

Description of Service Limitations

- 12 c. Prosthetic devices are provided upon a physician's order.
- 12 d. Eyeglasses are provided to recipients in response to an initial or change of prescription, or as a replacement of a lost or destroyed pair of glasses. Tinted lenses are not covered unless medically necessary. Contact lenses are not covered except for specific medical conditions. Tinted lenses and contact lenses must be prior authorized. Eyeglasses are purchased for recipients under a competitively bid contract.
13. **DIAGNOSTIC, SCREENING, PREVENTIVE, REHABILITATIVE SERVICES:**
- a. Mammography coverage is limited to diagnostic mammograms necessary to detect breast cancer.
- b. i. Screening mammograms are covered at the age and frequency schedule of the American Cancer Society, as provided in state statute.
- ii. Behavioral Health Screening is used to determine the likelihood that a mental health condition, emotional disorder, brain injury, or substance abuse disorder is present and to determine the need for further referral, assessment or treatment. Any willing and qualified mental health provider may deliver this service.
- d. Rehabilitative Services are limited to the following.

(1) Mental Health Rehabilitative Services

Mental Health rehabilitative services are provided to recipients to remediate and ameliorate debilitating effects of behavioral health disorders for the maximum reduction of the each disabling condition. These services help the recipient develop appropriate skills and to improve overall functioning.

The state assures that any willing and qualified provider can deliver these services. Participants who reside in institutions for mental diseases (IMDs), nursing facilities and/or acute care facilities are not eligible to receive these services. Further, any willing and qualified provider may deliver these services and the participants do not have to be in a particular setting to receive services.

Services are client-centered and focused on the remediation of specific dysfunctions and disabilities as set out in the treatment plan, and may be provided

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individually or in groups that could include family members. Treatment is always focused on the Medicaid-eligible recipient; not the family.

(a) The following mental health rehabilitative services are available for children under 21 years of age with an appropriate mental health diagnosis resulting from an EPSDT screen or a mental health assessment. Services may be provided to seriously mentally ill and severely emotionally disturbed adults.

i. Assessments: A systematic evaluation of a recipient upon admission to services and periodically during the course of treatment, to assess and document substance abuse and/or mental health disorders, including assessing mental status, social and medical history, presenting problems, related symptoms, and service needs of the recipient for the purpose of establishing a diagnosis and developing an individualized treatment and/or rehabilitation plan. The service includes **functional assessments** which assess the functioning levels in the life domains necessary for independent living. Assessments are provided by a Master's level clinician or above.

ii. Therapy and Treatment includes treatment, therapeutic interventions, and rehabilitative services designed to alleviate behavioral health disorders (mental, emotional and/or substance abuse related) and encourage growth and development while helping to prevent relapse of such conditions. Also includes planning, delivery and monitoring of a dynamic set of services that target specific behaviors identified in the assessment and treatment plan designed to improve functioning and enhance quality of life. Services are designed to improve the functioning level of the recipient through supporting or strengthening the behavioral, emotional, or intellectual skills necessary to live, learn or work in the community.

Services include

Therapeutic behavioral services include teaching of life skills designed to restore the recipient's functioning and support community living; counseling focused on functional improvement, recovery and relapse prevention; encouraging and coaching. Therapeutic behavioral services are provided by all willing and qualified mental health providers.

Psychosocial Rehabilitation Recipient Support services are recognized as medically necessary through a professional behavioral health assessment that documents the recipient's history of high risk behavior or the rationale for heightened vigilance; and recommends the frequency and location where the service should be provided. These services are identified in the recipient's treatment and rehabilitation plan along with target symptoms; and how provider is expected to resolve high risk behavior. Psychosocial rehabilitation recipient support does not include the daily supervisory activities that a parent or foster

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parent would normally carry out to assure protection, emotional support, and care of a child who is not a severely emotionally disturbed child; or a seriously mentally ill adult. Services are limited to a maximum of four hours per day per recipient, without prior authorization. Psychosocial rehabilitation recipient support services are provided by all willing and qualified mental health providers.

Day treatment services teach self management skills to improve the recipient's behavioral functioning; provides counseling and coaching focused on overall functional improvement. Services are provided in accordance with the recipient's individualized treatment plan. Day treatment services are provided by all willing and qualified mental health providers.

iii. Medication Administration includes oral medication administration with direct observation, monitoring the individual's response to medication, assessment and documentation of medication compliance, and evaluation and documentation of medication effectiveness and any side effects. Medication administration must be provided by licensed medical personnel.

Specific Provider Qualifications for Providers of Rehabilitative Services

Except for medication administration, preceding services may be provided by:

- an individual with a master's degree or more advanced degree in psychology, social work, counseling, child guidance, or nursing with specialization or experience in mental health who, if employed by a mental health physician clinic, is licensed to practice in the state in which the service is provided; or
- a marital and family therapist who is licensed under AS 08.63 or in a state with requirements substantially similar to the requirements of AS 08.63 where services are provided, and who works in the individual's field of expertise; or
- a professional counselor who is licensed under AS 08.29 or in a state with requirements substantially similar to the requirements of AS 08.29 where services are provided, and who works in the individual's field of expertise; or
- mental health clinical associate who is an individual who may have less than a master's degree in psychology, social work, counseling, or a related field with specialization or experience in working with chronically mentally ill adults or severely emotionally disturbed children and works within the scope of the individual's training and experience, and works under the direction of a mental health professional clinician, physician, or psychiatrist operating within the scope of their practice

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(2) Alcohol and Substance Abuse Rehabilitation Services:

(i) **Service Descriptions and Provider Qualifications for Alcohol and Substance Abuse Assessment, Detoxification, Therapeutic Behavioral, Psychosocial Support and Brief Intervention:**

Each service listed in the following section may be provided by one or more of the following, for both children and adults who are found in a treatment plan to need substance abuse services:

- 1) psychologists, psychological associates, clinical social workers, marriage and family therapists, professional counselors, psychiatric nurses, or certified nursing assistants who are licensed and practicing within the scope of their experience and authority ; OR
 - 2) a paraprofessional substance abuse counselor. Paraprofessional substance abuse counselors meet the requirements of a mental health clinical associate who is an individual who may have less than a master's degree in psychology, social work, counseling, or a related field with specialization or experience in working in the field of substance abuse and behavioral health and who works within the scope of their training and experience, and who works under the direction of a licensed health care professional operating within the scope of their practice.
- (a) **Assessments:** A systematic evaluation of a recipient upon admission to services and periodically during the course of treatment, to assess and document substance abuse and/or mental health disorders, including assessing mental status, social and medical history, presenting problems, related symptoms, and service needs of the recipient for the purpose of establishing a diagnosis and developing an individualized treatment and/or rehabilitation plan.
- (b) **Alcohol and Drug Detoxification** Services are delivered face-to-face and include an initial nursing assessment, physiological stabilization, diagnosis, treatment and on-going assessment and monitoring of the recipient's withdrawal symptoms.
- (c) **Therapeutic behavioral services** teach life skills designed to restore the recipient's functioning and support community living; counseling focused on functional improvement, recovery and relapse prevention; encouraging and coaching
- (d) **Psychosocial Rehabilitation Recipient Support** services are recognized as medically necessary through a professional behavioral health assessment that documents the recipient's history of high risk behavior or the rationale for heightened vigilance; and recommends the frequency and location where the service should be provided. These services are identified in the recipient's treatment and rehabilitation

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plan along with target symptoms; and how provider is expected to resolve high risk behavior.

- (e) **Brief intervention** services involve motivational discussion focused on raising the recipient's awareness of their substance use, the potential harmful effects of the substance use, and encouraging positive change.

(ii) **Service Descriptions and Provider Qualifications for Medication and Medical Services**

Each service listed in the following section must be provided by licensed medical personnel, for both children and adults who are found in a treatment plan to need substance abuse services:

- (f) **Medication Administration** includes oral medication administration with direct observation, monitoring the individual's response to medication, assessment and documentation of medication compliance, and evaluation and documentation of medication effectiveness and any side effects.
- (g) **Medical Services** related to the treatment of substance disorders including intake physicals, pharmacological management, monitoring, medical decision-making, and methadone administration.