

Home Based Family Treatment Levels I-III

Presenter

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Home Based Family Treatment

“An Ounce of Prevention is worth a Pound of Cure”

Benjamin Franklin

“Studies show that half of those who will develop mental health disorders show symptoms by age 14” (MHA, mhanational.org)

Have we not wanted to provide intervention services in the home to help prevent a youth from entering into residential or inpatient services but there was no way to pay for it?



Now under the 1115 Behavioral
Health Waiver...

WE CAN!

7 AAC 139.150. Home-based family treatment services

Regulation Overview

7 AAC 139.150(a)

(1) level 1: for a youth at risk of out-of-home placement or diagnosed with or at risk to develop a mental health or substance use disorder as determined by a screening conducted under 7 AAC 135.100;

(2) level 2: for a youth at high risk of out-of-home placement;

(3) level 3: for a youth who is at imminent risk of out-of-home placement or who has been discharged from residential or psychiatric hospital treatment or from a juvenile detention facility.

(Definitions to come)

7 AAC 139.150. Home-based family treatment services

7 AAC 139.150(b) & (c)

(b) A provider may only provide level 1 home-based family treatment services if the screening is conducted under 7 AAC 135.100 using a screening tool listed in Alaska Behavioral Health Provider Standards and Administrative Procedures, adopted by reference in 7 AAC 160.900, that is designed to identify recipient problems with one or more social determinants of health.

(c) A provider must provide level 1 home-based family treatment services according to a family services plan developed by the provider in collaboration with the family.

Infomercial Break



What does “Adopted by Reference” Mean?

You will see this statement a lot in regulations:

“Alaska Behavioral Health Provider Standards and Administrative Procedures, adopted by reference in 7 AAC 160.900”

- Anything in regulations that states something is adopted by reference means that it too IS REGULATION.
- Hence, anything that is in the 1115 Alaska Behavioral Health Provider Standards and Administrative Procedures IS REGULATION.
- Both the Alaska Administrative Code (AAC) and the Standards Manual must be followed to be in compliance.

(We will cover more from the Standards Manual later in this presentation)

7 AAC 139.150. Home-based family treatment services

7 AAC 139.150(d)

d) A provider may only provide level 2 and level 3 home-based family treatment services if the assessment is conducted under 7 AAC 139.100 and also addresses how family relationships and family dynamics affect the recipient's identified problems.

What kind of assessment is that?

7 AAC 139.100.

(1) conduct an assessment according to 7 AAC 135.110 for each recipient receiving services under this chapter

SUD, Mental Health, Integrated, Psychiatric...

7 AAC 139.150. Home-based family treatment services

Remember we talked about the risk levels in HBFT Level 1 & 2 earlier? Here are the definitions:

7 AAC 139.150(f)

(f) In this section

(1) "high risk" means a person with a score of four or more on the Adverse Childhood Experiences Questionnaires, adopted by reference in 7 AAC 160.900; and

(2) "imminent risk" means a person who has been in contact with the division in the department responsible for child protection regarding issues that could lead to out-of-home placement

Alaska Behavioral Health Providers Services Standards & Administrative Procedures for Behavioral Health Provider Services

- 1115 BH Procedures manual was posted on the DBH website on October 4, 2020.
- <http://dhss.alaska.gov/dbh/Pages/1115/default.aspx>

Quick Reference Documents

- >  Alaska Behavioral Health Provider Standards and Administrative Manual for BH Provider Services - October 4, 2020
- >  Alaska Behavioral Health Provider Standards and Administrative Manual for SUD Provider Services - October 4, 2020
- >  Chart of 1115 Medicaid Waiver Services - October 4, 2020



Alaska Behavioral Health Providers Services Standards & Administrative Procedures for Behavioral Health Provider Services

Home Based Family Treatment Level 1 (Page 7 of the Procedures manual)

Component Services

- Crisis diversion & intervention planning
- Case coordination & referral
- Ongoing monitoring for safety and stability in the home
- Peer supports & navigation
- Linkage to medication services—including medication administration
- Clinical services (with clinical assessment and treatment plan)
 - Comprehensive family assessment
 - Family, group and individual therapy



Alaska Behavioral Health Providers Services Standards & Administrative Procedures for Behavioral Health Provider Services

HBFT Level 1 Continued

Component Services

- Skill development including:
 - Assisting parents to utilize developmentally appropriate interventions/strategies to restore functioning and provide structure/support for children with emotional/behavioral problems
 - Communication, problem-solving and conflict-resolution skill building
 - Life/social skills required to restore functioning and provide structure and support for children with emotional and behavioral problems
 - Self-regulation, anger management, and other mood management skills for children, adolescents and parents



Alaska Behavioral Health Providers Services Standards & Administrative Procedures for Behavioral Health Provider Services

HBFT Level 1 Continued

- HBFT1 providers are not required to conduct an individual assessment or develop a treatment plan
- HBFT1 services must be according to a family services plan developed by the provider in collaboration with the family. The family services plan must include risk factors for any other natural supports in the home and out of home placement, along with any risk factors related to the development of substance use and/or mental health disorder.
- Service Limits: HBFT1-maximum of 40 units per week with service authorization to extend limit; 6 weeks in SFY with service authorization to extend limit.



Alaska Behavioral Health Providers Services Standards & Administrative Procedures for Behavioral Health Provider Services

Home Based Family Treatment Level 2 (Page 9 of the Procedures manual)

- HBFT 2 provider must complete an assessment and develop an initial treatment plan in accordance with 7AAC139.100. The Department will pay for HBTF services according to prevent inpatient hospitalization and residential services for an eligible youth listed in 7 AAC 139.010(1) **if a combination of less intensive outpatient services under 7 AAC 135 has not been effective or is deemed likely to not be effective.**
- HBFT 2 Component services are the same as HBFT 1
- HBFT 2 To be determined high risk, a child/adolescent must receive a score of four or more on the Adverse Childhood Experiences Survey(ACES).<https://centerforyouthwellness.org/aceq-pdf/>
- Service limits are the same as for HBFT 1



Alaska Behavioral Health Providers Services Standards & Administrative Procedures for Behavioral Health Provider Services

Home Based Family Treatment Level 3 (Page 11 of the Procedures manual)

- HBFT 3 Component Services are the same as HBFT Level 1
- HBFT 3 Service engagement is recommended to be provided in the home at least three times a week for this level of care
- HBFT 3 provider must complete an assessment and develop an initial treatment plan in accordance with 7 AAC 139.100. HBFT3 must be family centric and engage all household family members as available. The Department will pay for HBTF 3 services according to prevent inpatient hospitalization and residential services for an eligible youth listed in 7 AAC 139.010(1) if a combination of less intensive outpatient services under 7 AAC 135 has not been effective or is deemed likely to not be effective.



Alaska Behavioral Health Providers Services Standards & Administrative Procedures for Behavioral Health Provider Services

Home Based Family Treatment Level 3 continued

- Target Population is a youth with a mental health or substance use disorder diagnosis, or at risk of developing such diagnosis who is at imminent risk of out of home placement or who has been discharged from residential or psychiatric hospital treatment or from a juvenile detention facility.
- Service limits are the same as for HBFT 1 & 2

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Q&A

