

TRANSMITTAL AND NOTICE OF APPROVAL OF STATE PLAN MATERIAL FOR: CENTERS FOR MEDICARE & MEDICAID SERVICES		1. TRANSMITTAL NUMBER: 09-041	2. STATE: COLORADO
		3. PROGRAM IDENTIFICATION: TITLE XIX OF THE SOCIAL SECURITY ACT (MEDICAID)	
TO: REGIONAL ADMINISTRATOR CENTERS FOR MEDICARE & MEDICAID SERVICES DEPARTMENT OF HEALTH AND HUMAN SERVICES		4. PROPOSED EFFECTIVE DATE 10/1/09	
5. TYPE OF PLAN MATERIAL (<i>Check One</i>):			
NEW STATE PLAN		AMENDMENT TO BE CONSIDERED AS A NEW PLAN	
X AMENDMENT			
COMPLETE BLOCKS 6 THRU 10 IF THIS IS AN AMENDMENT (<i>Separate transmittal for each amendment</i>)			
6. FEDERAL STATUTE/REGULATION CITATION 42 CFR 440.130(d)		7. FEDERAL BUDGET IMPACT a. FFY 2010 w/ARRA \$5,711 b. FFY 2011 \$0	
8. PAGE NUMBER OF THE PLAN SECTION OR ATTACHMENT Supplement to Attachment 3.1-A: 13d. Rehabilitative Services (continued) Attachment 4.19-B: Methods and Standards for Establishing Payment Rates – Other Types of Care; 13d. Rehabilitative Services		9. PAGE NUMBER OF THE SUPERSEDED PLAN SECTION OR ATTACHMENT (<i>If Applicable</i>) NEW Attachment 4.19-B: Methods and Standards for Establishing Payment Rates – Other Types of Care; 12 Rehabilitative Services, Page 5 (TN 91-001) and Attachment 4.19-B: Methods and Standards for Establishing Payment Rates for Outpatient Substance Abuse Treatment (TN 09-032)	
10. SUBJECT OF AMENDMENT Adding description of Enhanced Behavioral Health Therapy Services to the Rehabilitative Services coverage section. Updating the Rehabilitative Services reimbursement page.			
11. GOVERNOR'S REVIEW (<i>Check One</i>)			
GOVERNOR'S OFFICE REPORTED NO COMMENT		X OTHER, AS SPECIFIED	
COMMENTS OF GOVERNOR'S OFFICE ENCLOSED NO REPLY RECEIVED WITHIN 45 DAYS OF SUBMITTAL		Governor's letter dated July 29, 2009	
12. SIGNATURE OF STATE AGENCY OFFICIAL		16. RETURN TO	
13. TYPED NAME Sandeep Wadhwa, MD, MBA		Colorado Department of Health Care Policy and Financing 1570 Grant Street Denver, CO 80203-1818	
14. TITLE Medicaid Director		Attn: Rachel Gibbons	
15. DATE SUBMITTED 12/30/09			
FOR REGIONAL OFFICE USE ONLY			
17. DATE RECEIVED 12/30/09		18. DATE APPROVED 9/22/10	
PLAN APPROVED – ONE COPY ATTACHED			
19. EFFECTIVE DATE OF APPROVED MATERIAL 10/1/09		20. SIGNATURE OF REGIONAL OFFICIAL	
21. TYPED NAME Richard C. Allen		22. TITLE ARA, DMCH	
23. REMARKS			

**STATE PLAN UNDER TITLE XIX OF THE SOCIAL SECURITY ACT
MEDICAL ASSISTANCE PROGRAM**

STATE OF COLORADO

SUPPLEMENT TO ATTACHMENT 3.1-A

13 d. Rehabilitative Services (continued) Enhanced Behavioral Health Therapy

Service Definition:

Enhanced Behavioral Health Therapy is a highly individualized therapy service for clients who require intensive assistance and support to overcome symptoms of a diagnosed mental illness which prevent the client from functioning at his/her best possible functional level. The service is designed to provide intensive support to promote health, independence and the ability for the client to function successfully in the community. Enhanced Behavioral Health Therapy is appropriate and available only to those clients who require intensive treatment and support as a result of their behavioral health condition and for whom traditional and customary levels of treatment have been provided but have proven to be ineffective or unsuccessful.

The following are elements of Enhanced Behavioral Health Therapy benefit:

1. Frequent, intensive face-to-face interventions. Up to 3 sessions per week of psychiatric management and psychotherapy. These sessions are similar to other behavioral health therapeutic contacts and consist of some of the same psychotherapeutic strategies, but are different in two ways. First, therapists for clients who need Enhanced Behavioral Health Therapy must actively manage the client-therapist relationship during therapy, in addition to providing the therapy itself. Therapists must work to actively build a strong therapeutic alliance. Second, clients in need of enhanced therapy have frequent crises, and therapists must constantly assess and monitor self-destructive and suicidal behaviors during sessions.
2. An individualized plan of care. The enhanced behavioral health therapist develops and implements and plan of care that is flexible and draws from diverse therapeutic disciplines. The plan includes strategies for managing the therapist-client relationship, which requires particular attention for clients who need this therapy.
3. A behavior management plan. The therapist must develop, adjust, and implement plans to manage the client's impulsive and self-destructive behaviors, both during therapy sessions and in between sessions. Clients may go through periods of time in which their demands on the therapist are great, and they seek contact multiple times per week or day. During other times, the client may be in less contact, but engaging in more self-destructive behaviors. The behavior management plan must be flexible enough to address both situations.

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SUPPLEMENT TO ATTACHMENT 3.1-A

13 d. Rehabilitative Services (cont'd) Enhanced Behavioral Health Therapy (cont'd)

4. Coordination of the behavioral health care services. The therapist takes an active role in ensuring that behavioral health is coordinated, and that anyone involved in the client's behavioral health care is giving the client consistent messages. Conflicting messages from different care providers pose a serious risk to the success of the treatment of those in need of enhanced behavioral health therapy.
5. Crisis prevention and intervention. Therapists must creatively and actively try to prevent client crises (particularly episodes of self-destructive behavior), and respond to these crises when they occur. These crises can occur frequently during the course of treatment.

Service Limitations:

1. Up to three (3) sessions per week may be reimbursed per client per provider. One session is equal to between one and three (1-3) units of service, where one unit of service equals 45-50 minutes of Enhanced Behavioral Health Therapy. No more than three (3) units of service may be reimbursed per client per provider on any one date of service.
2. A client must be exempt from participation in, or with a non-covered diagnosis under, the Colorado Medicaid Community Mental Health Services Program.

Qualified Practitioners:

Reimbursement is only available to those providers who have been approved by the Department to provide Enhanced Behavioral Health Therapy to individual clients on a case-by-case basis. The Department will expect that each practitioner will have proven experience in working with clients who have complex mental illnesses that lead to frequent crisis situations and require intensive, consistent therapy services. Practitioners with any of the qualifications are eligible to provide Enhanced Behavioral Health Therapy:

- a. Psychologist, PhD or PsyD – Doctoral degree from an accredited program offering psychology courses approved by the American Psychological Association and licensed by the State Board of Psychologist Examiners.
- b. Psychiatric/Mental Health Nurse Practitioner (PMHNP-BC) – Registered Nurse with a master's degree in Nursing, licensed by the Colorado Department of Regulatory Agencies as an advanced practice psychiatric/mental health nurse practitioner.
- c. Licensed Clinical Social Worker (LCSW) – Master's degree from an accredited graduate program offering full time course work approved by the Council on Social Work Education, licensed as a LCSW by the Colorado Department of Regulatory Agencies.
- d. Licensed Professional Counselor (LPC) – Master's or doctoral degree in professional counseling from an accredited college or university, licensed by the Colorado Department of Regulatory Agencies.

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Attachment 4.19-B

METHODS AND STANDARDS FOR ESTABLISHING PAYMENT RATES –
OTHER TYPES OF CARE

13d. Rehabilitative Services (continued)

- Reimbursement for Enhanced Behavioral Health Therapy

Services provided by licensed mental health professionals shall be reimbursed at the lower of the following:

1. Submitted charges or
2. Fee schedule as determined by the Department of Health Care Policy and Financing.

Individual qualified practitioners are paid according to a distinct unit of service.

Except as otherwise noted in the State Plan, state-developed fee schedule rates are the same for both governmental and private providers. Reimbursement rates for dates of service on or after October 1, 2009, for this service can be found on the official Web site of the Department of Health Care Policy and Financing at www.colorado.gov/hcpf.

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