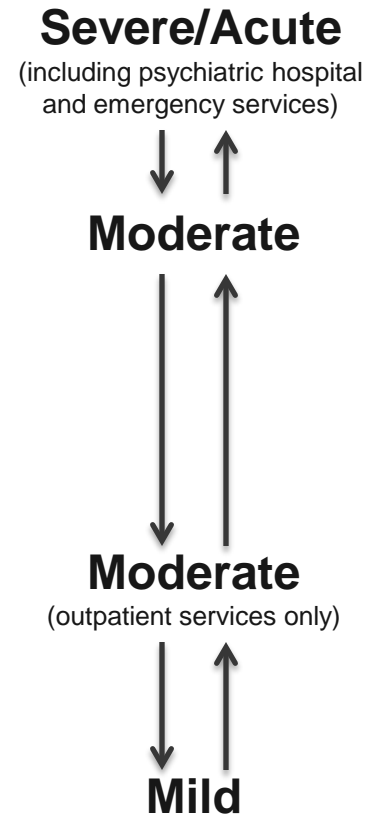
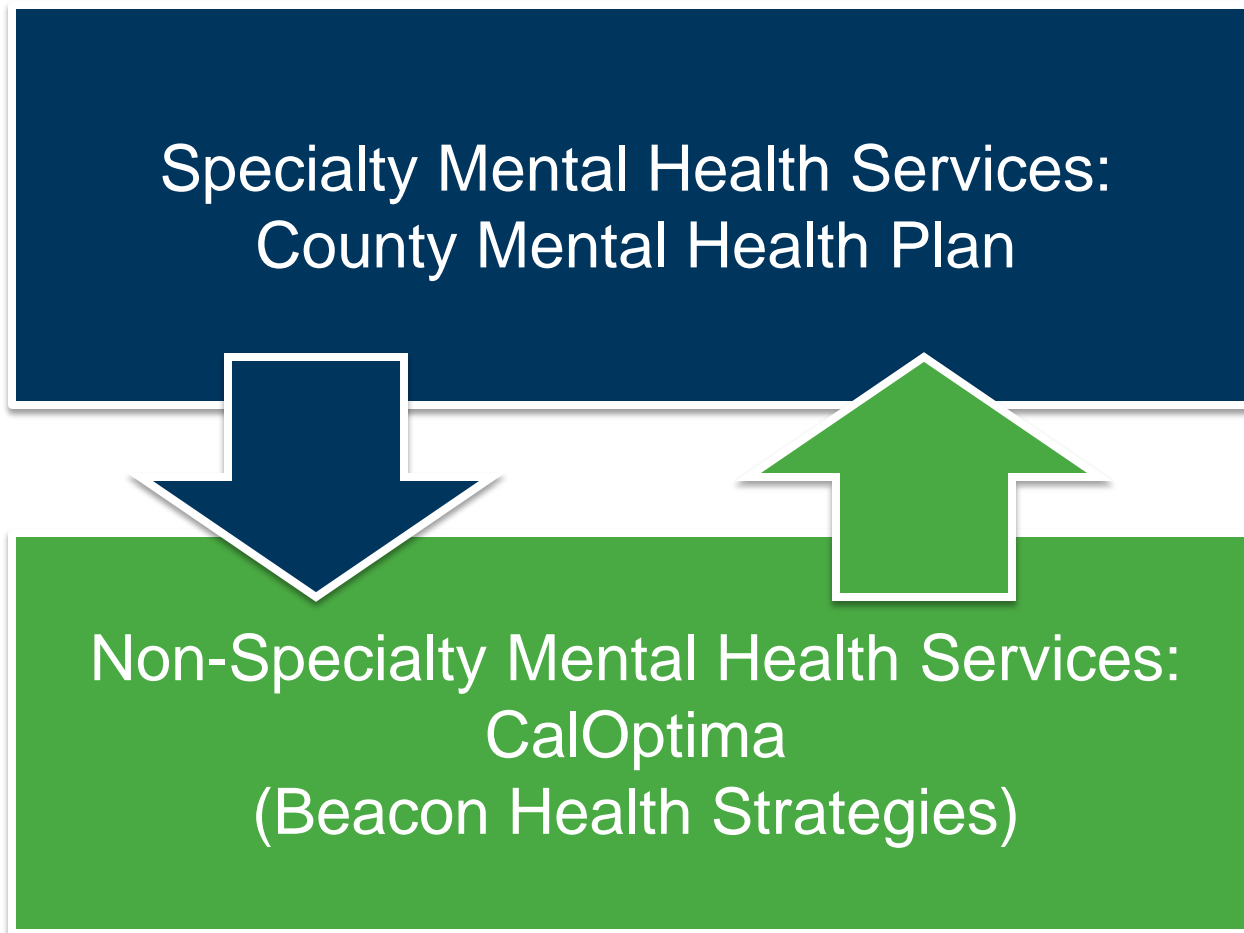
County AOD Providers

- ✓ Residential
- ✓ Residential drug-free detox
- ✓ Outpatient
- ✓ Intensive outpatient
- ✓ OC LINKS access line

SBIRT

- ✓ Referral for treatment is a skill
- ✓ Treatment portion of SBIRT by AOD

Medi-Cal BH Services



Behavioral Health Treatment (BHT) for Autism

- Behavioral Health Treatment (BHT) is the use of behavioral techniques (e.g., positive reinforcement, prompting, shaping, etc.) to bring about meaningful and positive change in behavior
- A treatment program is customized based on the person's skills, needs, interests, preferences and family situation
- Treatment can help foster basic skills (e.g., looking, listening and imitating) and complex skills (e.g., reading, conversing and understanding another person's views)
- The goal is to develop or restore, to the maximum extent practicable, the functioning of an individual with Autism Spectrum Disorder (ASD)

Criteria for BHT Services

- Is under 21 years of age
- Has an Autism Spectrum Disorder (ASD) diagnosis
- Exhibits the presence of excesses and/or deficits of behaviors that significantly interfere with home or community activities
- Is medically stable and without a need for 24-hour medical/nursing monitoring
- Had a comprehensive diagnostic evaluation that indicates evidence-based BHT services are medically necessary
- Ordered by a licensed physician or surgeon or developed by a licensed psychologist

CalOptima BHT Coverage

- Medically necessary
- Requires prior authorization
- Delivered in accordance with the member's CalOptima-approved treatment plan
- Treatment plan is reviewed no less than every six months
- Members currently receiving BHT at Regional Center of Orange County (RCOC) will continue to receive BHT at RCOC until the state develops a transition plan

Referral for Medi-Cal BH Services

Call CalOptima Behavioral Health at:

855-877-3885

For screening and referral to mental health services.

This number is available 24 hours a day, 7 days a week.

TTY/TDD: 800-735-2929

Referral Process

**Referral to CalOptima Behavioral Health
for Mental Health Screening**

(by PCP, county programs, community, self, etc.)

Medi-Cal Eligibility Verification

Screening by Licensed Clinician

Referral to Mental Health Services

(as medically necessary)

CalOptima's Mission

To provide members with access to quality health care services delivered in a cost-effective and compassionate manner

CalOptima Customer Service:
714-246-8500 or 888-587-8088
www.caloptima.org