

**TRANSMITTAL AND NOTICE OF APPROVAL OF  
STATE PLAN MATERIAL  
FOR: HEALTH CARE FINANCING ADMINISTRATION**

1. TRANSMITTAL NUMBER:

0 7 — 0 0 2

2. STATE:

North Dakota

3. PROGRAM IDENTIFICATION: TITLE XIX OF THE SOCIAL  
SECURITY ACT (MEDICAID)TO: REGIONAL ADMINISTRATOR  
HEALTH CARE FINANCING ADMINISTRATION  
DEPARTMENT OF HEALTH AND HUMAN SERVICES

4. PROPOSED EFFECTIVE DATE

April 1, 2007 December 1, 2009

5. TYPE OF PLAN MATERIAL (Check One):

☐ NEW STATE PLAN☐ AMENDMENT TO BE CONSIDERED AS NEW PLAN☒ AMENDMENT

COMPLETE BLOCKS 6 THRU 10 IF THIS IS AN AMENDMENT (Separate Transmittal for each amendment)

6. FEDERAL STATUTE/REGULATION CITATION:

CFR 42 440.130

7. FEDERAL BUDGET IMPACT:

a. FFY 2007 2010 \$ 16,207,182 7.3 millionb. FFY 2008 2011 \$ 16,693,397 9.3 million

8. PAGE NUMBER OF THE PLAN SECTION OR ATTACHMENT:

Attachment 3.1A Page 6  
Attachment to Page 6 of Attachment 3.1.A  
Attachment 3.1.B Page 5  
Attachment to Page 5 of Attachment 3.1.B  
Attachment 4.19-B Page 3B Page 3a-19. PAGE NUMBER OF THE SUPERSEDED PLAN SECTION  
OR ATTACHMENT (If Applicable):Attachment 3.1A Page 6  
Attachment to Page 6 of Attachment 3.1.A  
Attachment 3.1.B Page 5  
Attachment to Page 5 of Attachment 3.1.B  
Attachment 4.19-B Page 3B Page 3b-1

10. SUBJECT OF AMENDMENT:

Changes and new pages added regarding the scope, definition, provider qualifications, and limitation of  
rehabilitative services.

11. GOVERNOR'S REVIEW (Check One):

- ☐
- GOVERNOR'S OFFICE REPORTED NO COMMENT
- 
- ☐
- COMMENTS OF GOVERNOR'S OFFICE ENCLOSED
- 
- ☐
- NO REPLY RECEIVED WITHIN 45 DAYS OF SUBMITTAL

☐ OTHER, AS SPECIFIED:

12. SIGNATURE OF STATE AGENCY OFFICIAL:

13. TYPED NAME:

Maggie D. Anderson

14. TITLE:

Director, Division of Medical Services

15. DATE SUBMITTED:

2/27/07

Revised 12-2-2009

16. RETURN TO:

Maggie D. Anderson, Director  
Medical Service Division  
ND Dept of Human Service  
600 E Boulevard Ave Dept 325  
Bismarck ND 58505-0250

## FOR REGIONAL OFFICE USE ONLY

17. DATE RECEIVED:

2/27/07, Revised 12/2/09

18. DATE APPROVED:

12/14/09

## PLAN APPROVED — ONE COPY ATTACHED

19. EFFECTIVE DATE OF APPROVED MATERIAL:

12/1/09

20. SIGNATURE OF REGIONAL OFFICIAL:

Richard C. Allen

21. TYPED NAME:

Richard C. Allen

22. TITLE:

Associate Regional Administrator

23. REMARKS:

COPY

DEPARTMENT OF HEALTH & HUMAN SERVICES  
Centers for Medicare & Medicaid Services  
1600 Broadway, Suite 700  
Denver, CO 80202-4967



**Region VIII**

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December 14, 2009

Maggie Anderson, Medicaid Director  
Medical Services Division  
North Dakota Department of Human Services  
600 East Boulevard Avenue, Dept. 325  
Bismarck, ND 58505-0250

RE: North Dakota #07-002

Dear Ms. Anderson:

This is your official notification that North Dakota State Plan amendment 07-002, "Rehabilitative Services", has been approved effective December 1, 2009.

If you have any questions concerning this amendment, please contact Bernadette Quevedo-Mendoza at (303) 844-7121.

Sincerely,

/s/

Richard C. Allen  
Associate Regional Administrator  
Division for Medicaid and Children's Health Operations

CC: Mary Lou Thompson

## 26. For diagnostic, screening, preventive and rehabilitative services... (continued)

- a. The Contractor (i.e., Disease Management Organization [DMO]) for the preventative services – Health Management Program – will be reimbursed through a payment methodology that is compliant with 42 CFR 438.6(c). Capitation payments will be made monthly.

The program will operate under the authority of the 1915(b)(4) waiver.

- b. Effective for services provided on or after January 1, 2010:

The current fee schedule(s) for rehabilitative services are published on the North Dakota Department of Human Services web site. The fee schedules were set on July 1, 2009 and are effective for services provided on and after that date.

For rehabilitative services, each qualified Medicaid service practitioner will be reimbursed a rate from the Medicaid fee schedule for defined units of service. For the private providers, the fee schedule was historically established by a comparison of codes to other, relative codes and to what other regional (private, Medicare and Medicaid) payers allowed. For the governmental providers, the fee schedule is established based on the cost of delivering the services, which is used to set a fee for each service provided.

For private providers enrolling the following provider-types, reimbursement is the lower of billed charges or a maximum of 75% of the professional fee schedule for the following provider types: Licensed Social Worker (LSW), Licensed Independent Clinical Social Worker (LICSW), Licensed Certified Social Worker (LCSW), Licensed Addiction Counselor (LAC), Licensed Associate Professional Counselor (LAPC), Licensed Professional Counselor (LPC), and Licensed Professional Clinical Counselor (LPCC).

For Crisis Stabilization, Transitional Living, and Day Treatment reimbursement will be at a daily rate; not to exceed cost.

The State Medicaid agency will have a contract with each entity receiving payment under provisions of services (Crisis Stabilization, Transitional Living, and Day Treatment) as defined in Attachment 3.1-A and Attachment 3.1-B that will require that the entity furnish to the State Medicaid agency on an annual basis the following:

- a. Data, by practitioner, on the utilization by Medicaid beneficiaries of the services included in the unit rate and;
- b. Cost information by practitioner type and by type of service actually delivered within the service unit.

Future rate updates will be based on information obtained from the providers.

13d. Rehabilitative Services.

**Definition of Services**

Rehabilitative Services are designed to provide a group of needed mental health and substance abuse services to certain Medicaid recipients in order to restore these individuals to their highest possible functioning level. They are limited to individuals who are at risk of entering or reentering a mental health or hospital facility, those services of Human Service Centers provided by staff in settings outside the facility and to services provided to individuals who have transitioned from the State Hospital.

Services provided include behavioral intervention services that consist of developing and implementing a regimen that will reduce, modify or eliminate undesirable behaviors and/or introducing new methods to induce alternative positive behaviors and management including improving life skills. Other services include individual therapy, family therapy in which the Medicaid recipient takes part, group therapy, medication management, and mental health and substance abuse assessments.

All children are eligible for these rehabilitative services under EPSDT and are eligible to receive these and all other medically necessary services.

These services must be provided to, or directed exclusively toward, the treatment of the Medicaid eligible individual.

There are no duplication of billed services provided to clients at the same time.

Rehabilitative Services do not include the following:

- a. Room and board services;
- b. Services provided to residents of institutions for mental diseases;
- c. Services that are covered elsewhere in the State Medicaid plan;
- d. Educational, vocational and job training services;
- e. Recreational and social activities;
- f. Habilitation Services; and
- g. Services provided to inmates of public institutions.

| Name of Service                                       | Definition of Services   | Who Provides  |
|---|--|---|
| Screening, Triage, and Referral leading to assessment | <p>This service includes the brief assessment of an individual's need for services to determine whether there are sufficient indications of a behavioral health issues to warrant further evaluation. This service also includes the initial gathering of information to identify the urgency of need. This information is collected through a brief face-to-face or telephonic interview with the consumer or family/guardian as necessary. This service includes the process of obtaining cursory historical, social, functional, psychiatric, developmental, or other information from the individual and/or family seeking services in order to determine whether or not a behavioral health issue is likely to exist and the urgency of the need. Services are available 24 hours per day, seven (7) days per week. This service also includes the provision of appropriate triage and referrals to needed services based on the individual's presentation and preferences as identified in the screening process.</p> <p>The service reduces disability and restores individuals to previous functional levels by identifying functional problems in order to prevent regression and increasing disability. Prompt referral and intervention assists in reducing the loss of functional abilities.</p> | <p>Licensed Addiction Counselor (LAC), Licensed Independent Clinical Social Worker (LICSW), Licensed Social Worker (LSW), Human Relations Counselor, Licensed Exempt Clinical Psychologist, Behavior Modification Specialist, Licensed Clinical Psychologist, Registered Nurse (RN), Licensed Practical Nurse (LPN), Clinical Nurse Specialist (CNS) / Nurse Practitioner (NP), Licensed Occupational Therapist (OTRL)*, Certified Occupational Therapy Assistant (COTA)*</p> |
| Diagnostic Assessment                                 | <p>The Diagnostic Assessment and Individualized Recovery/Resiliency Planning process consists of a face-to-face comprehensive clinical assessment with the individual, which must include the individual's perspective, and may also include family and/or significant others, as well as collateral agencies/treatment providers/relevant individuals. The purpose of the process is to perform a formalized assessment in order to determine the individual's problems, strengths, needs, abilities and preferences, to develop a social history (extent of natural supports and community integration) and medical history, to determine functional level and degree of ability versus disability, and to develop or review collateral assessment information. The information gathered should support the determination of a differential diagnosis and assist in screening for/ruling out- potential co-occurring disorders.</p> <p>The entire process involves the individual as a full partner and should focus on service and recovery/resiliency goals/outcomes as identified by the individual.</p>  | <p>Licensed Addiction Counselor (LAC), Licensed Independent Clinical Social Worker (LICSW), Licensed Social Worker (LSW), Human Relations Counselor, Licensed Exempt Clinical Psychologist, Behavior Modification Specialist, Licensed Clinical Psychologist, Registered Nurse (RN), Licensed Practical Nurse (LPN), Clinical Nurse Specialist (CNS) / Nurse Practitioner (NP), Licensed</p>  |

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|  | The service reduces disability and restores individuals to previous functional levels by determining priority goals. This sets the foundation for treatment, and for the provision of appropriate services at the right time.   | Occupational Therapist (OTRL)*, Certified Occupational Therapy Assistant (COTA)*                                 |
| Nursing Assessment and Health Services | <p>This rehabilitative service requires face-to-face contact with the individual to monitor, evaluate, assess, and/or carry out a physician's orders regarding the physical and/or psychological problems of the individual. It includes:</p> <ol style="list-style-type: none"> <li>1) Providing nursing assessments to observe, monitor, and care for the physical, nutritional and psychological issues, problems or crises manifested in the course of an individual's treatment;</li> <li>2) Assessing and monitoring individual's response to medication(s) to determine the need to continue medication and/or to determine the need to refer the individual to a physician for a medication review (ie. Medication Management);</li> <li>3) Assessing and monitoring an individual's medical and other health issues that are either directly related to the mental health or substance related disorder, or to the treatment of the disorder (e.g. diabetes, cardiac and/or blood pressure issues, substance withdrawal symptoms, weight gain and fluid retention, seizures, etc.);</li> <li>4) Consulting with the individual's family and significant other(s) about medical, nutritional and other health issues related to the individual's mental health or substance related issues;</li> <li>5) Educating the individual and family/responsible caregiver(s) on medications and potential medication side effects (especially those which may adversely affect health such as weight gain or loss, blood pressure changes, cardiac abnormalities, development of diabetes or seizures, etc.); and</li> <li>6) Training for self-administration of medication.</li> </ol> <p>The service reduces disability and restores individuals to previous functional levels by improving understanding of medical and medication issues, which facilitates compliance with recommended treatment and the ability to self-monitor progress or problems. In addition, worsening of medical issues is avoided by prompt identification and intervention.</p> | Registered Nurse (RN), Licensed Practical Nurse (LPN), Clinical Nurse Specialist (CNS) / Nurse Practitioner (NP) |

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| Individual Therapy | <p>Individual Therapy is the use of one-to-one therapeutic intervention for a specified period of time in which the problem or issue impeding full functioning is defined. The individual and the therapist establish the overall objective (or outcome sought) and develop specific goals and tasks for the individual. The therapist may choose many different treatment methods to approach those issues. The service reduces disability and restores individuals to previous functional levels by facilitating the development of skills needed for functioning in normal life roles in the community. The ability to acquire and apply these skills helps to prevent relapse and strengthen goal attainment.</p> <p><b>** Mental health professionals treat mental disorders differently using one or a combination of psychotherapy, psychiatric medication, or other practices. Psychotherapy may include cognitive behavioral therapy, psychodynamic approaches, and systemic/psychosocial interventions. Lifestyle adjustments and supportive measures may also be used.</b></p> <p>Occupational Therapy services and providers meet the Federal requirements in 42 CFR 440.110.</p> | <p>Licensed Addiction Counselor (LAC), Licensed Independent Clinical Social Worker (LICSW), Licensed Social Worker (LSW), Licensed Certified Social Worker (LCSW), Human Relations Counselor, Licensed Associate Professional Counselor (LAPC), Licensed Professional Counselor (LPC), Licensed Professional Clinical Counselor (LPCC), Licensed Exempt Clinical Psychologist, Behavior Modification Specialist, Licensed Clinical Psychologist, Registered Nurse (RN), Licensed Practical Nurse (LPN), Clinical Nurse Specialist (CNS) / Nurse Practitioner (NP), Psychiatrist, Certified Occupational Therapist Assistant (COTA)*</p> <p>Therapy Services are provided within each practitioner's scope of practice in accordance with licensure and certification.</p> |
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| Group Therapy | <p>Group Therapy is much the same in terms of developing goals, objectives and specific tasks but utilizes a format in which a group of people selected by the therapist are provided treatment in an open or closed group, which may or may not have single therapeutic interests but is designed to treat the functioning areas of individuals by utilizing the group process and input of others in the group. Group Therapy for Rehabilitation clients who are mentally ill involves direct/indirect teaching by the therapist and the guided or facilitated group interaction with one another to bring about changes in functioning of all the members. Group therapy is especially effective when focusing on the development of goals which can be reinforced by other group members and when social skills and social connections will assist the individual in reaching their therapeutic goals. The service reduces disability and restores individuals to previous functional levels by facilitating the development of skills needed for functioning in normal life roles in the community. The ability to acquire and apply these skills helps to prevent relapse and strengthen goal attainment.</p> <p>** Mental health professionals treat mental disorders differently using one or a combination of psychotherapy, psychiatric medication, or other practices. Psychotherapy may include cognitive behavioral therapy, psychodynamic approaches, and systemic/psychosocial interventions. Lifestyle adjustments and supportive measures may also be used.</p> <p>Occupational Therapy services and providers meet the Federal requirements in 42 CFR 440.110.</p> | <p>Licensed Addiction Counselor (LAC), Licensed Independent Clinical Social Worker (LICSW), Licensed Social Worker (LSW), Licensed Certified Social Worker (LCSW), Human Relations Counselor, Licensed Associate Professional Counselor (LAPC), Licensed Professional Counselor (LPC), Licensed Professional Clinical Counselor (LPCC), Licensed Exempt Clinical Psychologist, Behavior Modification Specialist, Licensed Clinical Psychologist, Registered Nurse (RN), Licensed Practical Nurse (LPN), Clinical Nurse Specialist (CNS) / Nurse Practitioner (NP), Psychiatrist, Certified Occupational Therapist Assistant (COTA)*</p> <p>Therapy Services are provided within each practitioner's scope of practice in accordance with licensure and certification.</p> |
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| Family Therapy | <p>Family Therapy is a service that utilizes the same strategy of developing goals, but instead of the service being provided on a one-to-one basis, it includes family members and other significant others to address the identified issue. The service reduces disability and restores individuals to previous functional levels by facilitating the development of skills needed for functioning in normal life roles in the community. The ability to acquire and apply these skills helps to prevent relapse and strengthen goal attainment.</p> <p>** Mental health professionals treat mental disorders differently using one or a combination of psychotherapy, psychiatric medication, or other practices. Psychotherapy may include cognitive behavioral therapy, psychodynamic approaches, and systemic/psychosocial interventions. Lifestyle adjustments and supportive measures may also be used.</p> <p>Occupational Therapy services and providers meet the Federal requirements in 42 CFR 440.110.</p> | <p>Licensed Addiction Counselor (LAC), Licensed Independent Clinical Social Worker (LICSW), Licensed Social Worker (LSW), Human Relations Counselor, Licensed Certified Social Worker (LCSW), Licensed Associate Professional Counselor (LAPC), Licensed Professional Counselor (LPC), Licensed Professional Clinical Counselor (LPCC), Licensed Exempt Clinical Psychologist, Behavior Modification Specialist, Licensed Clinical Psychologist, Registered Nurse (RN), Licensed Practical Nurse (LPN), Clinical Nurse Specialist (CNS) / Nurse Practitioner (NP), Psychiatrist, Certified Occupational Therapist Assistant (COTA)*</p> <p>Therapy Services are provided within each practitioner's scope of practice in accordance with licensure and certification.</p> |
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\* Occupational Therapists and Certified OT Assistants have training in human functioning and disability. Within rehab services, they do not provide overall diagnostic assessment, but evaluate the individual's abilities and limitations in overall functioning. The result of this assessment may be triage and referral to other professionals for other specialized evaluations. They are providing rehabilitative screening and triage.

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| Behavioral Intervention | <p>A service to identify responsive actions by an individual to stimuli and to develop and facilitate the implementation of an intervention regimen that will reduce, modify, or eliminate undesirable responses. This intervention is a comprehensive rehabilitative service that braids developing daily living skills, interpersonal skills, and behavior management skills into a defined individualized strategy to enable clients to manage symptoms and regain lost functioning due to mental illness, substance abuse, and/or co-occurring disorders.</p> <p>The service reduces disability and restores individuals to previous functional levels by helping the individual to learn and apply appropriate skills in various living settings/situations. These skills, as noted above, enable individuals to successfully live in less restrictive environments and maintain normalized roles.</p> <p>The practitioners who deliver the service assess the client and develop a Behavioral Intervention Plan. The plan is reviewed and modified as needed to ensure clients receive appropriate interventions.</p>  | Licensed Clinical Psychologist, Licensed Exempt Clinical Psychologist, and Behavior Modification Specialist  |
| Crisis Stabilization    | <p>This is a residential alternative of not more than 16 beds, to or diversion from inpatient hospitalization, offering psychiatric stabilization and detoxification services. The program provides medically monitored residential services for the purpose of providing psychiatric stabilization and substance detoxification services on a short-term basis. Specific services include:</p> <ol style="list-style-type: none"> <li>1) Psychiatric medical assessment;</li> <li>2) Crisis assessment, support and intervention;</li> <li>3) Social Detox residential Substance Detoxification (at ASAM Level III.2-D); Offers 24-hour structure, care and support to recover from the withdrawal signs and symptoms of chemical intoxication. Hospital affiliation provides 24-hour medical backup. Includes services for clients presenting in an emergency or crisis and in need of chemical detoxification service.</li> <li>4) Medication administration, management, and monitoring;</li> <li>5) Brief individual, group and/or family counseling; and</li> <li>6) Linkage to other rehabilitative services as needed.</li> </ol> <p>The service reduces disability and restores individuals to previous functional levels by promptly intervening and stabilizing when crisis situations occur. By doing so, the individual is assisted in again focusing on goals for recovery, avoiding continued exacerbation of symptoms, and decreasing risk of need for hospitalization or other higher level care.</p> | Licensed Addiction Counselor (LAC), Licensed Independent Clinical Social Worker (LISCW), Licensed Social Worker (LSW), Human Relations Counselor, Mental Health Technician, Nurse Practitioner (NP), Registered Nurse (RN), Psychologist, or Clinical Nurse Specialist |

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| Medication Management | <p>A service designed to prescribe or administer medication with the highest efficacy and lowest toxicity in treating the primary symptoms of an individual's psychiatric condition. This service is intended to include medication trials which are adequate in dose and duration, as well as assessments of the appropriateness of the individual's existing medication regimen through record review, ongoing monitoring, and consultation with the client and/or collateral contact. The purpose of such consultation is to determine personal preferences, as well as past and present experiences with medication, include ingrelated efficacy, side effects and compliance. Medication management may include providing individuals with information concerning the effects, benefits, risks and possible side effects of a proposed course of medication.</p> <p>The service reduces disability and restores individuals to previous functional levels by insuring adequate client teaching regarding the illness, medication needs, and potential risks of treatment. This provides for more complete involvement of the client in determining the treatment plan, and helps to improve compliance with recommended treatment.</p> | Clinical Nurse Specialist (CNS) / Nurse Practitioner (NP) |
| Skills Integration    | <p>A service designed to support individuals in the community in their efforts to apply and integrate those life skills that have been learned in their therapy programs. These clients typically require support for cueing/modeling of appropriate behavioral and life skills in order to maximize their skills and prevent need for higher levels of care.</p> <p>For example, behavior management assistance helps individuals to stabilize, reduce, or eliminate undesirable behaviors which put them at risk of being served in restrictive setting such as residential treatment centers or psychiatric hospitals. Role modeling helps individuals learn and observe appropriate behavioral and emotional responses to various situations which can trigger their medical symptoms.</p> <p>The service reduces disability and restores individuals to previous functional levels by assisting individuals in ongoing utilization and application of learned skills in normalized living situations. This strengthens the skill development that has occurred, and promotes skill integration in various life roles.</p>  | Mental Health Technician                                  |

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| Transitional Living | <p>Transitional Living is defined as services designed to assist individuals in improving the self-help, socialization and adaptive skills necessary to reside successfully in home and community based settings. This service includes assistance with acquisition of skills related to activities of daily living and the social and adaptive skills necessary to enable the individuals to reside in a non-institutional setting.</p> <p>Transitional Living includes:</p> <ul style="list-style-type: none"> <li>• Individual and Family Therapy</li> <li>• Skills Integration</li> <li>• Behavior Intervention</li> <li>• Nursing Assessment and Health Services</li> <li>• Medication Management</li> </ul> | <p>Licensed Addiction Counselor (LAC), Licensed Independent Clinical Social Worker (LICSW), Licensed Social Worker (LSW), Licensed Certified Social Worker (LCSW), Licensed Associate Professional Counselor (LAPC), Licensed Professional Counselor (LPC), Licensed Professional Clinical Counselor (LPCC), Licensed Exempt Clinical Psychologist, Behavior Modification Specialist, Licensed Clinical Psychologist, Registered Nurse (RN), Licensed Practical Nurse (LPN), Clinical Nurse Specialist (CNS) / Nurse Practitioner (NP), Psychiatrist, Certified Occupational Therapist Assistant (COTA)*; Licensed Occupational Therapist (OTRL)*, Mental Health Technician</p> <p>Therapy Services are provided within each practitioner's scope of practice in accordance with licensure and certification.</p> |
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\* Occupational Therapists and Certified OT Assistants have training in human functioning and disability. Within rehab services, they do not provide overall diagnostic assessment, but evaluate the individual's abilities and limitations in overall functioning. The result of this assessment may be triage and referral to other professionals for other specialized evaluations. They are providing rehabilitative screening and triage.

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| Day Treatment | <p>Day Treatment is defined as a non-residential, time-limited, ambulatory, active treatment program pursuing the goal of stabilization with the intention of averting inpatient hospitalization or reducing the length of a hospital stay. Day Treatment services are designed to serve individuals with significant impairment resulting from an addictive disorder. Day Treatment services assist individuals in improving skills related to exhibiting appropriate behavior, living with greater independence and personal choice. Treatment programs employ an integrated, comprehensive and complimentary schedule of recognized treatment approaches and embraces day, evening, night and weekend treatment programs. Services are aimed at supporting individuals with maximizing the skills needed to live independently. The services help recipients reside in the most normative and least restrictive, family centered environment, and integrated setting appropriate to their medical needs. Support and supervision must be sufficient to maintain the person's safety outside the hospital. The care delivered must be ordered and supervised by a physician or psychiatrist. Treatment is proactive, intensive, and provided in a supervised environment by a multi-disciplinary team of qualified professionals. The Day Treatment program must be licensed by the Department of Human Services, Mental Health and Substance Abuse Division.</p> <p>Day Treatment Services include:</p> <ul style="list-style-type: none"> <li>• Medication Management</li> <li>• Crisis Stabilization</li> <li>• Screening and Diagnostic Assessments</li> <li>• Nursing Assessment and Health Services</li> <li>• Family, Group, and Individual Therapy</li> <li>• Skills Integration</li> </ul> | <p>Licensed Addiction Counselor (LAC), Licensed Independent Clinical Social Worker (LICSW), Licensed Social Worker (LSW), Human Relations Counselor, Licensed Certified Social Worker (LCSW), Licensed Associate Professional Counselor (LAPC), Licensed Professional Counselor (LPC), Licensed Professional Clinical Counselor (LPCC), Licensed Clinical Psychologist, Registered Nurse (RN), Licensed Practical Nurse (LPN), Clinical Nurse Specialist (CNS) / Nurse Practitioner (NP), Psychiatrist, Certified Occupational Therapist Assistant (COTA)*, Licensed Occupational Therapist (OTRL)*, Mental health Technician</p> <p>Therapy Services are provided within each practitioner's scope of practice in accordance with licensure and certification.</p> |
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\* Occupational Therapists and Certified OT Assistants have training in human functioning and disability. Within rehab services, they do not provide overall diagnostic assessment, but evaluate the individual's abilities and limitations in overall functioning. The result of this assessment may be triage and referral to other professionals for other specialized evaluations. They are providing rehabilitative screening and triage.

**PROVIDER QUALIFICATIONS**

| <b>Provider Types</b>                 | <b>Licensure/Certification Authority</b>  | <b>Education/Degree Required</b>   | <b>Position requires Supervision Y/N</b>  | <b>Position Supervises others Y/N</b>  |
|---------------------------------------|---|--|---|--|
| Licensed Addiction Counselor          | Requires current licensure as an Addiction Counselor by the ND Board of Addiction Counseling Examiners. | Bachelor's degree in addiction studies or a closely related social science or health care field, with a minimum of 32 credit hours in addiction studies.   | Requires supervision by a LAC with supervisory credentials (3 yrs experience and certification as a Clinical Supervisor by the ND Board of Addiction Counselor Examiners) | Yes; the LAC may supervise other LACs when the supervisory credential has been achieved. |
| Licensed Exempt Clinical Psychologist | Eligibility for licensure exemption as determined by the ND Board of Psychologist Examiners.            | Master's degree in psychology  | Yes - supervision is provided by a Licensed Clinical Psychologist   | No   |
| Behavior Modification Specialist      | Appropriate licensure as required by the professional discipline.                                       | Master's degree in psychology, social work, counseling, nursing, special education, occupational therapy, physical therapy, child development and family science, communication disorders, developmental disabilities, vocational rehabilitation, or sociology. Or a bachelors' degree in one of the above fields and two years of work experience in the respective discipline. | Supervised by licensed clinical psychologist, or a clinician in one of the identified eligible professions in the preceding column with at least two years experience.    | No   |
| Licensed Social Worker                | Licensure as LSW by ND Board of Counselor Examiners.  | Graduate of an accredited school of social work and licensed by the ND Board of Social Work Examiners and having at least two years of experience in the field with a preference and/or background in mental health, mental illness, or addiction.   | The LSW is supervised by an LICSW, LCSW or LPCC who is assigned to consult on a weekly basis on individual cases and to give program input.                               | No   |
| Licensed Certified Social Worker      | Licensure as LSW by ND Board of Counselor Examiners.  | Master's Degree in Social Work and licensure as an LCSW by the ND Board of Counselor Examiners.  | NO  | YES. May supervise LSW.  |

TN No. 07-002  
 Supersedes  
 TN No: NEW

Approval Date: 12/14/09Effective Date: 01-01-2010

**PROVIDER QUALIFICATIONS Continued**

| <b>Provider Types</b>                       | <b>Licensure/Certification Authority</b>  | <b>Education/Degree Required</b>  | <b>Position requires Supervision Y/N</b>        | <b>Position Supervises others Y/N</b>   |
|---|---|---|---|---|
| Licensed Independent Clinical Social Worker | Licensure as an LICSW by the ND Board of Counselor Examiners.   | Master's Degree in social work and advanced training under supervision, and licensure as an LICSW by the ND Board of Counselor Examiners. | NO  | YES. May supervise LSW and Behavior Modification Specialists.   |
| Registered Nurse                            | Requires licensure as a Registered Nurse by the North Dakota Board of Nursing and one year of work experience as Registered nurse.  | Associate's or Bachelor's degree in nursing, and licensure as an RN by the ND Board of Nursing.   | NO  | YES. The RN supervises Licensed Practical Nurses and Mental health Technicians.   |
| Licensed Practical Nurse                    | Requires current licensure as a Licensed Practical Nurse by the North Dakota Board of Nursing.  | Graduate of an accredited school of practical nursing and licensed by the ND Board of Nursing.  | YES. The LPN is supervised by an RN, CNS or NP. | Yes - Mental Health Technicians   |
| Clinical Nurse Specialist                   | Requires licensure as a Clinical Nurse Specialist with prescriptive authority by the North Dakota Board of Nursing, or registration in another state and eligibility for licensure in North Dakota.   | Bachelor of Science Degree in Nursing.  | Yes, supervised by a licensed physician.        | Yes, may supervise RNs or LPNs  |
| Nurse Practitioner                          | Requires licensure as a Registered Nurse with licensure as an Advanced Registered Nurse Practitioner by the North Dakota Board of Nursing or registration in another state and eligibility for advanced licensure in North Dakota. Nurse Practitioners have prescription authority through their licensing. Licensure is a condition of employment. Meets the requirements in 42CFR440.166. | Bachelor of Science Degree in Nursing.  | Yes; supervised by a licensed physician.        | Yes, may supervise RNs or LPNs  |
| Licensed Occupational Therapist             | Requires licensure in the state of North Dakota as a Registered Occupational Therapist. Meets the requirements in 42 CFR 440.110.   | Bachelor's Degree from Accredited School of Occupational Therapy.   | NO  | Yes; the licensed OT supervises Certified Occupational Therapy Assistants or other licensed registered Occupational Therapists. |

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**PROVIDER QUALIFICATIONS Continued**

| <b>Provider Types</b>                     | <b>Licensure/Certification Authority</b>   | <b>Education/Degree Required</b>   | <b>Position requires Supervision Y/N</b>   | <b>Position Supervises others Y/N</b>                               |
|---|--|--|--|---|
| Certified Occupational Therapy Assistant  | Requires licensure in the state of North Dakota as a Certified Occupational Therapy Assistant. | Associated Degree from an Accredited Occupational Therapy program.   | Requires supervision by an Occupational Therapist. Level of supervision is dependent on COTA experience, as defined in ND licensure law. | No  |
| Licensed Professional Counselor           | Licensure as an LPC by the ND Board of Counselor Examiners                                     | Requires a master's degree in a program approved by the ND Board of Counselor Examiners and licensure as a LPC (Licensed Professional Counselor).  | No   | May supervise a Human Relations Counselor or less experienced LPCs. |
| Human Relations Counselor                 | North Dakota Century Code, Chapter 25-03.1 and Chapter 25-03.1-02                              | Bachelor's Degree in social work, counseling, nursing or psychology, and two years of professional therapeutic counseling experience; or a Master's Degree in one of the listed fields. Must be qualified as a Mental Health Professional. | Supervised by experienced LICSW, LPCC, LPC or clinical psychologist.   | No  |
| Licensed Associate Professional Counselor | Licensure as a LAPC (Licensed Associate Professional Counselor).                               | Requires a master's degree in a program approved by the ND Board of Counselor Examiners.   | NO   | NO  |
| Licensed Professional Clinical Counselor  | Licensure as a LPCC (Licensed Professional Clinical Counselor).                                | Requires a master's degree in a program approved by the ND Board of Counselor Examiners.   | NO   | Yes - Human Relations Counselor, or LSW.                            |

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**PROVIDER QUALIFICATIONS Continued**

| <b>Provider Types</b>          | <b>Licensure/Certification Authority</b>   | <b>Education/Degree Required</b>      | <b>Position requires Supervision Y/N</b>  | <b>Position Supervises others Y/N</b>   |
|--------------------------------|--|---------------------------------------|---|---|
| Mental Health Technicians      | Certification as a Mental Health Technician which includes: Crisis Intervention / Prevention, Medication Module Certification, and First Aide Training, CPR Training, child abuse and criminal background check, and HIPAA and confidentiality training. | Requires a high school degree or GED. | Requires supervision by an LPN or RN or a Bachelor degreed Mental Health Professional.<br><br>According to North Dakota Century Code (state law):<br><br>"Mental health professional" means:<br><br>a. A psychologist with at least a master's degree who has been either licensed or approved for exemption by the North Dakota board of psychology examiners.<br>b. A social worker with a master's degree in social work from an accredited program.<br>c. A registered nurse with a master's degree in psychiatric and mental health nursing from an accredited program.<br>d. A registered nurse with a minimum of two years of psychiatric clinical experience under the supervision of a registered nurse. | NO  |
| Licensed Clinical Psychologist | North Dakota Century Code. Requires licensure or eligibility for licensure as a Psychologist by the ND Board of Psychologist Examiners   | Doctorate degree in Psychology        | NO  | Licensed Exempt Clinical Psychologist, Behavior Modification Specialist or Human Relations Counselor. |

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The Department of Human Services, through the provider agreement, contracts with entities to provide rehabilitative services. The entities are to be established for the purpose of providing rehabilitative services and must demonstrate to the Department that they understand the rehabilitative needs of the Medicaid clients by:

- Documenting an understanding of the transportation challenges of some Medicaid clients and assisting clients with those challenges.
- Documenting an understanding of the unique needs of the Medicaid population and showing experience with coordination of services for similar client needs;
- Maintaining case files for each Medicaid beneficiary and evidence of compliance with the practitioner qualifications;
- Documenting how the entity will notify recipients of any limitations on amount, duration or scope of the beneficiary's services are about to be reached or have been exceeded.

The Entities must also have procedures in place to assure that rehabilitative services are: (a) provided according to a plan of care, (b) are delivered within a quality framework, and (c) are measured for outcomes. A written summary of how an entity will ensure this is required upon initial Medicaid enrollment. Individual practitioners must meet the qualifications detailed in the Provider Qualifications table and must be employed by an entity that has a provider agreement with the Department. The practitioner is responsible for maintaining the individual qualifications outlined in the Provider Qualifications table.

### **Eligibility for Services**

The following requirements must be met before rehabilitative services can be provided through the North Dakota Medicaid Program.

- 1) The recipient must be eligible for the Medicaid Program.
- 2) The service must have been recommended by a practitioner of the healing arts within the scope of their practice under state law by providers affiliated with the North Dakota Department of Human Services.
- 3) The recipient must have a mental health or substance abuse disorder, and must have one of the following circumstances.

- a) An individual must be at risk of entering or reentering a mental health facility or hospital. Eligibility is determined by the Department of Human Services.
  - b) An individual who requires medication management and consultation to ensure the maintenance of his/her best functioning level. Eligibility is determined by the Department of Human Services, and
- 4) The recipient must be from a family that is in crisis and at risk of major dysfunction that could lead to disruption of the current family makeup or in a family that has experienced a disruption that has resulted in disruption of the family or
- 5) The recipient is in need of mental health, substance abuse or behavioral intervention and management services that are provided by qualified entities.
- 6) The recipient has recently been released from the State Mental Facility into a transitional residential setting of not more than 16 beds.

### **Limitations**

Services to families in crisis and at risk of disruption are limited to no more than six weeks of services unless prior approval is received from the Department of Human Services.

13d. Rehabilitative Services.

**Definition of Services**

Rehabilitative Services are designed to provide a group of needed mental health and substance abuse services to certain Medicaid recipients in order to restore these individuals to their highest possible functioning level. They are limited to individuals who are at risk of entering or reentering a mental health or hospital facility, those services of Human Service Centers provided by staff in settings outside the facility and to services provided to individuals who have transitioned from the State Hospital.

Services provided include behavioral intervention services that consist of developing and implementing a regimen that will reduce, modify or eliminate undesirable behaviors and/or introducing new methods to induce alternative positive behaviors and management including improving life skills. Other services include individual therapy, family therapy in which the Medicaid recipient takes part, group therapy, medication management, and mental health and substance abuse assessments.

All children are eligible for these rehabilitative services under EPSDT and are eligible to receive these and all other medically necessary services.

These services must be provided to, or directed exclusively toward, the treatment of the Medicaid eligible individual.

There are no duplication of billed services provided to clients at the same time.

Rehabilitative Services do not include the following:

- a. Room and board services;
- b. Services provided to residents of institutions for mental diseases;
- c. Services that are covered elsewhere in the State Medicaid plan;
- d. Educational, vocational and job training services;
- e. Recreational and social activities;
- f. Habilitation Services; and
- g. Services provided to inmates of public institutions.

| Name of Service                                       | Definition of Services   | Who Provides  |
|---|--|---|
| Screening, Triage, and Referral leading to assessment | <p>This service includes the brief assessment of an individual's need for services to determine whether there are sufficient indications of a behavioral health issues to warrant further evaluation. This service also includes the initial gathering of information to identify the urgency of need. This information is collected through a brief face-to-face or telephonic interview with the consumer or family/guardian as necessary. This service includes the process of obtaining cursory historical, social, functional, psychiatric, developmental, or other information from the individual and/or family seeking services in order to determine whether or not a behavioral health issue is likely to exist and the urgency of the need. Services are available 24 hours per day, seven (7) days per week. This service also includes the provision of appropriate triage and referrals to needed services based on the individual's presentation and preferences as identified in the screening process.</p> <p>The service reduces disability and restores individuals to previous functional levels by identifying functional problems in order to prevent regression and increasing disability. Prompt referral and intervention assists in reducing the loss of functional abilities.</p> | <p>Licensed Addiction Counselor (LAC), Licensed Independent Clinical Social Worker (LICSW), Licensed Social Worker (LSW), Human Relations Counselor, Licensed Exempt Clinical Psychologist, Behavior Modification Specialist, Licensed Clinical Psychologist, Registered Nurse (RN), Licensed Practical Nurse (LPN), Clinical Nurse Specialist (CNS) / Nurse Practitioner (NP), Licensed Occupational Therapist (OTRL)*, Certified Occupational Therapy Assistant (COTA)*</p> |
| Diagnostic Assessment                                 | <p>The Diagnostic Assessment and Individualized Recovery/Resiliency Planning process consists of a face-to-face comprehensive clinical assessment with the individual, which must include the individual's perspective, and may also include family and/or significant others, as well as collateral agencies/treatment providers/relevant individuals. The purpose of the process is to perform a formalized assessment in order to determine the individual's problems, strengths, needs, abilities and preferences, to develop a social history (extent of natural supports and community integration) and medical history, to determine functional level and degree of ability versus disability, and to develop or review collateral assessment information. The information gathered should support the determination of a differential diagnosis and assist in screening for/ruling out- potential co-occurring disorders.</p> <p>The entire process involves the individual as a full partner and should focus on service and recovery/resiliency goals/outcomes as identified by the individual.</p>  | <p>Licensed Addiction Counselor (LAC), Licensed Independent Clinical Social Worker (LICSW), Licensed Social Worker (LSW), Human Relations Counselor, Licensed Exempt Clinical Psychologist, Behavior Modification Specialist, Licensed Clinical Psychologist, Registered Nurse (RN), Licensed Practical Nurse (LPN), Clinical Nurse Specialist (CNS) / Nurse Practitioner (NP), Licensed</p>  |

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|   | <p>The service reduces disability and restores individuals to previous functional levels by determining priority goals. This sets the foundation for treatment, and for the provision of appropriate services at the right time.</p>  | <p>Occupational Therapist (OTRL)*, Certified Occupational Therapy Assistant (COTA)*</p>                                 |
| <p>Nursing Assessment and Health Services</p> | <p>This rehabilitative service requires face-to-face contact with the individual to monitor, evaluate, assess, and/or carry out a physician's orders regarding the physical and/or psychological problems of the individual. It includes:</p> <ol style="list-style-type: none"> <li>1) Providing nursing assessments to observe, monitor, and care for the physical, nutritional and psychological issues, problems or crises manifested in the course of an individual's treatment;</li> <li>2) Assessing and monitoring individual's response to medication(s) to determine the need to continue medication and/or to determine the need to refer the individual to a physician for a medication review (ie. Medication Management);</li> <li>3) Assessing and monitoring an individual's medical and other health issues that are either directly related to the mental health or substance related disorder, or to the treatment of the disorder (e.g. diabetes, cardiac and/or blood pressure issues, substance withdrawal symptoms, weight gain and fluid retention, seizures, etc.);</li> <li>4) Consulting with the individual's family and significant other(s) about medical, nutritional and other health issues related to the individual's mental health or substance related issues;</li> <li>5) Educating the individual and family/responsible caregiver(s) on medications and potential medication side effects (especially those which may adversely affect health such as weight gain or loss, blood pressure changes, cardiac abnormalities, development of diabetes or seizures, etc.); and</li> <li>6) Training for self-administration of medication.</li> </ol> <p>The service reduces disability and restores individuals to previous functional levels by improving understanding of medical and medication issues, which facilitates compliance with recommended treatment and the ability to self-monitor progress or problems. In addition, worsening of medical issues is avoided by prompt identification and intervention.</p> | <p>Registered Nurse (RN), Licensed Practical Nurse (LPN), Clinical Nurse Specialist (CNS) / Nurse Practitioner (NP)</p> |

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| Individual Therapy | <p>Individual Therapy is the use of one-to-one therapeutic intervention for a specified period of time in which the problem or issue impeding full functioning is defined. The individual and the therapist establish the overall objective (or outcome sought) and develop specific goals and tasks for the individual. The therapist may choose many different treatment methods to approach those issues. The service reduces disability and restores individuals to previous functional levels by facilitating the development of skills needed for functioning in normal life roles in the community. The ability to acquire and apply these skills helps to prevent relapse and strengthen goal attainment.</p> <p>** Mental health professionals treat mental disorders differently using one or a combination of psychotherapy, psychiatric medication, or other practices. Psychotherapy may include cognitive behavioral therapy, psychodynamic approaches, and systemic/psychosocial interventions. Lifestyle adjustments and supportive measures may also be used.</p> <p>Occupational Therapy services and providers meet the Federal requirements in 42 CFR 440.110.</p> | <p>Licensed Addiction Counselor (LAC), Licensed Independent Clinical Social Worker (LICSW), Licensed Social Worker (LSW), Licensed Certified Social Worker (LCSW), Human Relations Counselor, Licensed Associate Professional Counselor (LAPC), Licensed Professional Counselor (LPC), Licensed Professional Clinical Counselor (LPCC), Licensed Exempt Clinical Psychologist, Behavior Modification Specialist, Licensed Clinical Psychologist, Registered Nurse (RN), Licensed Practical Nurse (LPN), Clinical Nurse Specialist (CNS) / Nurse Practitioner (NP), Psychiatrist, Certified Occupational Therapist Assistant (COTA)*</p> <p>Therapy Services are provided within each practitioner's scope of practice in accordance with licensure and certification.</p> |
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| Group Therapy | <p>Group Therapy is much the same in terms of developing goals, objectives and specific tasks but utilizes a format in which a group of people selected by the therapist are provided treatment in an open or closed group, which may or may not have single therapeutic interests but is designed to treat the functioning areas of individuals by utilizing the group process and input of others in the group. Group Therapy for Rehabilitation clients who are mentally ill involves direct/indirect teaching by the therapist and the guided or facilitated group interaction with one another to bring about changes in functioning of all the members. Group therapy is especially effective when focusing on the development of goals which can be reinforced by other group members and when social skills and social connections will assist the individual in reaching their therapeutic goals. The service reduces disability and restores individuals to previous functional levels by facilitating the development of skills needed for functioning in normal life roles in the community. The ability to acquire and apply these skills helps to prevent relapse and strengthen goal attainment.</p> <p>** Mental health professionals treat mental disorders differently using one or a combination of psychotherapy, psychiatric medication, or other practices. Psychotherapy may include cognitive behavioral therapy, psychodynamic approaches, and systemic/psychosocial interventions. Lifestyle adjustments and supportive measures may also be used.</p> <p>Occupational Therapy services and providers meet the Federal requirements in 42 CFR 440.110.</p> | <p>Licensed Addiction Counselor (LAC), Licensed Independent Clinical Social Worker (LICSW), Licensed Social Worker (LSW), Licensed Certified Social Worker (LCSW), Human Relations Counselor, Licensed Associate Professional Counselor (LAPC), Licensed Professional Counselor (LPC), Licensed Professional Clinical Counselor (LPCC), Licensed Exempt Clinical Psychologist, Behavior Modification Specialist, Licensed Clinical Psychologist, Registered Nurse (RN), Licensed Practical Nurse (LPN), Clinical Nurse Specialist (CNS) / Nurse Practitioner (NP), Psychiatrist, Certified Occupational Therapist Assistant (COTA)*</p> <p>Therapy Services are provided within each practitioner's scope of practice in accordance with licensure and certification.</p> |
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| Family Therapy | <p>Family Therapy is a service that utilizes the same strategy of developing goals, but instead of the service being provided on a one-to-one basis, it includes family members and other significant others to address the identified issue. The service reduces disability and restores individuals to previous functional levels by facilitating the development of skills needed for functioning in normal life roles in the community. The ability to acquire and apply these skills helps to prevent relapse and strengthen goal attainment.</p> <p><b>** Mental health professionals treat mental disorders differently using one or a combination of psychotherapy, psychiatric medication, or other practices. Psychotherapy may include cognitive behavioral therapy, psychodynamic approaches, and systemic/psychosocial interventions. Lifestyle adjustments and supportive measures may also be used.</b></p> <p>Occupational Therapy services and providers meet the Federal requirements in 42 CFR 440.110.</p> | <p>Licensed Addiction Counselor (LAC), Licensed Independent Clinical Social Worker (LICSW), Licensed Social Worker (LSW), Human Relations Counselor, Licensed Certified Social Worker (LCSW), Licensed Associate Professional Counselor (LAPC), Licensed Professional Counselor (LPC), Licensed Professional Clinical Counselor (LPCC), Licensed Exempt Clinical Psychologist, Behavior Modification Specialist, Licensed Clinical Psychologist, Registered Nurse (RN), Licensed Practical Nurse (LPN), Clinical Nurse Specialist (CNS) / Nurse Practitioner (NP), Psychiatrist, Certified Occupational Therapist Assistant (COTA)*</p> <p>Therapy Services are provided within each practitioner's scope of practice in accordance with licensure and certification.</p> |
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\* Occupational Therapists and Certified OT Assistants have training in human functioning and disability. Within rehab services, they do not provide overall diagnostic assessment, but evaluate the individual's abilities and limitations in overall functioning. The result of this assessment may be triage and referral to other professionals for other specialized evaluations. They are providing rehabilitative screening and triage.

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| Behavioral Intervention | <p>A service to identify responsive actions by an individual to stimuli and to develop and facilitate the implementation of an intervention regimen that will reduce, modify, or eliminate undesirable responses. This intervention is a comprehensive rehabilitative service that braids developing daily living skills, interpersonal skills, and behavior management skills into a defined individualized strategy to enable clients to manage symptoms and regain lost functioning due to mental illness, substance abuse, and/or co-occurring disorders.</p> <p>The service reduces disability and restores individuals to previous functional levels by helping the individual to learn and apply appropriate skills in various living settings/situations. These skills, as noted above, enable individuals to successfully live in less restrictive environments and maintain normalized roles.</p> <p>The practitioners who deliver the service assess the client and develop a Behavioral Intervention Plan. The plan is reviewed and modified as needed to ensure clients receive appropriate interventions.</p>  | Licensed Clinical Psychologist, Licensed Exempt Clinical Psychologist, and Behavior Modification Specialist  |
| Crisis Stabilization    | <p>This is a residential alternative of not more than 16 beds, to or diversion from inpatient hospitalization, offering psychiatric stabilization and detoxification services. The program provides medically monitored residential services for the purpose of providing psychiatric stabilization and substance detoxification services on a short-term basis. Specific services include:</p> <ol style="list-style-type: none"> <li>1) Psychiatric medical assessment;</li> <li>2) Crisis assessment, support and intervention;</li> <li>3) Social Detox residential Substance Detoxification (at ASAM Level III.2-D); Offers 24-hour structure, care and support to recover from the withdrawal signs and symptoms of chemical intoxication. Hospital affiliation provides 24-hour medical backup. Includes services for clients presenting in an emergency or crisis and in need of chemical detoxification service.</li> <li>4) Medication administration, management, and monitoring;</li> <li>5) Brief individual, group and/or family counseling; and</li> <li>6) Linkage to other rehabilitative services as needed.</li> </ol> <p>The service reduces disability and restores individuals to previous functional levels by promptly intervening and stabilizing when crisis situations occur. By doing so, the individual is assisted in again focusing on goals for recovery, avoiding continued exacerbation of symptoms, and decreasing risk of need for hospitalization or other higher level care.</p> | Licensed Addiction Counselor (LAC), Licensed Independent Clinical Social Worker (LISCW), Licensed Social Worker (LSW), Human Relations Counselor, Mental Health Technician, Nurse Practitioner (NP), Registered Nurse (RN), Psychologist, or Clinical Nurse Specialist |

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| Medication Management | <p>A service designed to prescribe or administer medication with the highest efficacy and lowest toxicity in treating the primary symptoms of an individual's psychiatric condition. This service is intended to include medication trials which are adequate in dose and duration, as well as assessments of the appropriateness of the individual's existing medication regimen through record review, ongoing monitoring, and consultation with the client and/or collateral contact. The purpose of such consultation is to determine personal preferences, as well as past and present experiences with medication, include ingrelated efficacy, side effects and compliance. Medication management may include providing individuals with information concerning the effects, benefits, risks and possible side effects of a proposed course of medication.</p> <p>The service reduces disability and restores individuals to previous functional levels by insuring adequate client teaching regarding the illness, medication needs, and potential risks of treatment. This provides for more complete involvement of the client in determining the treatment plan, and helps to improve compliance with recommended treatment.</p> | Clinical Nurse Specialist (CNS) / Nurse Practitioner (NP) |
| Skills Integration    | <p>A service designed to support individuals in the community in their efforts to apply and integrate those life skills that have been learned in their therapy programs. These clients typically require support for cueing/modeling of appropriate behavioral and life skills in order to maximize their skillls and prevent need for higher levels of care.</p> <p>For example, behavior management assistance helps individuals to stabilize, reduce, or eliminate undesirable behaviors which put them at risk of being served in restrictive setting such as residential treatment centers or psychiatric hospitals. Role modeling helps individuals learn and observe appropriate behavioral and emotional responses to various situations which can trigger their medical symptoms.</p> <p>The service reduces disability and restores individuals to previous functional levels by assisting individuals in ongoing utilization and application of learned skills in normalized living situations. This strengthens the skill development that has occurred, and promotes skill integration in various life roles.</p>   | Mental Health Technician                                  |

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| Transitional Living | <p>Transitional Living is defined as services designed to assist individuals in improving the self-help, socialization and adaptive skills necessary to reside successfully in home and community based settings. This service includes assistance with acquisition of skills related to activities of daily living and the social and adaptive skills necessary to enable the individuals to reside in a non-institutional setting.</p> <p>Transitional Living includes:</p> <ul style="list-style-type: none"> <li>• Individual and Family Therapy</li> <li>• Skills Integration</li> <li>• Behavior Intervention</li> <li>• Nursing Assessment and Health Services</li> <li>• Medication Management</li> </ul> | <p>Licensed Addiction Counselor (LAC), Licensed Independent Clinical Social Worker (LICSW), Licensed Social Worker (LSW), Licensed Certified Social Worker (LCSW), Licensed Associate Professional Counselor (LAPC), Licensed Professional Counselor (LPC), Licensed Professional Clinical Counselor (LPCC), Licensed Exempt Clinical Psychologist, Behavior Modification Specialist, Licensed Clinical Psychologist, Registered Nurse (RN), Licensed Practical Nurse (LPN), Clinical Nurse Specialist (CNS) / Nurse Practitioner (NP), Psychiatrist, Certified Occupational Therapist Assistant (COTA)*; Licensed Occupational Therapist (OTRL)*, Mental Health Technician</p> <p>Therapy Services are provided within each practitioner's scope of practice in accordance with licensure and certification.</p> |
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\* Occupational Therapists and Certified OT Assistants have training in human functioning and disability. Within rehab services, they do not provide overall diagnostic assessment, but evaluate the individual's abilities and limitations in overall functioning. The result of this assessment may be triage and referral to other professionals for other specialized evaluations. They are providing rehabilitative screening and triage.

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| Day Treatment | <p>Day Treatment is defined as a non-residential, time-limited, ambulatory, active treatment program pursuing the goal of stabilization with the intention of averting inpatient hospitalization or reducing the length of a hospital stay. Day Treatment services are designed to serve individuals with significant impairment resulting from an addictive disorder. Day Treatment services assist individuals in improving skills related to exhibiting appropriate behavior, living with greater independence and personal choice. Treatment programs employ an integrated, comprehensive and complimentary schedule of recognized treatment approaches and embraces day, evening, night and weekend treatment programs. Services are aimed at supporting individuals with maximizing the skills needed to live independently. The services help recipients reside in the most normative and least restrictive, family centered environment, and integrated setting appropriate to their medical needs. Support and supervision must be sufficient to maintain the person's safety outside the hospital. The care delivered must be ordered and supervised by a physician or psychiatrist. Treatment is proactive, intensive, and provided in a supervised environment by a multi-disciplinary team of qualified professionals. The Day Treatment program must be licensed by the Department of Human Services, Mental Health and Substance Abuse Division.</p> <p>Day Treatment Services include:</p> <ul style="list-style-type: none"> <li>• Medication Management</li> <li>• Crisis Stabilization</li> <li>• Screening and Diagnostic Assessments</li> <li>• Nursing Assessment and Health Services</li> <li>• Family, Group, and Individual Therapy</li> <li>• Skills Integration</li> </ul> | <p>Licensed Addiction Counselor (LAC), Licensed Independent Clinical Social Worker (LICSW), Licensed Social Worker (LSW), Human Relations Counselor, Licensed Certified Social Worker (LCSW), Licensed Associate Professional Counselor (LAPC), Licensed Professional Counselor (LPC), Licensed Professional Clinical Counselor (LPCC), Licensed Clinical Psychologist, Registered Nurse (RN), Licensed Practical Nurse (LPN), Clinical Nurse Specialist (CNS) / Nurse Practitioner (NP), Psychiatrist, Certified Occupational Therapist Assistant (COTA)*, Licensed Occupational Therapist (OTRL)*, Mental health Technician</p> <p>Therapy Services are provided within each practitioner's scope of practice in accordance with licensure and certification.</p> |
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\* Occupational Therapists and Certified OT Assistants have training in human functioning and disability. Within rehab services, they do not provide overall diagnostic assessment, but evaluate the individual's abilities and limitations in overall functioning. The result of this assessment may be triage and referral to other professionals for other specialized evaluations. They are providing rehabilitative screening and triage.

**PROVIDER QUALIFICATIONS**

| <b>Provider Types</b>                 | <b>Licensure/Certification Authority</b>  | <b>Education/Degree Required</b>   | <b>Position requires Supervision Y/N</b>  | <b>Position Supervises others Y/N</b>  |
|---------------------------------------|---|--|---|--|
| Licensed Addiction Counselor          | Requires current licensure as an Addiction Counselor by the ND Board of Addiction Counseling Examiners. | Bachelor's degree in addiction studies or a closely related social science or health care field, with a minimum of 32 credit hours in addiction studies.   | Requires supervision by a LAC with supervisory credentials (3 yrs experience and certification as a Clinical Supervisor by the ND Board of Addiction Counselor Examiners) | Yes; the LAC may supervise other LACs when the supervisory credential has been achieved. |
| Licensed Exempt Clinical Psychologist | Eligibility for licensure exemption as determined by the ND Board of Psychologist Examiners.            | Master's degree in psychology  | Yes - supervision is provided by a Licensed Clinical Psychologist   | No   |
| Behavior Modification Specialist      | Appropriate licensure as required by the professional discipline.                                       | Master's degree in psychology, social work, counseling, nursing, special education, occupational therapy, physical therapy, child development and family science, communication disorders, developmental disabilities, vocational rehabilitation, or sociology. Or a bachelors' degree in one of the above fields and two years of work experience in the respective discipline. | Supervised by licensed clinical psychologist, or a clinician in one of the identified eligible professions in the preceding column with at least two years experience.    | No   |
| Licensed Social Worker                | Licensure as LSW by ND Board of Counselor Examiners.  | Graduate of an accredited school of social work and licensed by the ND Board of Social Work Examiners and having at least two years of experience in the field with a preference and/or background in mental health, mental illness, or addiction.   | The LSW is supervised by an LICSW, LCSW or LPCC who is assigned to consult on a weekly basis on individual cases and to give program input.                               | No   |
| Licensed Certified Social Worker      | Licensure as LSW by ND Board of Counselor Examiners.  | Master's Degree in Social Work and licensure as an LCSW by the ND Board of Counselor Examiners.  | NO  | YES. May supervise LSW.  |

**PROVIDER QUALIFICATIONS Continued**

| <b>Provider Types</b>                       | <b>Licensure/Certification Authority</b>  | <b>Education/Degree Required</b>  | <b>Position requires Supervision Y/N</b>        | <b>Position Supervises others Y/N</b>   |
|---|---|---|---|---|
| Licensed Independent Clinical Social Worker | Licensure as an LICSW by the ND Board of Counselor Examiners.   | Master's Degree in social work and advanced training under supervision, and licensure as an LICSW by the ND Board of Counselor Examiners. | NO  | YES. May supervise LSW and Behavior Modification Specialists.   |
| Registered Nurse                            | Requires licensure as a Registered Nurse by the North Dakota Board of Nursing and one year of work experience as Registered nurse.  | Associate's or Bachelor's degree in nursing, and licensure as an RN by the ND Board of Nursing.   | NO  | YES. The RN supervises Licensed Practical Nurses and Mental health Technicians.   |
| Licensed Practical Nurse                    | Requires current licensure as a Licensed Practical Nurse by the North Dakota Board of Nursing.  | Graduate of an accredited school of practical nursing and licensed by the ND Board of Nursing.  | YES. The LPN is supervised by an RN, CNS or NP. | Yes - Mental Health Technicians   |
| Clinical Nurse Specialist                   | Requires licensure as a Clinical Nurse Specialist with prescriptive authority by the North Dakota Board of Nursing, or registration in another state and eligibility for licensure in North Dakota.   | Bachelor of Science Degree in Nursing.  | Yes, supervised by a licensed physician.        | Yes, may supervise RNs or LPNs  |
| Nurse Practitioner                          | Requires licensure as a Registered Nurse with licensure as an Advanced Registered Nurse Practitioner by the North Dakota Board of Nursing or registration in another state and eligibility for advanced licensure in North Dakota. Nurse Practitioners have prescription authority through their licensing. Licensure is a condition of employment. Meets the requirements in 42CFR440.166. | Bachelor of Science Degree in Nursing.  | Yes; supervised by a licensed physician.        | Yes, may supervise RNs or LPNs  |
| Licensed Occupational Therapist             | Requires licensure in the state of North Dakota as a Registered Occupational Therapist. Meets the requirements in 42 CFR 440.110.   | Bachelor's Degree from Accredited School of Occupational Therapy.   | NO  | Yes; the licensed OT supervises Certified Occupational Therapy Assistants or other licensed registered Occupational Therapists. |

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**PROVIDER QUALIFICATIONS Continued**

| <b>Provider Types</b>                     | <b>Licensure/Certification Authority</b>   | <b>Education/Degree Required</b>   | <b>Position requires Supervision Y/N</b>   | <b>Position Supervises others Y/N</b>                               |
|---|--|--|--|---|
| Certified Occupational Therapy Assistant  | Requires licensure in the state of North Dakota as a Certified Occupational Therapy Assistant. | Associated Degree from an Accredited Occupational Therapy program.   | Requires supervision by an Occupational Therapist. Level of supervision is dependent on COTA experience, as defined in ND licensure law. | No  |
| Licensed Professional Counselor           | Licensure as an LPC by the ND Board of Counselor Examiners                                     | Requires a master's degree in a program approved by the ND Board of Counselor Examiners and licensure as a LPC (Licensed Professional Counselor).  | No   | May supervise a Human Relations Counselor or less experienced LPCs. |
| Human Relations Counselor                 | North Dakota Century Code, Chapter 25-03.1 and Chapter 25-03.1-02                              | Bachelor's Degree in social work, counseling, nursing or psychology, and two years of professional therapeutic counseling experience; or a Master's Degree in one of the listed fields. Must be qualified as a Mental Health Professional. | Supervised by experienced LICSW, LPCC, LPC or clinical psychologist.   | No  |
| Licensed Associate Professional Counselor | Licensure as a LAPC (Licensed Associate Professional Counselor).                               | Requires a master's degree in a program approved by the ND Board of Counselor Examiners.   | NO   | NO  |
| Licensed Professional Clinical Counselor  | Licensure as a LPCC (Licensed Professional Clinical Counselor).                                | Requires a master's degree in a program approved by the ND Board of Counselor Examiners.   | NO   | Yes - Human Relations Counselor, or LSW.                            |

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**PROVIDER QUALIFICATIONS Continued**

| <b>Provider Types</b>          | <b>Licensure/Certification Authority</b>   | <b>Education/Degree Required</b>      | <b>Position requires Supervision Y/N</b>  | <b>Position Supervises others Y/N</b>   |
|--------------------------------|--|---------------------------------------|---|---|
| Mental Health Technicians      | Certification as a Mental Health Technician which includes: Crisis Intervention / Prevention, Medication Module Certification, and First Aide Training, CPR Training, child abuse and criminal background check, and HIPAA and confidentiality training. | Requires a high school degree or GED. | Requires supervision by an LPN or RN or a Bachelor degreed Mental Health Professional.<br><br>According to North Dakota Century Code (state law):<br><br>"Mental health professional" means:<br><br>a. A psychologist with at least a master's degree who has been either licensed or approved for exemption by the North Dakota board of psychology examiners.<br>b. A social worker with a master's degree in social work from an accredited program.<br>c. A registered nurse with a master's degree in psychiatric and mental health nursing from an accredited program.<br>d. A registered nurse with a minimum of two years of psychiatric clinical experience under the supervision of a registered nurse. | NO  |
| Licensed Clinical Psychologist | North Dakota Century Code. Requires licensure or eligibility for licensure as a Psychologist by the ND Board of Psychologist Examiners   | Doctorate degree in Psychology        | NO  | Licensed Exempt Clinical Psychologist, Behavior Modification Specialist or Human Relations Counselor. |

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The Department of Human Services, through the provider agreement, contracts with entities to provide rehabilitative services. The entities are to be established for the purpose of providing rehabilitative services and must demonstrate to the Department that they understand the rehabilitative needs of the Medicaid clients by:

- Documenting an understanding of the transportation challenges of some Medicaid clients and assisting clients with those challenges.
- Documenting an understanding of the unique needs of the Medicaid population and showing experience with coordination of services for similar client needs;
- Maintaining case files for each Medicaid beneficiary and evidence of compliance with the practitioner qualifications;
- Documenting how the entity will notify recipients of any limitations on amount, duration or scope of the beneficiary's services are about to be reached or have been exceeded.

The Entities must also have procedures in place to assure that rehabilitative services are: (a) provided according to a plan of care, (b) are delivered within a quality framework, and (c) are measured for outcomes. A written summary of how an entity will ensure this is required upon initial Medicaid enrollment. Individual practitioners must meet the qualifications detailed in the Provider Qualifications table and must be employed by an entity that has a provider agreement with the Department. The practitioner is responsible for maintaining the individual qualifications outlined in the Provider Qualifications table.

### **Eligibility for Services**

The following requirements must be met before rehabilitative services can be provided through the North Dakota Medicaid Program.

- 1) The recipient must be eligible for the Medicaid Program.
- 2) The service must have been recommended by a practitioner of the healing arts within the scope of their practice under state law by providers affiliated with the North Dakota Department of Human Services.
- 3) The recipient must have a mental health or substance abuse disorder, and must have one of the following circumstances.

- a) An individual must be at risk of entering or reentering a mental health facility or hospital. Eligibility is determined by the Department of Human Services.
  - b) An individual who requires medication management and consultation to ensure the maintenance of his/her best functioning level. Eligibility is determined by the Department of Human Services, and
- 4) The recipient must be from a family that is in crisis and at risk of major dysfunction that could lead to disruption of the current family makeup or in a family that has experienced a disruption that has resulted in disruption of the family or
  - 5) The recipient is in need of mental health, substance abuse or behavioral intervention and management services that are provided by qualified entities.
  - 6) The recipient has recently been released from the State Mental Facility into a transitional residential setting of not more than 16 beds.

### **Limitations**

Services to families in crisis and at risk of disruption are limited to no more than six weeks of services unless prior approval is received from the Department of Human Services.