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MANAGED CARE



NOVEMBER 2013

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NEW FCMHP Plan of Care Effective January 1, 2014

Available now on our Managed Care Website is the new Fresno County MHP *Plan of Care*, also known as the Client Plan or Treatment Plan. We ask that all our providers - individual, group and organizations - download and review the new FCMHP Plan of Care, and begin using this revision. The basic components of the FCMHP Plan of Care have remained the same, with the exception that the new POC now asks the mental health professional to specify the *duration and frequency of each proposed intervention* in addition to stating the overall *Estimated Duration of Treatment*.

The Plan of Care is like a prescription that is developed in collaboration between the clinician and the client. Interventions found on the POC are techniques or specific methods that will be used to teach the client how to help or alleviate the problem symptoms or behaviors identified on the assessment and listed as goals on the Plan of Care, and should be tailored to the client's level of understanding and capabilities. So just as a doctor would prescribe to his patient not only to use a certain medication to alleviate a physical ailment, including the amount of medication such as 2 50mg tablets, with a frequency, such as twice a day for the next

two weeks, so too should a mental health professional convey to the client the amount and timeframes of the prescribed mental health interventions that would benefit the client's care. The client should know that the treatment plan includes *weekly* individual psychotherapy (i.e. "up to 5x a month") for the first 6 months to address depressive symptoms, along with Family Therapy, which you agree may take place 1-2 times a month (i.e. "up to 2x a month") for 12 months in order to improve communication skills to ease family conflict. Specifying frequency and duration of each intervention clarifies for both you and the client the expectations of care and commitment within your therapeutic relationship, as well as providing direction to other mental health professionals that may be involved in the client's care.

As a reminder, all planned services need to be included on the Plan of Care or they may be denied during an audit and the money recouped; however, when initially documenting the duration and frequency of each intervention for treatment planning purposes, if there should be a sudden, short-term change in the client's presenting problems or a significant event occurs, adjustments can be made to the frequency of interventions and documented in a progress note as

appropriate. Extended changes in interventions, however, may call for an updated or new Plan of Care, which could be addressed with a new Plan Development service.

As you become familiar with the revised FCMHP Plan of Care, we ask that you begin utilizing this tool with all your clients, with full compliance no later than January 1, 2014. If you have any questions regarding the implementation of the FCMHP Plan of Care into your practice, please call us at

Managed Care, 559-600-4645, and ask for an available Utilization Review Specialist.



November Holidays

Managed Care will be closed on Monday, November 11 in observance of Veteran's Day, and on Thursday, November 28 and Friday, November 29 in observance of the Thanksgiving holiday.





Foster Youth and Mental Health: The New Katie A. Client

We frequently see changes, developments, and new programs that address the ever increasing needs in our community. Recently, we experienced litigation-driven reform in California for children and families that are served by both child welfare and mental health, known as the Katie A. Settlement Implementation Plan.

Katie A. was a child who entered the Child Welfare System in Los Angeles. She was removed from her home at age 4 and spent 10 years in the foster care system. She was moved through 37 different placements. An early mental health assessment indicated services were needed; however, she did not receive treatment for trauma nor individualized mental health care. Katie A. was 14 years old when, in 2002, a lawsuit was filed on her behalf, and in 2003, it became a class action lawsuit to include 4 other children with similar experiences.

L.A. County settled in 2003 and implemented services. The Department of Social Services and Health Care Services (formerly the Department of Mental Health) settled in November 2011. A Special Master appointed by the Court oversees the settlement agreement, now known as the Katie A. Implementation Plan, which is being put into action by counties across the state, including Fresno.

Who is a Katie A. client in Fresno County?

In partnership with the Fresno County Department of Social Services-Child Welfare Division, the Department of Behavioral Health (DBH) has begun to implement an integrated system of care to serve children and families in the Child Welfare System that need mental health treatment services. The goal is to ensure that these children are screened, referred and receive medically necessary mental health treatment services as they are entitled to by the Medi-Cal Program. In a coordinated effort, children are first identified as being members of the Katie A. Class, those who meet basic criteria and may

be in need of mental health services, and then moved into the Katie A. Subclass once needs have been established.

Beginning in September, the Katie A. clients that fall under the Subclass criteria are being identified in Avatar, the Electronic Health Record for DBH. The first phase includes clients up to age 21 who meet the Katie A. Subclass criteria and receive Wraparound services from EMQ Families First or Mental Health Systems. More programs will be added over the next several months.

A Katie A. Class member is:

- A child with an open child welfare case
- A child in foster care or
- A child with a Voluntary Family Maintenance case (pre or post, returning home, in foster or relative family placement including both court ordered and by voluntary agreement)
- Eligible for Medi-Cal (no service limitations such as emergency only, pregnancy related, etc.)
- Mental health assessment determines Medi-Cal medical necessity criteria is met

A Katie A. Subclass member also includes one of the following:

- Receiving Wraparound services
- Therapeutic Foster Care
- Group home placement at Rate Classification Level 10 or above
- Other intensive mental health services such as Therapeutic Behavioral Services, Crisis Stabilization/Intervention, Psychiatric Hospital placements within 24 months due to behavior

AVATAR Client Alert: Warning: Currently a Katie A. Client

For those large organization providers that bill directly in Avatar, you will now see a Client Alert identifying Katie A. Subclass members. This alert is informational only and does not change how you document and bill for your services at this time.

New Service Codes for Katie A:
207 Intensive Care Coordination
157 Intensive Home Based Services

New Services for the Katie A. Client

Though most of the documentation for these clients will remain the

same, there are two new mental health services utilized just for the Katie A. Subclass: Intensive Case Coordination (ICC) and Intensive Home Based Services. These new activities will be included in revised contracts for specific providers only. You will also see new codes in Avatar: Service Code 157: Intensive Home Based Services (IHBS); and Service Code 207: Intensive Care Coordination (ICC). These service codes are only for use with members of the Katie A. Subclass, and are similar to service codes you currently use but with a higher level of intensity and system coordination.

For individual and group providers, there are no current actions or changes to the wonderful mental health services you are providing; however, if you find that you are working with a client that meets the Katie A. Subclass, you can expect more regular communication with the family's assigned social worker, and more frequent contact with the client and family. In essence, the therapist will become part of the *Child Family Team*, those professionals and individuals who are working together with the child and family towards the successful transition of out of the Child Welfare System.

What does all this mean for you and your documentation practices?

For most individual and group providers that are part of the Fresno County Mental Health Plan, as stated above, there are no current actions or changes to the wonderful mental health services your are providing! If you do provide direct care to children or adolescents that may be at risk of falling into this newly identified Katie A. Subclass, you now have some awareness that this new system coordination is taking place.

In the coming months further components of the Katie A. Implementation Plan will be set in place, and for our large organizational providers working directly with identified Katie A. Subclass members, educational opportunities will be coming. And we will strive to keep all our providers posted on documentation and billing requirements as the information becomes available.

If you have any questions regarding the new Katie A. Implementation Plan, you may contact us at Managed Care, or visit the DHCS Katie A website at <http://www.dhcs.ca.gov/Pages/KatieImplementation.aspx>.

