

If you have questions about BHIS, please contact AmeriHealth Caritas Iowa Behavioral Health (BH) Utilization Management (UM) at **1-844-214-2474**.

## I. Overview:

BHIS requires a prior authorization. An authorization for BHIS will be provided after AmeriHealth Caritas Iowa has received the required information and reviewed the information for medical necessity.

Required information will include:

- A copy of the licensed practitioner of the healing arts (LPHA) assessment and treatment plan.
- AmeriHealth Caritas Iowa BHIS request form filled out by the BHIS provider that includes the BHIS implementation plan. This form can be faxed to **1-844-214-2469** or via the NaviNet Provider Portal.

**BHIS services will not be authorized unless there is concurrent active treatment by an LPHA provider.**

## II. Initial assessment for BHIS:

- All of the following qualifications must be met for BHIS:
  - A member must be diagnosed with a mental disorder that impairs the member's independent functioning relative to primary aspects of daily living such as personal relations or living arrangements.
  - Diagnostic and Statistical Manual of Mental Disorders (DSM) diagnosis (ICD-10 or DSM-5 numeric code and description) must be supportable by available documentation.
  - The diagnosis must be addressed by a LPHA treatment plan and BHIS implementation plan.
- An LPHA must make the DSM diagnosis and develop an overall treatment plan that **includes all services the member will receive** (all services can include, but is not limited to, outpatient therapy, medication management, family or peer support, etc.). The licensed practitioner must meet the requirements listed in the Iowa Department of Human Services' Behavioral Health Intervention Services, Provider Manual, Chapter III: Provider-Specific Policies for Provider Requirements. This manual is located at <http://dhs.iowa.gov/policy-manuals/medicaid-provider> under **All Other Services**.
- For members under the age of 21, the assessing LPHA must complete a standardized outcome tool during assessment and reassessments and provide the results to the behavioral health intervention provider. Reassessments are required every six months. A list of suggested outcome tools are available at [www.amerihealthcaritasia.com](http://www.amerihealthcaritasia.com).
- A copy of the assessment should be forwarded to the recommended BHIS provider and used to develop a BHIS implementation plan to include:
  - Target goals for BHIS intervention.
  - Type of BHIS intervention (individual, group, or family).
  - Frequency of intervention.
  - Expected duration of intervention.



### III. Ongoing assessment requirements for continued authorization of BHIS:

- The LPHA assessing provider must re-examine the member at least every six months (or more frequently if conditions warrant) to:
  - Review the original diagnosis and treatment plan.
  - Evaluate the member’s progress, including a formal assessment.
  - Complete the same standardized outcome tool provided with the original request to evaluate progress for members under the age of 21.
  - Provide the updated treatment plan to the BHIS providers to use as a basis for an updated service implementation plan.

### IV. Need for services:

- The member’s need for services must meet specific individual goals that are focused to address:
  - Risk of harm to self or others.
  - Behavioral support in the community.
  - Specific skills impaired due to the member’s mental illness.
  - Children at risk of out-of-home placement due to mental health needs or the transition back to the community or home following an out-of-home placement.
- All services must meet the general medical necessity requirements in the Iowa Department of Human Services’ Behavioral Health Intervention Services, Provider Manual, Chapter III: Provider-Specific Policies for Provider Requirements. This manual is located at <http://dhs.iowa.gov/policy-manuals/medicaid-provider> under **All Other Services**.

### V. Definitions: as outlined in the *Iowa Administrative Code 441-78.12 (249A) Behavioral health intervention*.

- **Behavioral health intervention services (BHIS)** per Iowa Administrative Code 441.78.12(1) are skill building services that focus on:
  - **Addressing** the mental and functional disabilities that negatively affect a member’s integration and stability in the community and quality of life.
  - **Improving** a member’s health and well-being related to the member’s mental disorder by reducing or managing the symptoms or behaviors that prevent the member from functioning at the member’s best possible functional level.
  - **Promoting** a member’s mental health recovery and resilience through increasing the member’s ability to manage symptoms.
- **LPHA** per Iowa Administrative Code 441.78.12(1) is a practitioner such as a physician (MD/DO), a physician assistant (PA), an advanced registered nurse practitioner (ARNP), a psychologist, a social worker (LMSW or LISW), a marital and family therapist (LMFT) or a mental health counselor (LMHC) who is licensed by the applicable state authority for that profession.



- **Mental disorder** per Iowa Administrative Code 441.78.12(1) is a disorder, dysfunction or dysphoria diagnosed pursuant to the current version of the DSM published by the American Psychiatric Association excluding intellectual disabilities, personality disorders, medication-induced movement disorders and other adverse effects of medication, and other conditions that may be a focus of clinical attention.

**VI. Covered services:** AmeriHealth Caritas Iowa covers BHIS consistent with coverage requirement outlined in 441 Iowa Administrative Code 78.12 and are outlined below.

- **Behavior intervention (only for members aged 20 or under):**

- Behavior intervention includes services designed to modify the psychological, behavioral, emotional, cognitive, and social factors affecting a member’s functioning.
- Behavior intervention shall be provided in a location appropriate for skill identification, teaching, and development. Intervention may be provided in an individual, family, or group format as appropriate to meet the member’s needs.
- Interventions may address the following skills for effective functioning with family, peers, and community in an age-appropriate manner:
  - Cognitive flexibility.
  - Communication.
  - Conflict resolution.
  - Emotional regulation.
  - Executive skills.
  - Interpersonal relationship skills.
  - Problem-solving.
  - Social skills.
- Covered services include only direct teaching or development of skills and not general recreation, non-skill-based activities, mentoring, or interruption of school.
- Also available for eligible members in foster group care.

- **Crisis intervention (only members aged 20 or under):**

- Focused intervention and rapid stabilization of acute symptoms of a mental illness or emotional distress.
- Should be provided as outlined in the member’s written treatment plan.
- Also available for eligible members in foster group care.

- **Family training (only members aged 20 or under):**

- Enhance the family’s ability to effectively interact with the child and support the child’s functioning in the home and community.
- Teach parents to identify and implement strategies with the child and supports the child’s functioning in the home and community.
- Training must be for the direct benefit of the member and be based on a curriculum with a training manual.
- Also available for eligible members in foster group care.



- **Skills training and development: only for members aged 18 or over.**
  - Enhance a member's independent living, social and communication skills and may include skills for functioning in:
    - Communication.
    - Conflict resolution.
    - Daily living.
    - Employment.
    - Interpersonal relationships.
    - Problem-solving.
    - Social skills.

## VII. Excluded services

- BHIS do not include any of the following:
  - Day care.
  - Recreation.
  - Non-skill-based activities.
  - Mentoring.
  - Respite services.
  - Room and board.
  - Family support services.
  - Inpatient hospital services.
  - Services which are solely educational in nature. Educational services should not be interrupted to provide behavioral health intervention services.
  - Job-specific and task-specific vocational services.
  - Any services not provided directly to the eligible member.
  - Services that are not in the person's behavioral health intervention services treatment plan.
  - Services to persons under 65 years of age residing in institutions for mental diseases.
  - Services directed at a parent or family member to meet the protective, supportive, or preventive needs of a child.
  - Services provided by the LPHA. These services must be billed to the Iowa Plan separately.
  - Habilitative services, which are services that are designed to assist individuals in **acquiring** skills that they **never had**, as well as associated training to acquire self-help, socialization, and adaptive skills necessary to reside successfully in a home or community setting.
  - Collateral contacts. Contacts such as phone calls with a member or a provider participating in the interdisciplinary team meeting are not billable as a behavioral health intervention service.
  - Child welfare services and maintenance as defined on the Iowa Department of Human Services Foster Group care at <http://dhs.iowa.gov/foster-group-care>.
  - Services that are otherwise covered by the Iowa Medicaid program or that are an integral and inseparable part of another Medicaid-reimbursable service, including but not limited to:
    - Targeted case management services.
    - Institutional services.
    - Home- and community-based waiver services.
    - Control room or restraint activities.

