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SECTION 15: BEHAVIORAL HEALTH

BEHAVIORAL HEALTH PROGRAM

As a Medi-Cal Managed Care Plan, Health Plan has the responsibility to administer non-specialty mental health services. These services require no prior authorization. Our behavioral health program also coordinates any necessary specialty mental health services with the County Mental Health Plan.

BEHAVIORAL HEALTH BENEFITS

All eligible Medi-Cal HMO Members receive the following mental health benefits administered through Health Plan in partnership with Carelon Behavioral Health (formerly known as Beacon Health Strategies):

- Mental health evaluation and treatment, including individual, group and family psychotherapy
- Psychological and neuropsychological testing, when clinically indicated to evaluate a mental health condition
- Outpatient Services for the purposes of monitoring drug therapy
- Outpatient laboratory, supplies, and supplements
- Psychiatric consultation
- Dyadic Behavioral Health

Specialty mental health services for Members of all ages with moderate to severe impairment are provided by the County Mental Health Plan in which they reside.

HEALTH PLAN PARTNERSHIP WITH CARELON BEHAVIORAL HEALTH AND CARELON HEALTH IPA (CHIPA)

Health Plan has selected Carelon Behavioral Health which is an NCQA accredited as a Managed Behavioral Health Organization (MBHO), in partnership with Carelon Health IPA (CHIPA), to administer the non-specialty mental health services to eligible Members.

Members requiring Medically Necessary outpatient non-specialty mental health services are coordinated through Carelon Behavioral Health. However, Members are able to access Health Plan's Provider directory and select a Provider for services. If Members are seeking assistance with coordination of care, they can call Carelon Behavioral Health by calling (888) 581-7526.

Providers that are contracted directly with Health Plan shall follow the claims processing protocols as directed in the claims section of this manual. If you have any questions, please contact your Provider Relations representative. Claims for BHT can be mailed to:

Carelon Behavioral Health
P.O. Box 1862
Hicksville, NY 11802-1862

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For questions about contracting with Carelon Behavioral Health/CHIPA Providers in their network, please call Carelon Service Center at (855) 834-5654. For questions about contracting with Health Plan for non-specialty mental health services, please visit the Health Plan's web site www.hpsj.com/Providers.

BEHAVIORAL HEALTH TREATMENT (BHT) COVERAGE FOR MEMBERS UNDER 21

Consistent with Medi-Cal guidelines under Early and Periodic Screening, Diagnostic, and Treatment (EPSDT), Health Plan provides Member Covered Services through CHIPA for children under the age of twenty-one (21) years old who have received a recommendation for BHT by a licensed physician or psychologist as medically necessary. The role of the PCP is of vital importance in order to provide medical follow-up for co-occurring medical disorders that may complicate treatment and can offer a referral for BHT. All requests and referrals should be arranged by contacting CHIPA at (888) 581-7526.

SERVING MEMBER'S BEHAVIORAL HEALTH NEEDS

PCPs are expected to provide behavioral health services that are within the scope of their practice, as well as conduct various screenings as recommended by DHCS which includes but is not limited to:

- Adverse Childhood Experience Screening (ACES),
- Depression Screening,
- Developmental Screenings, including Autism Spectrum Disorder screening, and
- Substance Use Disorder Screenings, brief intervention, and referral to treatment.

In addition, PCPs can refer Members with suspected moderate to severe impairment due to a mental illness or substance use disorder to the County Mental Health Plan. Medi-Cal Members with mild or moderate mental illness are to be referred to CHIPA and the services will be provided through Health Plan's Provider network. However, this is not required, as Members can self-refer for such services and are encouraged to contact CHIPA directly for accessing the appropriate level of care of need.

BEHAVIORAL HEALTH MEDICATIONS

Psychotropic drugs are carved out to traditional fee-for-service Medi-Cal.

SUBSTANCE USE DISORDER BENEFITS FOR MEMBERS

Primary Care Providers are eligible and encouraged to complete appropriate screening and assessments for substance use disorders, offer a brief intervention and referral to treatment.

Substance Abuse Disorder Benefits are carved out of the Medi-Cal HMO. This benefit is administered by the Medi-Cal Alcohol and Drug Abuse system. All eligible Medi-Cal HMO

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Members receive the following substance abuse disorder benefits administered by the County Mental Health Plan:

- Voluntary inpatient detoxification
- Intensive outpatient treatment services
- Residential treatment services
- Outpatient drug free services

Members who need treatment for substance abuse disorders receive services in San Joaquin, Stanislaus, Alpine and El Dorado counties, through Medi-Cal's Alcohol and Drug Abuse program through the County Mental Health Plan.

INITIAL HEALTH ASSESSMENT

The Department of Health Care Services (DHCS), requires that all PCPs have Members complete an Initial Health Assessment (IHA) within one hundred twenty (120) days of Enrollment and periodically thereafter. An IHA:

- Must be performed by a Provider within the primary care medical setting.
- Is not necessary if the Member's Primary Care Physician (PCP) determines that the Member's medical record contains complete information that was updated within the previous 12 months.
- Must be provided in a way that is culturally and linguistically appropriate for the Member.
- Must be documented in the Member's medical record.

An IHA must include all of the following:

- A history of the Member's physical and mental health;
- An identification of risks; including substance use disorders
- An assessment of need for preventive screens or services;
- Health education; and
- The diagnosis and plan for treatment of any diseases

ALCOHOL MISUSE SCREENING AND BEHAVIORAL COUNSELING INTERVENTIONS

Members who have a positive screen for alcohol abuse problem during the IHA are to receive an Alcohol Misuse Screening. The Alcohol Misuse Screening is a detailed screening and a brief intervention as recommended by the U.S. Preventive Services Task Force (USPSTF). It enables a PCP to identify, reduce, and prevent problematic use, abuse and dependence on alcohol.

- PCPs must review the Member's response to the alcohol questions. PCPs must offer an

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expanded alcohol screening questionnaire to all Medi-Cal Members identified with risk, such as the AUDIT or AUDIT-C, which is billable to The Plan.

- For all Members who answer “yes” to the alcohol question, the PCP must offer an “alcohol use brief intervention” or refer Members with a potential alcohol abuse disorder for treatment to the County for services. The contact information for the County Mental Health Plans are as follows:

County	Specialty Mental Health Services	Substance Use Services (SUDS)
Alpine	367 Creekside Drive Markleeville, CA 96120 (209) 753-2831 TTY/TDD 711 Crisis Line: 1-800-318-8212 24/7	Markleeville, CA 96120 (530) 694-1816 TTY/TDD 711
El Dorado	South Lake Tahoe Mental Health Clinic 1900 Lake Tahoe Blvd. South Lake Tahoe, CA 96150 (530) 573-7970 South Lake Tahoe Crisis Line: (530) 544-2219 West Slope Mental Health Clinic 768 Pleasant Valley Rd., Ste. 201 Diamond Springs, CA 95619 (530) 621-6290 West Slope Crisis Line: (530) 622-3345	West Slope Office 929 Spring St. Placerville, CA 95667 (8-5pm) South Lake Tahoe Office 1900 Lake Tahoe Blvd., South Lake Tahoe, CA 96150 (8-5pm) (800) 929-1955 (24/7) TTY/TDD 711 (530) 621-6290, press 5 (8-5pm)
San Joaquin	Mental Health Services 1212 N. California St. Stockton CA 95202 (209) 468-8700	Substance Abuse Services Administration 630 Aurora Street Suite #1 Stockton, CA 95202 (209) 468-3800
Stanislaus	Stanislaus County Behavioral Health & Recovery Services 800 Scenic Drive Modesto, CA 95350 (888) 376-6246	Stanislaus County Behavioral Health & Recovery Services 800 Scenic Drive Modesto, CA 95350 (888) 376-6246

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This grid summarizes how behavioral health services should be handled for Medi-Cal patients of all ages:

Type of Referral	Health Plan (CHIPA)	County Mental Health Plan
Mental Health (Mild to Moderate)	X	
Mental Health (Moderate to Severe)		X
Substance Abuse Treatment		X
Behavioral Health Treatment (BHT) (ages 0 < 21)	X	