



## MEDICAL NECESSITY CRITERIA

# Mental Health/Adult Outpatient Treatment in an Alternative Setting

### Program Description:

Adult Outpatient (AOP) treatment in an alternative setting is a highly structured therapeutic intervention designed to serve persons 18 years of age and older, with serious mental illness, who do not need hospitalization, but who require mental health treatment and supervision on an ongoing 24-hour per day basis for a period beyond 30 days. The service may be delivered in an approved residential setting by clinical staff, who meet the minimum requirements for delivering the medical service components. While AOP service recipients may reside in facilities where they receive AOP for longer than 30 days, these facilities can not be permanent dwellings. AQP is intended to foster recovery and community integration for individuals with a current or previous history of psychiatric hospitalization. It is designed to help individuals develop, increase and maintain skills in personal life activities, in symptom management, improve community tenure and increased independence. Active treatment is provided through various modalities including, individual therapy, group therapy, medication administration/education, and psychiatric support as identified in the treatment plan.

### MENTAL HEALTH/ADULT OUTPATIENT TREATMENT IN AN ALTERNATIVE SETTING

#### *Admission (must meet criteria I through III)*

- I. All options for the individuals' diversion to a less restrictive option have been considered by the interdisciplinary treatment team, inclusive of the planning, enhancing and, utilizing specialized behavioral health services, self-help peer support programs and/or generic community services alone or in combination with traditional behavioral health services
  
- II. The individual, as a result of a serious mental illness and severe psychosocial functional disturbance, has exhibited symptoms and behaviors to the extent that a 24 hour residential facility is required, with the

potential to be locked, in order to maintain the individuals' safety or the safety of the community for a period of time longer than 30 days.

- III. The individual requires intense, therapeutic outpatient services that are structured, individualized and provide recovery-based behavioral health treatment in individual and/or group settings as well as community and in vivo settings.

***Continued Stay***

***(must meet criteria I-V for continued treatment at this level of care)***

- I. The severity of the illness presented by the individual meets one or more of the following:
  - a. Persistence of symptoms which meet admission criteria; or
  - b. Development of new symptoms during the individual's stay which meet admission criteria; or
  - c. There is an adverse reaction to medication, procedures, or therapies requiring continued placement in this level of care and interventions to address this issue have been prescribed and are being evaluated; or
  - d. There is a reasonable expectation based on the individual's current condition and past history, that withdrawal of Adult Outpatient Treatment will impede recovery or result in rapid decompensation or the re-occurrence of symptoms or behaviors which cannot be managed in a treatment setting of lesser intensity; or
  - e. Progress in relation to specific treatment goals has been made, but the goals of treatment have not yet been achieved.
- II. Treatment and supports are being delivered from a recovery-based philosophy
- III. The individual is actively participating in the treatment and recovery process or strategies have been developed and implemented by the treatment team to address changes to the current treatment plan.
- IV. Transition planning to a less restrictive level of care is ongoing and is evaluated by a Multidisciplinary Treatment Team meeting every 30 days.

- V. All less restrictive options have been considered and do not meet the safety needs of the individual or the community with current or enhanced resources.