

In This Issue

- *What's Happening*
- *2023 Collaborative Conference*
- *Your Well Being*
- *Optum Participant Newsletter*
- *Therapeutic Treatment Homes*
- *Get on the List*
- *Service Authorization Office Hours*
- *Case Management*
- *Provider Trainings*

Optum Alaska Contacts

Phone: 800.225.8764

Fax: 844.881.0959

Email: akmedicaid@optum.com

Helpful links

[Optum Alaska Website](#)

[Optum - Provider Express Home](#)

[Live and Work Well: Member Home](#)

[Division of Behavioral Health \(alaska.gov\)](#)

What's Happening

Welcome to *In Touch*. In this edition, we cover the requirements for Therapeutic Treatment Home services. Also check out Care Coordination and review upcoming provider trainings.

Connect with Provider Relations via akmedicaid@optum.com

Your well-being is as important as the well-being of your clients. Remember to get out and get active when you can. Here are just a few suggestions:

Anchorage Neighborhood Challenge Pass earn points as you navigate and enjoy the great city of Anchorage. These points can lead to prizes. [Click this link for more info: Anchorage Neighborhood Challenge](#)

Ride the Alaska Railroad – Enjoy a roundtrip, same day train ride from Anchorage to Seward. Drink in the rugged coastline, the Chugach Mountains, river canyons and more! Click this link to learn more: [Ride the Alaska Railroad](#)

Go to the zoo – that's the Alaska Zoo. Take a leisurely stroll and learn about the animal species of Alaska. Refreshments and gifts are available.

Bike. Hike. Paddle or swim. Alaska has it all. Get out and enjoy yourself.

2023 Collaborative Conference

Mark your calendars. Optum Alaska's 2023 Collaborative Conference is Wednesday, October 4th and Thursday, October 5th.

Round table discussion leaders are needed. If you have relevant topics and want to lead a small group discussion, please contact Provider Relations at akmedicaid@optum.com.

Have questions or would like to share topics and ideas. Please contact Provider Relations.

Get on the List

Are you receiving **Optum Provider Alerts**? It's free and easy to do.

[Sign up by clicking here](#) to be sure that you and your agency are up to date with the latest Optum Alaska news.

(Be sure to use an email address that allows receipt of third-party cookies)

Therapeutic Treatment Homes

Therapeutic Treatment Home services include trauma-informed clinical services for children/adolescents who have severe mental, emotional or behavioral health needs, and who cannot be stabilized in a less intensive home setting.

Here are some key features and characteristics required for this level of care approval:

1. **Specialized training:** Foster parents in therapeutic treatment homes undergo specialized training to understand and address the specific needs of the children placed in their care. They learn strategies for managing challenging behaviors, trauma-informed care, and other therapeutic techniques.
2. **Treatment plans:** Each child in a therapeutic treatment home has an individualized treatment plan tailored to their specific needs. This plan outlines the therapeutic goals, interventions, and strategies to help the child address their emotional or behavioral challenges.
3. **Therapeutic support:** Children in therapeutic treatment homes receive ongoing therapeutic support. This may include individual counseling, family therapy, group therapy, or specialized interventions based on the child's needs. Therapists or counselors work closely with both the foster parents and the child to provide guidance and support.
4. **Collaborative team approach:** Therapeutic treatment care typically involves a collaborative team approach. This includes professionals such as social workers, therapists, caseworkers, and educators who work together to support the child's well-being. Regular meetings and communication among team members are essential to ensure the child's needs are met effectively.
5. **Stability and consistency:** Therapeutic treatment homes aim to provide a stable and consistent living environment for children who have experienced disruptions or trauma in their lives. The foster parents provide nurturing and supportive care, establishing routines and boundaries to create a sense of stability and security.
6. **Skill-building and socialization:** Therapeutic treatment homes also focus on helping children develop essential life skills and improve their social interactions. Foster parents may work with the child on areas such as emotional regulation, problem-solving, communication, and social skills to enhance their overall functioning and well-being.
7. **Transition planning:** In some cases, therapeutic treatment homes serve as transitional placements for children who are preparing to return to their biological families, move to a different foster home, or transition to independent living. The team involved in the child's care works on transition planning to ensure a smooth and successful transition to the next phase.

The primary goal of therapeutic treatment care is to provide a supportive and healing environment for children with complex emotional and behavioral needs. By addressing these needs within a family-based setting, therapeutic treatment homes offer an alternative to more restrictive settings like residential treatment centers, allowing children to receive specialized care while experiencing the benefits of a stable family environment.

Good to know:

- Service Authorization (SA) is required, Service Code H2020 V2
- Service location = 99. No inpatient or residential setting allowed
- Frequency 90 days per state fiscal year; SA is required to extend
- Service documentation: progress note to include documentation of delivery of required clinical or medical services and family therapy.
- Case manager recommended as part of the treatment team
- Daily billing rate \$307.91
- Therapeutic Treatment Home is a level of care, not a foster care housing placement

Case Management

Alaska Medicaid covers case management provided to a participant that is a child experiencing a severe emotional disturbance or an adult experiencing a serious mental illness or to the participant's family.

Case management among behavioral health clinicians and medical care providers can improve the quality of your patients' care. There are several ways to improve the coordination between a patient's clinician and their care provider.

Ways to improve management of care:

- At the initial session, discuss with the member what management of care is and the benefits it could provide to their care. Be sure to invite your client to ask questions they may have about the process and encourage them to be active in their care.
- Provide the appropriate assessment information to other treatment professionals involved, with the appropriate permissions from the client and releases on file.
- Request relevant information from other treating professionals involved. Including medical, mental health or substance use treatment they are providing.
- Document pertinent client actions in the patient progress notes, including if the member declined to allow management of care.

Effectively managing care between these treatment professionals can lead to improved health outcomes, reduce health care costs, and benefit practitioners by enhancing networking with other professionals.

Provider Trainings

Optum Alaska is pleased to work with our Alaska Medicaid providers to provide training opportunities throughout the year. Technical Assistance Teleconferences are held on the 2nd Wednesday of the month. Please check our website for posted trainings and updates on the [Optum Alaska Web page](#).

Did you miss a training? You can find past trainings [here](#) under previous trainings.

Be sure to sign up for email alerts to stay in touch with events and happenings by [clicking here](#) to be sure that you and your agency are up to date with the latest Optum Alaska news. under previous trainings.

Service Authorization Office Hours

Office Hours are available to providers who have questions or concerns and would like to have one on one support.

The following times are available (registration is not required):

- Friday, July 7th 8:00 a.m. [Click Here](#) to attend.
- Tuesday, July 18th at 2:00 p.m. [Click Here](#) to attend.
- Monday, July 31st at 10:00 a.m. [Click here](#) to attend.



*Alaska Division of
Behavioral Health and
Optum Working
together for Alaska*

As a reminder, if you have specific questions related to your agency and or a participant, please inquire at the email address below for individual one on one support.