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MANAGED CARE



APRIL 2014

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MANAGED CARE REMINDERS

As part of the regular re-credentialing process to maintain your status as a Fresno County Mental Health Plan (FCMHP) provider:

- ⇒ Please send in your insurance renewals (professional liability, commercial general, auto, etc.) and proof of valid, current, unrestricted professional licensure/registration/waivered to practice in California to Managed Care
- ⇒ Screenings for Ineligible Persons will be happening in May

And if you change your office location or get a new phone number, contact one of our fabulous Provider Relations Specialists (Arlene Liles, Dee Howell, Mark Golden) to update your information. Managed Care has posted the most up-to-date FCMHP Provider Directory at our website— <http://www.co.fresno.ca.us/managedcare>. If you note any discrepancies in your information we have posted, please contact the Managed Care office at (559)600-4645.

New SAMHSA Guide Offers Practitioners Resources to Help Families Support Their LGBT Children

The Substance Abuse and Mental Health Services Administration (SAMHSA) has

released “A Practitioners Resource Guide: Helping Families to Support Their LGBT Children.” This resource guide is designed to assist helping professionals provide greater insight to families on how they can support their children who are coming out or identifying themselves as lesbian, gay, bisexual and transgender (LGBT). SAMHSA produced this guide based in part on research from the Family Acceptance Project, which indicates that LGBT young adults who reported high levels of family rejection during adolescence, compared with peers from families that reported no or low levels of family rejection, were: 8.4 times more likely to report having attempted suicide; 5.9 times more likely to report high levels of depression; and 3.4 times more likely to use illegal drugs.

SAMHSA’s Guide is designed to encourage practitioners to be pro-active in meeting parents, families and caregivers “where they are” to build an alliance to support their LGBT children and advance their health and well-being.

The SAMHSA Guide is available at: <http://store.samhsa.gov/product/PEP14-LGBTKIDS>. It is free and available for immediate download for your convenience, or order copies with nominal shipping. For further information about this Guide, SAMHSA, and other valuable resources offered, please visit www.samhsa.gov.



CalMHSA Latino Family Wellness Event, Saturday,

April 12 from 12:30-3:00PM

The CalMHSA Latino Family Wellness Event will be happening Saturday, April 12 from 12:30-3:00PM in the East Wing of the Manchester Center Mall and is a free event for all. Offering fun and games for the kids, and information for families on reducing stress, managing anxiety and finding resources in Fresno County. Please share this information with our community by posting in your waiting area or office! Free professional on-site childcare will be available.

EACH MIND MATTERS: California’s Mental Health Movement

DOCUMENTATION SPOTLIGHT

This monthly feature has been developed to focus on one specific documentation skill that will help you meet documentation requirements and increase the likelihood of moving through a chart review with flying colors. This month's spotlight is on . . .

The Evolving Diagnosis



Your client has been coming in to see you for regular sessions for several months now, and as you review your notes you realize that the diagnosis you established with his/her assessment has evolved. The client has disclosed new symptoms, or there has been a significant life event or change in presentation that warrants a change in your clinical view. Can you update the client's diagnosis, as your documentation should always be focused on the client's established diagnosis and symptoms?

Yes, and documenting a change in diagnosis can be simpler than you think! **Diagnoses may be changed at any time during the course of treatment.** Significant changes may call for the completion of a full re-assessment to document multiple areas of change, changes in level of impairment, or

a significant life event that has a great impact on the direction of your treatment. An annual re-assessment is always recommended prior to the expiration of the client's Plan of Care. However, if the change in diagnoses is within the same classification, or the client is now meeting full criteria for a diagnosis you originally identified as a "rule-out," a progress note that includes your observations for the change in diagnosis, along with writing out the new, 5-Axis diagnoses within the progress note will suffice. All diagnoses—the primary diagnosis and any secondary diagnosis— must be included as part of this record, and the focus of your services should continue to be directed to functional impairments related to the primary diagnosis.

DSM 5 Tidbits: The Disappearance of NOS

It was a dark, stormy afternoon last Spring when the Managed Care office first received calls of the mysterious disappearance of NOS from the new DSM 5. What could have happened to our beloved NOS!?!?

NOS, meaning "Not Otherwise Specified" was a frequent family member for many classifications/categories of disorders, and is frequently used when the presentation you observe does not meet the full criteria for a specific diagnosis.

NOS (or Not Otherwise Specified) has not disappeared— it simply grew up! In the new *Diagnostic and Statistical Manual of Mental Disorders: Fifth Edition*, the clinician will now have a choice between **Other Specified [Diagnosis]** and **Unspecified [Diagnosis]**.

Other Specified ... has been developed to be more descriptive. When utilized, *Other Specified [Diagnosis]* "applies to presentations in which symptoms characteristic of [blank disorder] that cause clinically significant distress or impairment...[are noted] but do not meet the full criteria..." with an example of the

Upcoming Community Events

April 5—RU OK? U Matter! Youth and Adolescent Forum. 9:00AM-3:00PM, Center for Advanced Research and Technology (CART), Clovis. Free youth forum for ages 14-25 on suicide prevention, put on by the Fresno Survivors of Suicide Loss. For information, please call (559)322-5877 or email ashley@fresnosos.org

April 12—CalMHS Latino Family Wellness Event, Manchester Center, Fresno. Free to the community, providing family-friendly information and resources.

May 10—10th Annual NAMI Walk Fresno, Woodward Park. Go to www.namifresno.org to register as a participant/team, or to become a sponsor.

written diagnosis appearing in clinical documentation as:

302.6 Other Specified Gender Dysphoria:
The current disturbance meets symptom criteria for gender dysphoria, but the duration is less than 6 months.

The therapist here is providing rationale and guidance with regard to the diagnostic evaluation for later consideration.



Unspecified... is used in situations in which the therapist chooses *not* to specify the reason that the criteria are not met *or* when there is insufficient information to make a more specific diagnosis—very similar to our beloved NOS from the DSM-IV.

The *Unspecified [Diagnosis]* is listed in the clinical documentation, with no additional text immediately following.

In the coming months, we hope to provide you with more "DSM 5 Tidbits." To get fully acquainted, we recommend you don't wait! Get a copy of the DSM 5 now and go to one of the great trainings being offered in the mental health community soon.

Compliance Communication

Central

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[Fresno County Compliance Web page](#)