

State Missouri

- ◆ School-based Behavioral Support Services not included in the IEP:
  - Flexible rehabilitative services in a school setting to assist with the implementation of a child-specific behavior management plan,

#### Comprehensive Day Rehabilitation Services:

Comprehensive day rehabilitation services are goal directed services to a population with a primary diagnosis of traumatically acquired brain damage resulting in residual deficits and disability. The program provides intensive, comprehensive services designed to prevent and/or minimize chronic disabilities while restoring the individual to an optimal level of physical cognitive and behavioral functions. Emphasis in this program is on functional living skills, adaptive strategies for cognitive, memory or perceptual deficits.

Comprehensive day rehabilitation services must be provided in a free standing rehabilitation center or in an acute hospital setting with space dedicated to head injury rehabilitation. Providers must be approved by the Division of Medical Services.

#### Comprehensive Substance Treatment and Rehabilitation Services:

Day treatment, individual counseling, family therapy, group counseling, codependency counseling, group educational counseling, ADA community support services, intake/screening, comprehensive assessment and detoxification services are covered for recipients under the Missouri Medicaid Comprehensive Substance Abuse Treatment Program. Comprehensive substance abuse and addiction treatment is offered to recipients to provide a continuum of care within community based settings. CSTAR services are provided to, or directed exclusively toward the treatment of, the Medicaid eligible individual.

Services are restricted to recipients who have been assessed to need a particular level of CSTAR treatment. Each recipient will have an individual treatment plan comprised of those services designed to meet the individual's circumstances and needs. The individual treatment plan will be reviewed and signed either by a licensed psychologist, licensed psychiatrist, licensed professional counselor, licensed clinical social worker or licensed physician. Services are further contingent upon the review and approval of the Department of Mental Health.

Limitations on amount, duration and scope of the CSTAR can be found in the CSTAR Provider Manual as published on the Missouri Department of Social Services website.

Description of services is as follows:

- Intake Assessment – Comprehensive evaluation of a consumer's current substance abuse and other related issues in order to initiate an individualized treatment plan and ensure an appropriate level of care. Includes Adolescent Physician Certification; Outcome Measurement; and Assessment and Diagnostic Update.

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- **Community Support** – Activities which link the consumer and/or family member to services and supports necessary for recovery and/or maximize the consumer's adjustment and functioning within the community to promote and sustain recovery.
- **Individual Counseling** – Structured, goal-oriented therapeutic interaction between a consumer and a counselor designed to resolve problems related to alcohol and/or other drugs which interfere with the consumer's functioning. Includes evidence based interventions.
- **Group Counseling** – Goal-oriented therapeutic interaction, directly related to the attainment of treatment plan objectives provided to groups of more than one, but not more than twelve, consumers.
- **Group Educational Counseling** – Presentation of recovery-related information and its application, along with group discussion, directly related to the attainment of individualized treatment plan goals.
- **Day Treatment** – A comprehensive package of services and therapeutic structured activities designed to achieve and promote recovery from substance abuse/dependence, and improve consumer functioning. Core components are Group Education and therapeutic structured activities designed to assist the person in developing alternate, constructive life activities in place of substance-related activities.
- **Family Therapy** – Goal-oriented, therapeutic interaction involving the consumer and one or more family members to address and resolve problems in family interaction related to the substance abuse problem and to promote sustained recovery.
- **Codependency Counseling** – Goal-oriented therapeutic interaction with one or more members of a primary consumer's family to address dysfunctional behaviors and life patterns associated with being a member of a family in which an individual has a substance abuse problem.
- **Detoxification Services** – Process of withdrawing an individual from a specific psychoactive substance (alcohol, illegal drugs, and/or prescription medications) in a safe and effective manner.
- **Medication Services** – Services of a physician or a qualified advance practice nurse (APN) to assess the appropriateness of medications to assist in a consumer's treatment, prescribe appropriate medications, and provide ongoing management of a medication regimen directed toward a consumer's recovery from substance dependence.
- **Extended Day Treatment** – Medical and other consultative services provided by a Registered Nurse for the purpose of monitoring and managing health needs, and medication management.
- **Adolescent Treatment Support** – Provision of structured and safe monitoring and oversight in a therapeutic supervised drug- and alcohol-free setting. Adolescent treatment support would be available to children under age 21 determined to need substance abuse treatment and for whom this service is clinically appropriate. Children under age 21 determined to have clinical needs that cannot be met with adolescent treatment support will be referred to Medicaid covered services appropriate for their age and clinical need.

**Listing of practitioners that will furnish each component service of the CSTAR:**

- Intake Assessment – Qualified Substance Abuse Professional (reviews and interprets assessment data and meets with consumer to develop treatment recommendations), and licensed diagnostician (renders a five-axis diagnosis). Other components included in service description:
  - Adolescent Physician Certification - Licensed Physician;
  - Outcome Measurement - Community Support Worker or Qualified Substance Abuse Professional; and
  - Assessment and Diagnostic Update - Qualified Substance Abuse Professional (reviews and interprets assessment data and meets with consumer to develop treatment recommendations), and licensed diagnostician (renders a five-axis diagnosis)
- Community Support – Community Support Worker
- Individual Counseling – Qualified Substance Abuse Professional or Associate Counselor. Evidence based interventions requires Licensed Mental Health Professional that is a Qualified Substance Abuse Professional with relevant training/experience or specific credentials.
- Group Counseling – Qualified Substance Abuse Professional or Associate Counselor
- Group Therapeutic Substance Abuse Education – Individual with appropriate background, experience and knowledge and demonstrated competencies and skills.
- Day Treatment – Activities and interventions delivered under supervision of Qualified Substance Abuse Professional
- Family Therapy – Licensed or certified marriage and family therapist, or qualified professional as defined in 9 CSR 30-3.110(6)(D).
- Codependency Counseling – Family Therapist or Qualified Substance Abuse Professional with appropriate training
- Detoxification Services – A team that includes a licensed physician or Advanced Practice Nurse, registered and licensed nursing staff and other specialty trained staff.
- Medication Services – Licensed Physician or Advanced Practice Nurse
- Extended Day Treatment – Licensed, Registered Nurse

Agencies contracted with and certified by the Department of Mental Health as CSTAR providers are the agency provider types qualified to furnish CSTAR services.

**Qualifications of Provider Agencies are as follows:**

- Certified as a CSTAR program by the Department of Mental Health;
- Contracted as a CSTAR provider by the Department of Mental Health;
- Medicaid enrolled provider; and
- Agreed to comply with all applicable civil rights laws and regulations, and to maintain auditable records.

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Qualifications of Practitioners are as follows:

- Qualified Substance Abuse Professional –
  - A physician or qualified mental health professional meeting the educational/experiential/supervision requirements for licensure as established by the Missouri Division of Professional Registration who has at least one year of full-time experience in the treatment or rehabilitation of persons with substance use disorders; or
  - A person meeting the educational/experiential/supervision requirements for certification or registration as a substance abuse professional by the Missouri Substance Abuse Professional Credentialing Board.
- Associate Counselor – Trainee meeting educational/experiential/supervision requirements set forth by the Missouri Substance Abuse Professional Credentialing Board or the appropriate board of provisional registration within the Missouri Division of Professional Registration.
- Community Support Worker – Community support services shall be provided by a person who has a bachelor's degree from an accredited college or university in social work, psychology, nursing or a closely related field. Equivalent experience may be substituted on the basis of one year for each year of required educational training.
- Licensed Physician (or Psychiatrist or Advanced Practice Nurse) – Identified medical professional meeting the educational/experiential/supervision requirements for licensure as established by the Missouri Division of Professional Registration.
- Licensed Registered Nurse – Registered nurse meeting the educational/experiential/supervision requirements for licensure as established by the Missouri Division of Professional Registration.
- Licensed Mental Health Professional – Mental health professional meeting educational/experiential/supervision requirements for licensure as established by the Missouri Division of Professional Registration.
- Family Therapist –
  - Is licensed in Missouri as a marital and family therapist; or
  - Is certified by the American Association of Marriage and Family Therapists; or
  - Qualified professional as defined in 9 CSR 30-3.110(6)(D).