

STATE PLAN UNDER TITLE XIX OF THE SOCIAL SECURITY ACT

State WASHINGTONAMOUNT, DURATION, AND SCOPE OF SERVICES PROVIDED TO THE
MEDICALLY NEEDY GROUP(S): ALL

13. d. Rehabilitative services

1) Behavioral health [substance use disorders (SUD), mental health (MH), and MH/SUD co-occurring disorder (COD)] treatment services

a) Provider Types:

The following state-credentialed provider types, working within a state-licensed behavioral health agency may furnish services in accordance with their scope of practice, as defined by state law:

- An individual that meets the state's definition of a **Mental Health Professional** and has one of the following credentials:
 - Advanced Registered Nurse Practitioner working as a Psychiatric Advanced Registered Nurse Practitioner
 - Agency Affiliated Counselor
 - Licensed Marriage and Family Therapist
 - Licensed Marriage and Family Therapist Associate
 - Licensed Mental Health Counselor
 - Licensed Mental Health Counselor Associate
 - Licensed Social Worker (Advanced, Independent Clinical, or Associate)
 - Physician Assistant working under the supervision of a Psychiatrist
 - Physician, working as a Psychiatrist
 - Physician, working as a Child Psychiatrist
 - Psychologist
 - Osteopathic Physician, as a psychiatrist
 - Registered Nurse, as a Psychiatric Nurse
 - A person working under an Agency Affiliated Counselor registration, who has been granted a time-limited exception by the state as meeting the minimum requirements of a Mental Health Professional
- **Licensed Practical Nurse**
- **Nursing Assistant Certified/Registered**
- **Medical Assistant – Certified**
- **Pharmacist**
- **Osteopathic Physician Assistant**
- **Registered Nurse**
- **Substance Use Disorder Professional**
- **Substance Use Disorder Professional Trainee**
- **Certified Peer Counselor** who has self-identified as in recovery from mental health conditions and or substance use disorders or is the parent or legal guardian of a person who has applied for, is eligible for, or has received mental health or substance use services; has received specialized training provided or contracted by the Health Care Authority; has passed a test, which includes both written and oral components of the training; has passed a Washington State background check; has been certified by the Health Care Authority and is working under an Agency Affiliated registration. Certified Peer Counselors work under the supervision of a Mental Health Professional or a Substance Use Disorder Professional.

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- **Mental Health Care Provider**, working under an Agency Affiliated registration, who has primary responsibility for implementing an individualized plan for mental health rehabilitation services. Minimum qualifications are B.A. level in a related field, A.A. level with two years of experience in mental health or related fields
- **"Behavioral health specialist"** is an individual that hold a state-credential from the list above and meets state requirements for:
 - A "child mental health specialist"
 - A "geriatric mental health specialist"
 - An "ethnic minority mental health specialist"
 - A "disability mental health specialist"
 - A "Certified problem gambling counselor specialist"
 - A "Co-Occurring Disorder Specialist-Enhancement"

b) Services**(i) Crisis Intervention**

Evaluation, assessment, and clinical intervention are provided to all Medicaid enrolled persons experiencing a behavioral health crisis. A behavioral health crisis is defined as a significant change in behavior in which instability increases, and/or risk of harm to self or others increases. The reasons for this change could be external or internal to the person. If the crisis is not addressed in a timely manner, it could lead to significant negative outcomes or harm to the person or others. Crisis services are available on a 24-hour basis. Crisis Services are intended to stabilize the person in crisis, prevent further deterioration, and provide immediate treatment and intervention in a location best suited to meet the needs of the person and in the least restrictive environment available. Crisis services may be provided prior to completion of an intake evaluation.

The following practitioners may furnish crisis intervention services within their scope of practice as defined by state law:

- Mental Health Professional (MHP)
- Mental Health Care Provider, under the supervision of a MHP

(ii) Crisis Stabilization

Services provided to Medicaid enrolled persons who are experiencing a behavioral health crisis. This service includes follow-up after a crisis intervention. These services are to be provided in the person's own home, or another home-like setting, or a setting which provides safety for the person and the mental health professional. Stabilization services may include short-term assistance with life skills training and understanding medication effects. It may also include providing services to the person's natural and community supports, as determined by a mental health professional, for the benefit of supporting the person that experienced the crisis. Stabilization services may be provided prior to an intake evaluation for behavioral health services. Stabilization services may be provided

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by a team of professionals, as deemed appropriate and under the supervision of a mental health professional.

The following practitioners may furnish crisis stabilization services within their scope of practice as defined by state law:

- Mental Health Professional (MHP)
- Mental Health Care Provider, under the supervision of a MHP
- Certified Peer Counselor, under the supervision of a MPH
- Substance Use Disorder Professional, under the supervision of a MHP
- Substance Use Disorder Professional Trainee, under the supervision of a MHP

(iii) Intake evaluation, assessment, and screenings (Mental health)

This service is an evaluation of a person's behavioral health, along with their ability to function within a community, to establish the medical necessity for treatment, determine service needs, and formulate recommendations for treatment. Intake evaluations must be initiated prior to the provision of any other behavioral health services, except those specifically stated as being available prior to an intake. Services may begin before the completion of the intake once medical necessity is established.

Mental Health intake evaluation, assessment and screening services may be provided by a Mental Health Professional within their scope of practice as defined by state law. Psychological tests must be performed by or under the supervision of a licensed psychologist or psychiatrist.

(iv) Intake evaluation, assessment, and screenings (Substance Use Disorder)

This service is a comprehensive evaluation of a person's behavioral health, along with their ability to function within a community, to determine current priority needs and formulate recommendations for treatment. The intake evaluation includes a review of current intoxication and withdrawal potential, biomedical complications, emotional, behavioral, cognitive complications, readiness to change, relapse potential, and recovery environment. Information from the intake is used to work with the person to develop an individualized service plan to address the identified issues.

Intake evaluations must be initiated prior to the provision of any other substance use disorder services. Services may begin before the completion of the intake once medical necessity is established.

Substance Use Disorder intake evaluations, assessments, and screenings may be provided by the following practitioners within their scope of practice as defined by state law:

- Substance Use Disorder Professional (SUDP)

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- Substance Use Disorder Professional Trainee (SUDPT), under the supervision of a SUDP
- Licensed Marriage and Family Therapist
- Licensed Marriage and Family Therapist Associate
- Licensed Mental Health Counselor
- Licensed Mental Health Counselor Associate
- Licensed Social Worker (Advanced, Independent Clinical, or Associate)
- Psychologists
- Physician
- Osteopathic Physician
- Physician Assistant
- Osteopathic Physician Assistant
- Advanced Registered Nurse Practitioner
- Persons with a Co-occurring Disorder Specialist-Enhancement, as described in 13.d.2.a)(iv) above.

(v) Medication Management

Medication Management is the prescribing and/or administering and reviewing of medications and their side effects. This service may be provided in consultation with primary therapists, case managers, and/or natural supports, without the person present, but the service must be for the benefit of the person.

Medication management may be provided by the following practitioners within their scope of practice as defined by state law:

- Advanced Registered Nurse Practitioner
- Advanced Registered Nurse Practitioner/Psychiatric Advanced Registered Nurse Practitioner
- Medical Assistant – Certified
- Pharmacist
- Licensed Practical Nurse
- Physician Assistant
- Physician
- Physician/Psychiatrist
- Osteopathic Physician
- Osteopathic Physician/Psychiatrist
- Registered Nurse

(vi) Medication Monitoring

Medication Monitoring is one-on-one cueing, observing, and encouraging a Medicaid enrolled person to take their psychiatric medications as prescribed. Also includes reporting back to persons licensed to perform medication management services for the

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direct benefit of the Medicaid enrolled person. This service is designed to facilitate medication compliance and positive outcomes.

Medication monitoring may be provided by the following practitioners within their scope of practice as defined by state law:

- Mental Health Professional (MHP)
- Mental Health Care Provider, under the supervision of a MHP
- Certified Peer Counselor, under the supervision of a MPH
- Medical Assistant-Certified
- Pharmacist
- Licensed Practical Nurse
- Physician Assistant
- Physician/Psychiatrist
- Osteopathic Physician/Psychiatrist
- Osteopathic Physician Assistant
- Registered Nurse
- Nursing Assistant Registered/Certified

(vii) Mental Health Treatment Interventions

Services delivered in a wide variety of settings that promote recovery, using therapeutic techniques. These services are provided, as medically necessary, along a continuum from outpatient up through inpatient levels of care and include evaluation, stabilization, and treatment. Services provided in residential levels of care are provided in state certified facilities.

Treatment Services include the use of planned interventions to achieve and maintain maximum level of functioning for the person.

Treatment interventions include cognitive and behavioral interventions designed with the intent to stabilize the individual and return them to more independent and less restrictive treatment. Services are conducted with the person, their family, or others at their behest, for the direct benefit of the person. Services may include individual, family, and group therapy. Intensive or brief intervention treatment models may be utilized, as well as using a multi-disciplinary team-based approach. Therapeutic psychoeducation and skill building to develop the individual's self-care/life skills and monitoring the individual's functioning, may also be inclusive of individual treatment or more intensive day support/residential models.

Mental health treatment interventions may be provided by the following practitioners within their scope of practice as defined by state law:

- Mental Health Professional (MHP)
- Mental Health Care Provider, under the supervision of a MHP
- Peer Support Counselor, under the supervision of a MHP

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Additional Information:

- Counseling services related to gambling disorders must be performed by or under the supervision of a licensed/certified practitioner, who holds a Certified Gambling Counselor Certification, as defined in state law.
- Individual and Family treatment may take place without the person present, but the service must be for the benefit of attaining the goals identified for the person in their individualized service plan.

(viii) Peer Support

This service provides scheduled activities that promote recovery, self-advocacy, development of natural supports, and maintenance of community living skills. Services provided by certified peer counselors are provided during/post crisis episode or as noted in the individuals' Individualized Service Plan.

Certified peer counselors work with their peers (adults and youth) and the parents/caregiver of children receiving or who have received behavioral health services. They draw upon their experiences to help peers find hope and make progress toward recovery and wellness goals. Certified peer counselors model skills in recovery and self-management to help individuals meet their self-identified goals.

Certified Peer Counselors must provide peer counseling services, under the supervision of a MHP or SUDP. Services provided by certified peer counselors who are under the supervision of a mental health professional, or a substance use disorder professional, who understands recovery. The peer's and clinical supervisor's expertise should be aligned with the needs of the populations served by the certified peer counselor.

(ix) Behavioral Health Care Coordination and Community Integration

A range of activities furnished to engage persons in treatment and assist them in transitioning from a variety of inpatient, residential, or non-permanent settings back into the broader community. To be eligible, the person must need transition support services in order to ensure timely and appropriate behavioral health treatment and care coordination.

Activities include assessment for discharge or admission to community behavioral health care, integrated behavioral health treatment planning, resource identification and linkage, and collaborative development of individualized service planning that promote continuity of care.

These specialized behavioral health community integration activities are intended to promote discharge, to maximize the benefits of the transition plan, to minimize the risk of unplanned readmission, and to increase the community tenure for the person. Services focus on reducing the disabling symptoms of mental illness or substance use

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disorder and managing behaviors resulting from other medical or developmental conditions that jeopardize the person's ability to live in the community. Services are face-to-face individualized interventions for the individual or collateral contacts for the benefit of the person and may include skill-building to develop skills promoting community tenure.

This service may be provided prior to an intake evaluation or assessment.

Behavioral health care coordination and community integration services may be provided by the following practitioners:

- Mental Health Professional (MHP)
- Mental Health Care Provider, under the supervision of MHP
- Peer Support Counselor, under the supervision of a MHP or SUDP
- Substance Use Disorder Professional
- Substance Use Disorder Professional Trainee, under the supervision of a SUDP
- Licensed Practical Nurse
- Pharmacist
- Registered Nurse
- Physician Assistant

x) Substance Use Disorder Case Management

This service is covered under the Targeted Case Management benefit and described in supplement 1F to attachment 3.1.A

xi) Substance Use Disorder Brief Intervention

A time limited, structured behavioral intervention designed to address risk factors that appear to be related to substance use disorders, using substance use disorder screening tools and brief intervention techniques, such as evidence-based motivational interviewing and referral to additional treatment services options when indicated.

This service may be provided prior to an intake evaluation or assessment.

Substance Use Disorder brief intervention services may be provided by the following practitioners:

- Substance Use Disorder Professionals (SUDP)
- Substance Use Disorder Professional Trainee under the supervision of a SUDP
- Licensed Marriage and Family Therapist
- Licensed Marriage and Family Therapist Associate
- Licensed Mental Health Counselor
- Licensed Mental Health Counselor Associate

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- Licensed Social Worker (Advanced, Independent Clinical, or Associate)
- Psychologists
- Physician
- Osteopathic Physician
- Physician Assistant
- Osteopathic Physician Assistant
- Advanced Registered Nurse Practitioner
- Persons with a Co-occurring Disorder Specialist-Enhancement, as described in 13.d.2.a)(iv) above

Additional Information:

- This service does not the use of the SBIRT model, as described in Attachment 3, Section 13c of the State Plan, or have a limitation of 4 sessions per year.

xii) Substance Use Disorder Treatment Interventions

Services delivered in a wide variety of settings across the continuum that promote recovery, using therapeutic techniques. These services are provided, as medically necessary, along a continuum from outpatient up through inpatient levels of care. Services provided in inpatient levels of care are provided in state certified facilities.

Treatment interventions include intentional intervention in the health, behavioral personal and/or family life of a person with a substance use disorder. Interventions are designed to facilitate the affected individual to achieve and maintain maximum functional recovery. Examples include: individual treatment, group treatment, family counseling, intensive and team-based approaches.

Provider Qualification:

- Substance Use Disorder Professionals (SUDP)
- Substance Use Disorder Professional Trainee under the supervision of the SUDP
- Licensed Marriage and Family Therapist
- Licensed Marriage and Family Therapist Associate
- Licensed Mental Health Counselor
- Licensed Mental Health Counselor Associate
- Licensed Social Worker (Advanced, Independent Clinical, or Associate)
- Psychologists
- Physician
- Osteopathic Physician
- Physician Assistant
- Osteopathic Physician Assistant
- Advanced Registered Nurse Practitioner
- Persons with a Co-occurring Disorder Specialist-Enhancement, as described in 13.d.2.a)(iv) above

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Any limitations:

- Counseling services related to gambling disorders must be performed by or under the supervision of a licensed/certified practitioner, who holds a Certified Gambling Counselor Certification, as defined in state law.

xiii) Substance Use Disorder Withdrawal Management

Services required for the care and/or treatment of persons intoxicated or incapacitated by alcohol or other drugs are provided during the initial period of care and treatment while the person recovers from the transitory effects of acute or chronic intoxication or withdrawal from alcohol or other drugs. Services are provided in state certified facilities. Services include:

- Screening of persons in need of withdrawal management; and
- The use of different counseling and treatment strategies, such as motivational interviewing and developing an initial service plan for persons admitted to a program. These services are used to refer, stimulate motivation to guild individuals to additional treatment, and sustain recovery.
- Different levels of withdrawal management are provided in a variety of settings, including residential, sub-acute and acute locations.

Substance Use Disorder withdrawal management services may be provided by the following practitioners within their scope of practice as defined by state law:

- Substance Use Disorder Professionals (SUDP)
- Substance Use Disorder Professionals Trainee under the supervision of a SUDP
- Advanced Registered Nurse Practitioner/Psychiatric Advanced Registered Nurse Practitioner
- Osteopathic Physician/Psychiatrist
- Physician Assistant
- Physician/Psychiatrist
- Licensed Marriage and Family Therapist
- Licensed Marriage and Family Therapist Associate
- Licensed Mental Health Counselor
- Licensed Mental Health Counselor Associate
- Licensed Social Worker (Advanced, Independent Clinical, or Associate)
- Psychologists
- Registered Nurse
- Persons with a Co-occurring Disorder Specialist-Enhancement, as described in 13.d.2.a)(iv) above

c) Service Limitations

Services outline within this section that are provided within residential or inpatient settings do not include room and board costs. Facilities over 16 beds are not eligible for reimbursement.